

## Sweet Hour of Prayer

### Verse 1

Sweet hour of prayer, sweet hour of prayer,  
That calls me from a world of care  
And bids me at my Father's throne  
Make all my wants and wishes known!  
In seasons of distress and grief,  
My soul has often found relief,  
And oft escaped the tempter's snare  
By thy return, sweet hour of prayer.

about this hymn:

Words: William Walford Music: William B. Bradbury

Long ago, a man named William Walford was thinking about this Bible truth, too. He wrote the words to a hymn called "Sweet Hour of Prayer." We're going to learn a verse from it.

God's people know that they don't have the strength to face the hard things of this world alone. Many sad things, many scary things, many tempting things may come their way. When they do, it is easy to feel overwhelmed. The temptation to turn away from God and do things their own way may be strong. But, God's people know who to go to receive the strength they need. They pray to their Heavenly Father who loves them so much! They tell Him all their problems. They ask for His help. He comforts them and gives them what they need to keep trusting in Him and to turn away from the temptation to sin.

**Sweet Hour of Prayer**

**PFI NIV Songs 12, Track 29**



**Sweet**

Fingertips of right "U" hand, palm facing body, brushes from lips down to chin a few times.

**Prayer**

Hold flat hands together in pray position. If desired, can bow head, too.

**Calls, Bids**

Place index finger of right "D" hand to closed lips, then pivot hand and point finger forward in a forceful motion.



**Care, Distress, Grief**

"5" hands, palms facing inward and middle fingers bend forward, alternate moving towards and away from chest several times.

**Father's**

Tap thumb of right "5" hand on forehead a few times.

**Wants, Wishes**

Both upturned "5" hands are held side by side in front of chest. Bring both hands in, drawing in the fingers slightly to a grasping position.



**Soul**

Touch the thumbs and index fingers of both "T" hands to each other, right hand above left, palms facing each other. Draw hands apart in an upward motion.

**Relief**

"F" hands are crossed in front of body, palms facing in. Move both hands out to the side while pivoting the palms to face outward.

**Escaped**

Right index finger, pointing up, is placed between the middle and ring finger of the left hand, palm down and fingers pointing forward. The right index finger is moved out and to the right.

## **No Temptation Has Seized You**

No temptation has seized you  
Except what is common to man.  
And God is faithful,  
He will not let you be tempted  
Beyond what you can bear.  
But when you are tempted He'll also provide,  
Also provide a way out.  
Yes, when you are tempted he'll also provide,  
A way out so you can stand up under it. *(repeat)*  
First Corinthians Chapter Ten, verse thirteen.

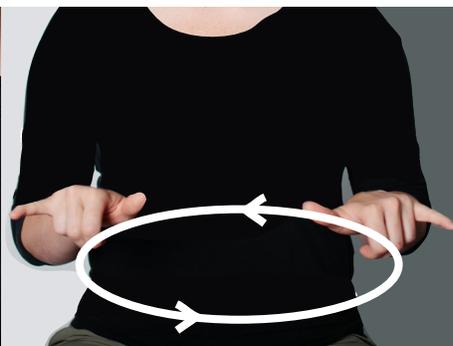
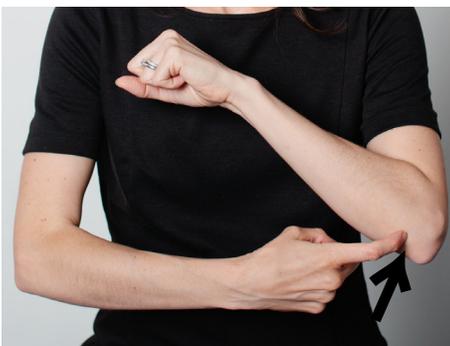
about this Bible verse:

Words: adapted from 1 Corinthians 10:13 ESV Music: Constance Dever ©2011

God's people will face temptations to sin every day. Their temptations are common to man--that is, they will be tempted to sin against God, just like every human. But, God's people can be encouraged that God is always there to help them say "no." He promises that will never let them be tempted more than they can bear. With any temptation they face, He promises to be with them. He promises to provide a way of escape so they can endure the temptation with sinning. How good, merciful and powerful is the Lord!

**No Temptation: 1 Corinthians 10:13**

**PFI NIV Songs 12, Track 30**



**Temptation, Tempted**

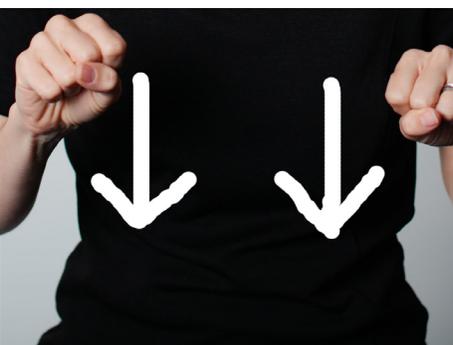
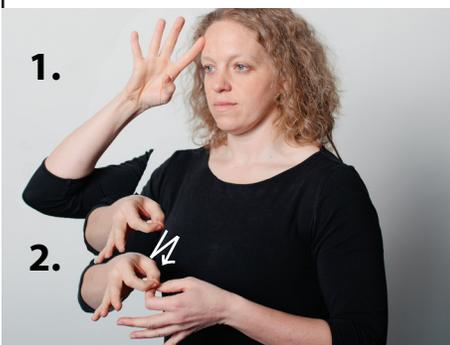
Index finger of curved right hand taps near left elbow as it is held closely to it.

**Seized**

Right fist is held in front of right shoulder, knuckles facing outward.

**Common**

Downturned "Y" hands move in unison in counterclockwise circle.



**Faithful**

Right index finger touches forehead. Then, right "F" hand, palm facing in, hits left "F" hand, palm facing in, in a down-up-down motion, ending with right thumb-index finger resting on left thumb-index finger.

**Not**

Right "A" thumb is placed under chin, palm facing left, then moved forward in an arc and pivoted until knuckles face forward.

**Can Bear**

Both "S" hands are held in front of body, palms facing down, and knuckles forward. Simultaneously move both down firmly



**Provide**

Both modified "Z" hands are held at chest, then brought down and forward, as if giving something to someone.

**Way Out**

Right index finger, pointing up, is placed between the middle and ring finger of the left hand, palm down and fingers pointing forward. The right index finger is moved out and to the right.

**Stand Up Under**

Tip of right "A" hand is placed behind left "A" hand, knuckles facing forward. Move both hands forward in unison.

**Sweet Hour of Prayer, v.1**

B $\flat$  E $\flat$  B $\flat$  F B $\flat$  F B $\flat$

1.Sweet hour of prayer, sweet hour of prayer, That calls me from a world of care And bids me at my  
2.Sweet hour of prayer, sweet hour of prayer, Thy wings shall my\_ pe - ti - tion bear To Him whose truth and

6 E $\flat$  B $\flat$  F $^7$  B $\flat$  F $^7$  B $\flat$  F B $\flat$  E $\flat$  B $\flat$  F B $\flat$  E $\flat$

Fa-ther's throne Make all my wants and wish-es known! In sea-sons of dis - tress and grief, My soul has of - ten  
faith-ful - ness En - gage the wait - ing soul to bless: And since He bids me seek His face, Be - lieve His word and

12 B $\flat$  F B $\flat$  E $\flat$  B $\flat$  F B $\flat$  F $^7$  B $\flat$

found re - lief, And oft es-caped the tempt-er's snare By Thy re- turn, - sweet hour of prayer.  
trust His grace, I'll cast on Him my ev - 'ry care, And wait for Thee, sweet hour of prayer.

Words: William Walford Music: William B. Bradbury

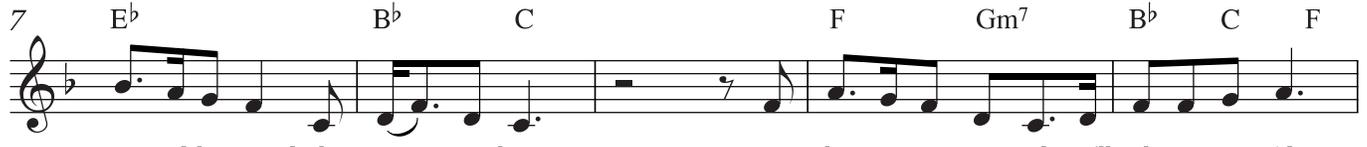
**No Temptation Has Seized You**

F Gm7 B<sup>b</sup> C F Gm7 C B<sup>b</sup> F



No temp-ta tion has seized you ex - cept what is com-mon to man... And God is faith-ful He will not let you be

7 E<sup>b</sup> B<sup>b</sup> C F Gm7 B<sup>b</sup> C F



tempt-ed be yond what you\_ can bear. But when you are tempt-ed He'll al - so pro-vide,

12 Gm7 C F Gm7 B<sup>b</sup> C F E<sup>b</sup> B<sup>b</sup>



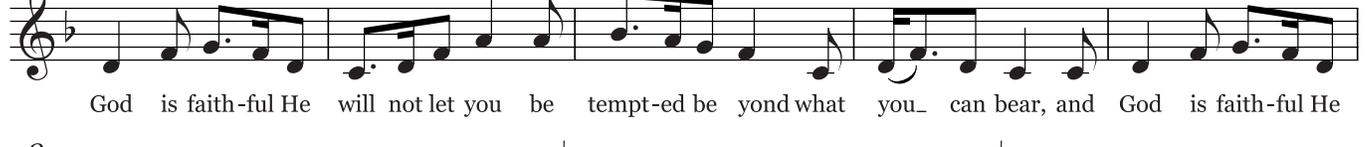
al - so pro-vide a way out. Yes, when you are tempt-ed He'll al - so pro-vide, a way out so you can stand

17 F F Gm7 B<sup>b</sup> C F Gm C



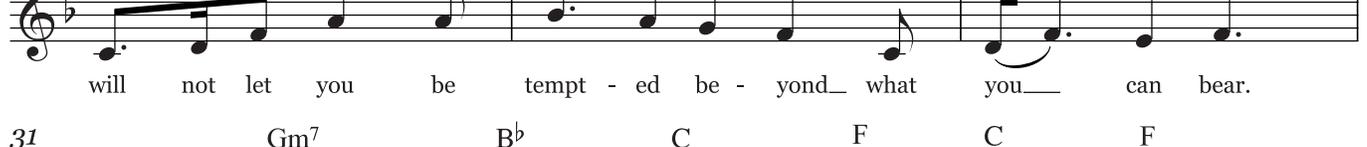
up un der it. No temp-ta tion has seized you ex - cept what is com-mon to man, And

23 B<sup>b</sup> F E<sup>b</sup> B<sup>b</sup> C B<sup>b</sup>



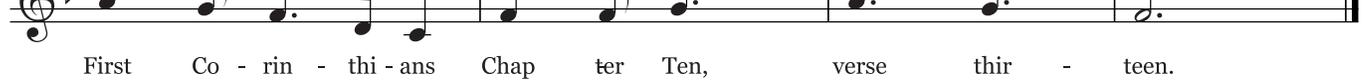
God is faith-ful He will not let you be tempt-ed be yond what you\_ can bear, and God is faith-ful He

28 F E<sup>b</sup> B<sup>b</sup> C F



will not let you be tempt - ed be - yond\_ what you\_ can bear.

31 Gm7 B<sup>b</sup> C F C F



First Co - rin - thi - ans Chap ter Ten, verse thir - teen.

Words: adapted from 1 Corinthians 10:13 NIV 1984 Music: Constance Dever ©2012