



**24**  
SEVEN

**Awaken  
the  
Watchmen**

***24/7 PRAYER***

GUIDE LINES & MODELS





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*I have set watchmen upon your walls, O Jerusalem, who will never hold their peace day or night...and by your prayers put the Lord in remembrance of His promises...and give Him no rest until...*

Isa. 62:6-7

There is a mighty lot of difference between saying prayers and praying  
– John G. Lake

# **1 SECTION 1 - STORIES AND MODELS OF NIGHT AND DAY PRAYER**

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## **Stories and models of 24-7 prayer watches**

Since the beginning of 1990, there has been a new emphasis on 24-hour prayer watches worldwide. This movement, inspired by God, is spreading over the whole world. By the middle of the previous decade, there were only a few dozen active 24-hour prayer watches. Within less than ten years, this number has grown to a few thousand. The aim of these 24-hour prayer watches is to place watchmen on the walls: to mobilize churches, regions and nations to approach God in praise, worship and intercession, night-and-day.

The worldwide prayer movement implements a specific process when establishing prayer watches. Churches, towns, cities, countries and continents are mobilized to stand before God's throne 24 hours a day to praise and worship Him, and to plead for the nations. Intercessors pray for revival in the church and for world evangelism, as well as for the transformation and healing of cities and countries. In this way the Great Commandment and the Great Commission are carried out.

The ideal is to call upon thousands of churches to establish 24-hour prayer watches in their communities. A starting point is to get individual congregations to begin praying for 24 hours at least once a week, and then to extend this period systematically. Secondly, churches are encouraged to form a 24-7-365 prayer watch together with other churches to pray for their community, town/city and the country,

literally for 24 hours a day. The dream is to establish this concept in every country in the world. The aim is to establish prayer watches in every town, city and continent in the world so that a constant stream of prayer for a broken and fallen world will be brought before God's throne.

The following paragraphs sketch a few examples of night-and-day prayers in the history of the church.

### **1.1 *Old Testament***

In Exodus and Leviticus we read that the priests had to keep the lamps in the temple burning. The Lord was very strict about the command that the fire on the altar was never to be allowed to go out. The priests worked in shifts so that the temple was filled with prayer, worship and song for 24 hours a day.

### **1.2 *Essenes***

In the time of Jesus one of the four branches of Judaism, the Essenes, believed in praying for 24 hours. The community was divided into three so that they could take turns every third day to stay awake and pray right through the night.

### **1.3 *Early Christian Church***

The early church was born out of 24-7 prayer. It is generally accepted that the disciples prayed in unison for ten days before the Spirit descended on them at the Pentecost.

### **1.4 *The Egyptian desert***

In the third and fourth century, many Christians in Egypt went into the desert to pray and meditate. Many devout men and women settled in the desert. Today the works of some of these people are still beacons of light. This period is often referred to as the time of the desert fathers. The following is an example of one such a prayer movement: In the western section of the Egyptian desert, in an area known as Wadi El Natrun (the Valley of Salt), St Macarios built four monasteries. (These were not the only monasteries that were built in that area, but serve as examples.) Between 8 000 and 10 000 monks lived in isolation in the proximity of these monasteries (approximately 40 000 in total). Prayer was their most important task. They prayed for 12 to 20 hours a day. Daily, they systematically prayed through the 150 Psalms, the prophets and large sections of the New Testament! These prayers, that were offered night-and-day, lead to a revival that spread like fire from Egypt to Ethiopia, Syria, Greece and other parts of Europe and Russia. The gospel spread throughout the whole of North Africa. The monks were, in fact, busy with 24-hour prayer. They prayed the Word and the promises of God night-and-day. Believers can learn much from the lifestyle of prayer of the desert fathers. Much of what is taking place today in the field of prayer movement, is corporate/ collective prayer. In this principle lies power, but also weakness because it does not necessarily promote a believer's personal

prayer life.

### **1.5 Moravians**

In 1727, the Moravians in Herrnhut started a 24-7-365 prayer watch that was kept for 125 years. It started with 48 men and women who prayed in pairs for an hour at a time. Later more believers joined them, also young people and children. Within the first 25 years, the small Moravian church with about 600 members sent out more missionaries than the whole Protestant church over the previous 200 years. Amongst other things, the revival in the early 18th century, the planting of Moravian churches in many countries, and the origin of the Methodist Church can be traced to this prayer watch.

### **1.6 International House of Prayer (IHOP– Kansas City)**

In the middle 1980's the Lord called Mike Bickle to follow a life of prayer. He established a number of prayer groups and encouraged people to spend more time in prayer daily. After about 13 years, these groups started a 12- hour per day prayer watch and since 1999, a full 24-7-365 prayer watch has been kept in Kansas City. It is called the International House of Prayer. The mission of these intercessors is to establish similar prayer watches all over the world. Mike Bickle, and the team that works with him, designed a model for prayer called "Harp and Bowl". The model combines scripture, worship, praise, spiritual warfare and intercession in a unique manner ([www.fotb.com](http://www.fotb.com)). This model for prayer could be described as a furnace for prayer: in the spirit of David's Tabernacle, prayer is offered 24 hours a day.

### **1.7 Jerusalem House of Prayer for all Nations**

The Jerusalem House of Prayer for all Nations was established by Tom Hess. In 1987, he moved to Jerusalem to establish a 24-hour prayer watch there to pray for peace in Jerusalem and for the nations of the world. The Gates of Jerusalem Watch is part of this prayer initiative: 12 prayer teams pray daily for 2 hours at the 12 gates of Jerusalem. In September 1999, Hess called together the first convocation for 24-hour prayer watches. Many nations were represented at this convocation and Hess is currently working hard to establish 24-hour prayer watches all over the world. During the past decade, several other prayer watches have been established in Israel. ([www.jhophan.org](http://www.jhophan.org) / [jhophan@jhophan.org](mailto:jhophan@jhophan.org)).

### **1.8 Poland 24**

Poland 24 is a national watch where more than 50 cities/towns and a number of congregations each taking one day a month to pray 24/7.

### **1.9 US/DC Prayer Watch, Washington DC, USA**

In 1988 a group of national Christian leaders arranged a week of 24-hour prayer at a strategic place in Washington, DC. The results were encouraging. The

leaders felt that the Lord wanted them to continue concentrating on prayer, but they did not get round to fulfilling this calling. However, in 1997, a new call for prayer went out and the US/DC Prayer Watch was established as a national prayer watch to pray for the USA 24 hours a day, with special focus on Washington DC, the President and the strategic role of the USA in God's plan with the world. A central prayer calendar is compiled with the names of individuals and prayer groups who have committed themselves to pray at a specific hour every week, or for at least an hour at a specific time once a month. At present (2005), more than 3 million intercessors are involved in this prayer watch.

### ***1.10 Prayer towers in Indonesia***

Through the work of the national prayer network in Indonesia, prayer towers have been established in more than 500 cities. There are prayer towers in many cities and on average 16 or more intercessors will take responsibility for such a prayer tower to pray in these watches. They will take shifts of four hours a day. During the week, other people who wish to pray (individuals and groups) also come to the prayer towers to take some shifts. Sometimes intercessors stay on for a month or more before others will come for a similar period of time to replace them. Even children (4-14 years) are involved in praying in these prayer towers.

### ***1.11 Prayer Watches for drug addicts***

A pastor's wife from Pretoria, South Africa, whose son was addicted to drugs, refused to give up on her child and started praying very earnestly. In 2001 she got a group of parents together every last Friday of the month to pray through the night for their children who were involved in drug abuse. Over a period of three years (2001-2004) this one all-night group grew to 36 such 24/7/365 prayer chains that pray for children who are addicted to drugs. Presently (Sept. 2006), there are already 288 such 24/7/365 prayer watches praying for young people involved in drug abuse and the occult. Of these 288 watches, more than 50% are running literally 24 hours a day. 12 000 People are involved in these watches.

### ***1.12 Prayer rooms in churches***

In the 1990's Pastor Terry Tackle (USA) established a 24-hour per day prayer room in his church. It was very successful and ever since Tackle has been actively involved in establishing the concept all over the USA and also in other countries in the world.

### ***1.13 Fifteen towns in a 5-week prayer cycle***

In a rural area in one of the provinces in South Africa, a group of 28 intercessors prayed night-and-day during the 31 days of May 2004. Thereafter, they approached 15 small towns to participate in a night-and-day prayer watch. Three towns divided a week of 168 hours amongst them and took responsibility for a full 24-7 prayer session every fifth week. Currently they are busy establishing similar prayer watches in four other areas.

### ***1.14 Township/squatter camp saturated with prayer watches***

A pastor in a township (squatter camp) called Orange Farm, with 1.3 million inhabitants, south of Soweto in South Africa, came up with the idea to saturate the whole township with prayer watches. The township is divided into 10 extensions and includes 10 smaller towns around it. The pastor established prayer watches in all 20 sectors and towns. Presently 62 congregational based prayer watches are functioning (of which at least 25 of them are praying full 24 hours a day already), involving 40% of all the churches in the township. The police report that over the last 6 months crime decreased at a rate of 20% per month. There is a constant stream of people who accept the Lord Jesus as their Savior. They see many healings, the restoration of marriages and family relationships as well as deliverance from demons.

### ***1.15 The youth and 24/7***

A very dynamic prayer movement is the one that started among the youth in England in 1999. In September 1999, Pete Greig challenged 200 young people of a church in the small town of Chichester, near Southampton in England, to pray for their peers for 24 hours a day for 30 days. They prayed night-and-day for more than three months. By December 1999, a new prayer movement had been established. At present (2005), the movement is known amongst the youth as 24-7. Groups of young people creatively decorate a venue to serve as a prayer room and then start praying there for 168 hours, generally from Monday to Sunday. In some instances a prayer watch is kept open for a number of weeks. When these prayer watches become 24-7-365 watches, they are called Boiler Rooms. It is becoming more and more common to speak of a 24-7 as a Boiler Room. By the beginning of 2006, there were already 65 countries in which this 24-7 prayer movement had taken root and was growing. ([www.24-7prayer.com](http://www.24-7prayer.com)).

### ***1.16 Denominations and Christian organizations***

From the 24-7 prayer movement that started amongst the youth in England, a new trend developed gradually. Initially the Salvation Army in Australia and then in England requested 52 of their branches each to pray 24-7 for a week. Almost immediately these branches started testifying that the atmosphere at the particular branch had changed. Some branches reported that the number of people who repented had tripled and that exceptional growth was taking place. YWAM, with 16 bases in Western Europe, set aside a whole year during which every base in turn took responsibility for a week and filled the whole year with 24-7 prayer. At the beginning of 2005, there were 13 denominations and Christian organizations in England alone that started to fill the whole year with 24-7 prayer.

### ***1.17 Prayer Mountains***

South Korea is well known for prayer mountains. Various denominations have established venues in the mountains where people can go to pray night-and-day. Most of these venues provide adequate accommodation, have a chapel, lecture halls, prayer stations and prayer cubicles where individuals can pray on their

own. Christians often go there to pray (and also to fast) for periods of up to forty days. At most of these prayer mountains there is a continual stream of visitors who come to pray. They pray about personal matters, and also for the country, North Korea, and for the world. According to the church in South Korea, the political preservation and stability in South Korea, as well as church growth in the country, may be ascribed to the prayers offered at these venues in the mountains.

### **1.18 Word prayer watches**

During the 10 days of night-and-day prayer of 6-15 May 2005, a church in Pretoria, South Africa, established three prayer watches that each prayed from Scripture only. In the first prayer room the intercessors read the Bible from Genesis to Revelations and prayed for 240 hours. In prayer room two they read the Psalms, Jesus' prayers and several other prayers in the Old Testament. In the third prayer room they read a volume of extracts from Scripture (thousands of promises, commands, the prayers of the apostles in the NT, Scripture on the character of God, and on God's purpose with mankind, etc). From 17-23 October 2005 in literally hundreds of places in South Africa local churches and groups of churches united to read and pray the Word (from Genesis to Revelation as well as the Psalms repeatedly) for 168 hours.

### **1.19 Prisons**

In several prisons in Argentina Christians have established dynamic 24/7/365 prayer watches (i.e. Olmos and Christ the only hope). They are praying for the other inmates, their families, their communities, the country and the world. There are extra-ordinary testimonies of conversions and change of lifestyle from inmates and other types of breakthroughs in the prisons in Argentina. Much of the fruit is because of continuous night-and-day prayer. In South Africa several prisons have repeatedly prayed night-and-day for 7 day periods over the last two years.

*The fire shall be burning continually upon the altar; it shall not go out"*

(Lev.6:13).

## 2 SECTION 2- THE REASON FOR NIGHT AND DAY PRAYER

- 2.1 Scriptural base for night-and-day prayer
- 2.2 Benefits of night-and-day prayer
- 2.3 Prayer and action
- 2.4 A short study on the use of the word “watch” in Scripture

### ***2.1 Scriptural base for night-and-day prayer***

The concept of night-and-day prayer is rooted in several Scriptures and Biblical principles:

1. God watches over us 24 hours a day (Ps.121) and in His Word He calls us up to watch and pray with Him. Revelations 4-5 states that the angels and the 24 elders worship God literally night-and-day. The Bible teaches us to pray that God’s will be done on earth as it is in heaven and in heaven there is only praise, worship and intercession, 24 hours a day. This is why we believe that praise worship and intercession should also take place on earth for 24 hours a day. The only way in which this can be realized, is by establishing 24-hour prayer watches.
2. In the Old Testament, the fire on the altar was kept burning: "And the fire upon the altar shall be kept burning on it: it shall not be allowed to go out. The priest shall burn wood on it every morning and lay the burnt offering in order upon it and he shall burn on it the fat of the peace offerings. The fire shall be burning continually upon the altar; it shall not go out" (Lev.6: 12-13). The priest’s two most important tasks were: a) intercession (through prayers and offerings); and b) praise and worship. The fire on the altar was a symbol of the continued praise, worship, intercession and reconciliation done by the priests.
3. God Himself appoints us as watchmen on the walls to pray for the fulfillment of His promises: "I have set watchmen upon your walls, O Jerusalem, who will never hold their peace day or night; You who are His servants and by your prayers put the Lord in remembrance of His promises, keep not silence, and give Him no rest until He establishes Jerusalem and makes her a praise in the earth (Isa.62:6-7). Note: a) it is God Himself who appoints the watchmen; b) they must stand before Him 24 hours a day; and c) the watchmen may not keep silent or allow Him to rest until all His promises have been fulfilled. God’s Word holds thousands of promises for His children and Scripture instructs us to continually pray for the fulfillment of these promises.
4. In Luke 18:7 God promises that He will do right by us (set right what is wrong – crime, violence, poverty, drug abuse, corruption, immorality, injustice, broken marriages and the AIDS epidemic) if we call to Him night-and-day. "Shall God not do justice to His chosen people who call to Him night-and-day? How long shall He let them wait?" (Luk18:8)

5. Paul's letters speak often of night-and-day intercession for the church and for the advancement of the gospel.
6. To serve God the Father night-and-day through praise and worship, to grow in intimacy with God and to live in His countenance. Rev.4:8-11: "And the four living creatures, individually having six wings, were full of eyes all over and within [underneath their wings]; and night-and-day they never stop saying, Holy, holy, holy is the Lord God Almighty (omnipotent), Who was and Who is and Who is to come. And whenever the living creatures offer glory and honour and thanksgiving to Him who sits on the throne, Who lives forever and ever. The twenty-four elders fall prostrate before Him Who is sitting on the throne, and they worship Him Who lives forever and ever; and they throw down their crowns before the throne crying out, Worthy are You, our Lord and God, to receive the glory and the honour and dominion, for You created all things; by Your will they were created."
7. Praying for this generation of young people to return to God and to become God-fearing men and women who will carry out the Great Commission and the Great Commandment. Lam.2:18-19: "The hearts called to the Lord. Then I, Jeremiah, cried, O wall of the Daughter of Zion, let tears run down like a river night-and-day; give yourself no rest; let not your eyes stop shedding tears. Arise, cry out in the night, at the beginning of the night watches; pour out your heart like water before the face of the Lord. Lift up your hands toward Him for the lives of your young children, who faint from hunger at the head of every street."

## ***2.2 Benefits of night-and-day prayer***

1. A 24-7 prayer watch will be one way a church can fulfil God's command to be a house of prayer for the nations (Isa.56:7). By implementing 24-7 prayer watches, churches are able to take responsibility and stand as watchmen on the walls for the church worldwide, for their own communities, their country and for other nations.
2. 24-Hours of praise, worship and intercession bring about a new and deeper dimension with regard to an intercessor's relationship with God.
3. A 24-hour prayer watch focuses on bringing in the harvest.
4. Through prayer watches we can pray night-and-day for our own needs and the needs of the community.
5. Night-and-day prayer helps us to persevere in prayer, to continue in prayer and to pray continually as the Word commands us to do.
6. A 24-hour prayer watch promotes unity among believers because they focus on the same issues and pray together for them. It also binds churches and denominations together.
7. It helps every intercessor and prayer group to understand that they have a responsibility and it strengthens them to know that they are not praying alone, which is for most people a huge encouragement.
8. History shows that night-and-day prayer had a huge impact on communities and on the world.

### **2.3 Prayer and action**

Prayer is not an end in itself. Prayer brings us into fellowship with God the Father, Jesus Christ and the Holy Spirit. When we start to fellowship with Jesus, He will reveal His heart to us and take us to people in need. The purpose of prayer is to strengthen us to live the Great Commandment (to love...) and the Great Commission (to go...). We do not pray for the sake of praying. Real prayer will always lead to action: touching people's lives with the love and compassion of Christ.

1. Prayer must always lead to a missional life style - taking the love and salvation of Jesus to people in need of salvation, comfort and healing.
2. Building on the foundation of prayer, we must live as disciples of Jesus, following Him wherever He goes, irrespective of the cost.
3. Prayer must lead to a life of compassion towards all who are in need.
4. Prayer forms the basis for Christians to live in peace, reconciliation and in love with one another.
5. Prayer brings us into a life of intimacy with Jesus.
6. Through prayer we receive power from God (through the Holy Spirit) to be witnesses of the love, salvation and compassion of Jesus and to take it to the ends of the earth.

Some people pray just to pray and some people pray to know God – Andrew Murray

### **2.4 A short study on the use of the word “watch” in Scripture**

In Gen.2:15 God appointed mankind as His representative, people as watchmen, guardians of the Garden of Eden. The Hebrew word for "watch" is shamar, one of the three words used for watchman in the Old Testament. Adam was told to look after the garden and to maintain it. The other two words are natsar and tsaphah. All three these Hebrew words imply protection and defense, as well as aggression and offensive action. We can, therefore, say that these words actually mean to guard or to protect by keeping watch, to preserve or to hide.

The two Greek words for “to guard” are gregoreuo and agrupneo. Both imply protection, but literally mean, “to be awake or sleepless”. The words refer to a sentinel, a scout, a night watchman – one whose task it is to stay awake, to be on the outlook for signs of danger.

In Old Testament times, a watchman was responsible for a) looking after crops; and b) keeping watch for enemies on the walls of the city. During harvest time (also in the spiritual sense), the services of watchmen are essential. All over the world it is now harvest time, that is why we currently need watchmen – to watch over God’s harvest (Joh.17:12) and to protect it. Watchmen were, however, also placed on the walls of cities to protect its people and to safeguard it. (Isa.1:6-8; Isa.62:6; Ezek.22:30)

*And the four living creatures...night-and-day they never stop saying, Holy, holy, holy is the Lord God Almighty (omnipotent), Who was and Who is and Who is to come...*

(Rev.4:8-11)

Pray often, for prayer is a shield to the soul, a sacrifice to God, and a scourge for Satan.

– John Bunyan

### **3 SECTION 3 - GENERAL GUIDELINES**

- 3.1 Venues that are used for prayer watches
- 3.2 Different approaches on getting people involved
- 3.3 Frequency of involvement
- 3.4 Different names are being used for night-and-day prayer watches
- 3.5 The prayer focus of prayer watches
- 3.6 Helpful websites

#### ***3.1 Venues that are used for prayer watches***

All over the world people use nearly any type of venue to establish their watches. The following are examples of such venues:

- homes or flats
- garages or storage rooms
- back rooms, atticks or basements
- a shack
- chapels or church buildings
- dedicated prayer rooms
- an office or a venue in a shopping centre
- inside prisons

#### ***3.2 Different approaches on getting people involved***

- A number of like minded individuals will take an hour each, filling the 24 hours.
- A local church will commit themselves to cover the week 24/7.
- A number of local churches will unit. Each church will for instance take one day a week and in that way they establish a 24/7/365 watch.
- A community may decide that they need a 24/7 watch. Individuals, local churches, prayer groups and youth groups will then unite and fill such a room with prayer 24/7.
- Young people in high/secondary school or universities/colleges commit themselves to establish a 24/7 on their campus.
- Children (ages 6-14) are sometimes mobilized into prayer watches. They will take slots in an established prayer watch or will commit to take a number of hours per week.
- A growing number of people all over the world will commit themselves for periods of time (a few months, a year or longer) to serve on a full time basis as prayer missionaries in a prayer watch.

### **3.3 Frequency of involvement**

- Some individuals will want to pray an hour a day.
- Some will be able to come once a week or once in two weeks.
- Others will come from time to time.
- Some will come for a one hour slot, others will take two or more.
- Some churches use one hour slots, others use two hour slots or 30 minute slots.
- Children may want to take 10-15 minute slots.
- Some watches will ask a local church to pray for one day a week or one day a month.
- Some watches are quite disorganized and people will spontaneously come and go, others are very disciplined and expect participants to be very punctual and to do a specific slot.

### **3.4 Different names are being used for night-and-day prayer watches**

- Prayer chains
- Prayer rooms
- Houses of prayer
- Boiler rooms
- 24/7 Watches
- Prayer towers
- Power houses
- Prayer mountains

### **3.5 The prayer focus of prayer watches**

Prayer watches are being established for a wide variety of reasons or purposes, for example:

- As centers of praise and worship
- Intercession and warfare prayer
- To pray the Word of God (i.e. Global Prayer Watch, Cape Town, South Africa)
- For solitude, silence, meditation and contemplative prayer (i.e. Taize in France)
- A combination of worship, intercession and warfare (i.e. International House of Prayer in Kansas City, USA)
- Praying for the nations of the world
- Praying for the basic needs of the community
- Praying for the nation: revival, economy, political situation, etc.
- Praying for the local church
- Any combination of the above

### **3.6 Helpful websites**

[www.global24-7.com](http://www.global24-7.com)  
[www.24-7prayer.com](http://www.24-7prayer.com)  
[www.fotb.com](http://www.fotb.com)  
[www.jwipn.com](http://www.jwipn.com)  
[www.xtremepayer.com](http://www.xtremepayer.com)  
[www.ipcprayer.org](http://www.ipcprayer.org)  
[www.globaldayofprayer.com](http://www.globaldayofprayer.com)

*“For the eyes of the Lord ranges throughout the earth to strengthen those whose hearts are fully committed to him”*

– (2 Chronicles 16:9)

I have been driven many times to my knees by the overwhelming conviction that I had absolutely no other place to go. – Lincoln

Men may spurn our appeals, reject our message, oppose our arguments, despise our persons, but they are helpless against our prayers. – J. Sidlow Baxter

## 4 Section 4 - HOW TO RUN A PRAYER ROOM

- 4.1 Guidelines for 24-7-365 prayer watches
- 4.2 Values and principles for building a 24-7 prayer watch
- 4.3 Guidelines for establishing a 24/7 (168 hour) prayer watch
  - 1. Basic principles to remember when you establish a prayer watch
  - 2. General guidelines
  - 3. How to run a 24-7 prayer room
  - 4. A few other ideas
- 4.4 Example of an interactive prayer room with prayer stations

### **4.1 Guidelines for 24-7-365 prayer watches**

- It is one thing to keep a prayer watch going for seven days, but quite a different matter to keep a prayer watch going for 365 days, year in and year out.
- In the first place it is important to remember that more personnel is required to keep a 365 prayer watch going.
- Secondly, there must be enough dedicated intercessors.
- Thirdly, it requires careful planning, clear guidance and motivation.
- A team is required to keep such a prayer watch going: a general co-ordinator; co-ordinators for every day of the week; an administrative team and preferably an administrative office; a team that can collect prayer material, process it and make it available to intercessors in print or via e-mail; a team that will take responsibility for cleaning and decorating the prayer venue; someone to work out the prayer time-table; etc.
- There must be a ongoing process to recruit new intercessors to join in the prayer watch. They must take the place of those who move to other towns or cities or who become tired and drop out.
- It is imperative to frequently motivate intercessors to carry on and to equip them for more intense prayer. Remember that some of them participate in the prayer watch as individuals or as members of small groups, and that they do not necessarily have any contact with the other intercessors. Intercessors can easily feel isolated and then lose courage.

### **4.2 Values and principles for building a 24/7/365 prayer watch**

- Cast the vision of night and day prayer and continue to cast the vision day by day, week by week. People need direction and encouragement.
- The leaders (also the leaders of the prayer watch) must believe in the power and necessity of prayer
- Prayer must be demonstrated by the leadership of the church.
- Strategise carefully and incorporate existing prayer activities to start 24/7.
- Delegate responsibilities carefully - As the watch grows, you will need

individuals with specific gifts to help meet the growing practical and spiritual needs that may occur. You will for instance need someone with strong administrative and organising skills.

- Link 24/7 with the different ministries in the church
- Keep it simple - It is the simple strategies that makes prayer easy. The very basic responsibility is to pray and call people to prayer.
- Keep on communicating and feeding people with prayer information - make use of existing prayer material and prayer letters that cover the Biblical call to prayer.
- Pursue the value of unity in the Holy Spirit.
- Understand the pressure of modern society – We are called to encourage people to pray and not to apply pressure on them. Make it easy for individuals to join in and do not criticise them if they don't. It does not make us better Christians just because we pray more than others. Some people can pray for hours, while others can only pray half an hour.
- Stress the importance of personal devotions and family devotions - Praying in the prayer watch must never replace your personal time alone with God.
- Be creative and prepared for change - Read and listen. Involving young people requires even more creativity.
- Make room and create opportunity for the teaching and equipping of the intercessors. People also need practical teaching on how to pray.
- To be a house of prayer is not a challenge – it is a Biblical command. (Matt.21:13)
- Make room for those who are called to fulltime ministry in the house of prayer. The Lord is raising up full-time watchmen all over the world with their primary calling within the house of prayer. There might be some of these men and women in your congregation who will seek to minister before God daily in fasting and prayer, like Anna in the New Testament. (Luke 2:37).
- Make sure to build wider as well as deeper - The prayer movement is growing wider and deeper. The 24/7 prayer movement provides a vehicle for those who wants to develop a deeper prayer life with God.
- 3 Keys to remember in sustaining the night-and-day watch: a) personal discipline, b) perseverance, c) personal commitment (to take your prayer slot).

### ***4.3 Guidelines for establishing a 7 days (168 hour) prayer watch***

The following basic principles should be kept in mind when establishing a prayer watch: the local church should always be held in high regard. Should you wish to establish a 24-hour prayer watch, consider the local church to be the primary cornerstone. Local churches should be houses of prayer.

#### **1. Basic principles to remember when you establish a prayer watch**

- In a prayer watch the Word of God should enjoy primary importance. Too many prayers are based on private agendas and desires. God's promises are revealed to us in His Word, and the Word teaches us what His will is. That is why it is essential that believers begin to pray the Word again.

- The four most basic forms prayer are praise/worship, confession of sin, intercession, and thanksgiving. Praise and worship acknowledges Christ's dominion and magnify Him. Confession of sin removes all the hindrances between God and us. Intercessory prayer is a plea for God's intervention in the need(s) of people. All these elements are important in a prayer watch.
- Prayer watches are not in the first place meant for praying about one's personal needs. During a prayer watch, the focus is upon the needs of the local church/community/city and the world at large.
- Do not rush into a 24/7/365 prayer watch. Start with one day a week, forty hours over a weekend or a week of night-and-day prayer (168 hours). Repeat this a few times and only then start planning a 24/7/365 prayer watch. A 365-prayer watch is a huge task that requires much administration. Prepare well and find the right people who will carry out the task diligently before starting a 24/7/365 prayer watch. Sometimes one feels so inspired that you want to carry on praying "until Jesus comes again"!

## **2. General guidelines**

- A 7 days prayer watch or prayer chain may involve individuals, groups, churches, towns/cities or regions/ provinces.
- Churches can begin with a one day 24-hour prayer watch once a week and as more people become involved, more days may be spent in prayer. As soon as there are enough intercessors to fill all the hours of one day, the chain may be strengthened by establishing a second chain that operates on the same day. The hours in the prayer watch may be taken by individuals, prayer groups, youth groups, cell groups, etc.
- Every church may liaise with another church, or a number of other churches to encourage them also to establish a 24-7 prayer watch (24 hours a day for 7 days). Encourage churches, interdenominational prayer groups and Christian organizations to each take a block of seven days (168 hours) to pray for 24 hours a day, and then to establish such 24-7 prayer watches in their communities at least twice or three times a year. A church or a number of churches (even as many as 20 or 30 churches or groups) may take a day weekly, throughout the whole year, to pray for 24 hours. Liaise with as many churches as possible about establishing a 24-7 prayer watch within a certain area or region. Initially not all churches will be able to take responsibility for a full 24 hours every week. In such cases, start with 6, 12 or 18 hours. Two or three churches could, for example, each take a number of hours on a certain day and so fill the whole 24 hours.
- A 24-7 prayer watch will promote an understanding of the serious need for prayer. Spiritual breakthroughs in communities usually follow the establishment of prayer watches.
- Over and above utilizing the local church as the basic building stone for establishing 24-hour prayer watches, other approaches/models can also be utilized to encourage 24-7 prayer.
- Groups could each be made responsible for one hour of prayer. Make provision for some groups to pray for two hours at a time. If 24 hours is initially too long, begin with a chain of 12 or 18 hours.

- Appoint a co-ordinator and a sub co-ordinator for every 24-hour chain.
- A prayer watch can function in two ways: a) Find a central venue at the church or elsewhere that is available for 24 hours a day, where people can meet to pray, or b) leave it to individuals or groups to decide where they wish to meet for their hour of prayer (for example, their own homes).

These guidelines are merely suggestions. Be creative. The Spirit of the Lord may lead you to approach the matter in an entirely different way. There is no right or wrong way of praying.

### **3. How to run a 7 day prayer room**

- A 7 day prayer period can run from Sunday at midnight until the next Sunday evening at midnight.
- The door of a prayer room should be left open night-and-day. A prayer room should provide a place where members of a church or community are able to come face to face with God, experience His presence and speak to Him about the needs of the world.
- A 24-7 manual (entitled Boiler Room Manual – especially for the youth) is available at [www.xtreamprayer](http://www.xtreamprayer)
- Find a room, or a space, and turn it into a prayer room for seven days. A specific prayer room to which people can come works best. Be firm and encourage people to come to the prayer room to pray!
- Arrange for security, if necessary.
- If several churches participate in one 24-7, the prayer room should not be at one of the churches involved. A neutral venue is recommended.
- Ensure that the toilets are open 24-7.
- Divide the prayer room into different sections where people can sit and pray. Call these sections prayer stations (or prayer walls) and explain to visitors that they may stop to pray at any station at any time. Persons who can play a musical instrument can praise the Lord with their music at the Wall of Praise, or someone can play a CD. It may be a good idea to place some extracts from Scripture on God's promises on the Wall of Promise so that intercessors can stand right there and pray the Scripture. Create a Thank-you Wall or corner where people can put up testimonies of answered prayers and thanksgiving notes. A Wailing Wall is also a good idea; the names of the needy and other prayer requests can be posted there. Train stations are popular places for graffiti artists, so create a Graffiti Wall on which people can write spiritual poems, letters and proverbs, or express themselves in drawings. Expect that creative juices will start to flow when people pray intensively and put large sheets of paper up on the wall for them to write and draw on. Put a number of pillows on the floor where people can just become quiet and spend time with the Lord.
- Make doubly sure that there are enough pens, paper, crayons and paint in the prayer room. It helps if one can write or illustrate your prayer and paste it on the wall.
- Provide enough coffee, tea and water.
- Practical prayer outreaches: Drive to the nearest school, police station,

shopping center, taxi rank or flea market and pray on the spot for the people who work there. You could erect a prayer stall there for a day or seven, so that people who need prayer can ask you to pray for them.

- Remember, this task is too great for one person to carry out, so ask a few people with administrative gifts to assist with the practical implementation of your week of prayer.
- Ask a few volunteers to help with transport, particularly to convey people to the prayer room at night.
- Pray with the intercessor who takes over your shift.
- Include worship and praise teams in the schedule and invite these teams to take two hours at a time to praise and worship the Lord at your venue.
- Make arrangements for the aged and young mothers with children to come in groups during the day, and for young people to pack the place over weekends. The young people could stay over all night on a Friday or Saturday evening. Allow the sleepy ones to bring along their sleeping bags, but I can almost guarantee that they will not use them.
- Encourage groups of young people (or older people), large prayer groups, local congregations or churches in an area to establish a 24-7 together.
- Outreach to the needy: People who come to pray during the week, could be asked to bring along clothing, food, furniture or blankets to give to the needy. When a gift is handed over, pray for the family to whom you give it. Bless them in Jesus' Name.

#### **4. A few other ideas**

- Perhaps it is time to challenge the local school to pray for 7 days. Parents can fill the schedule during school hours, and pupils can take responsibility for the afternoons and evenings.
- Take the youth group on an adventure – a 40-hour prayer watch on a weekend from 18:00 on Friday until 12:00 on Sunday.
- Get a few churches to work together to pray night-and-day for a whole week.
- Take the 24-7 concept to a “dark place” over a weekend or during a holiday and pray on the enemy’s doorstep. At the same time you can tell them of the love of Jesus.
- Twelve or twenty-four dedicated men or women can take time to go into retreat. Instead of each person taking responsibility for a whole 24-7, they can take shifts of an hour or two a day.
- Take your 24-7 to the nearest police station – thereafter you may find that there are no further problems with security in your area. You will experience the problems of the community first hand, and will be able to pray about situations as they are taking place.
- A fraternal (group of pastors) can demonstrate their commitment to unity to the community and the Kingdom by embarking on a 24-7, together with their wives.
- Establish a 24-7 via e-mail.
- Encourage a few businessmen and -women to take part in a 24-7 so that they can pray for the business sector, for the enterprises of their strongest competitors, and of their friends. (They can submit their own businesses to

the Lord too. Just think of what could happen...)

- Be creative. Perhaps the Lord is interested in your idea. Do not be afraid of creative ideas that may initially seem strange. The Lord's Spirit is a creative Spirit – He created you.
- Consider a Word Watch. For example, take the Bible and pray from it for a week, night-and-day. Start with Genesis 1, pray as far as you get and then start from the beginning again. Another possibility is to take the Psalms and pray from them for seven days. You could also make extracts from promises, commands, and prayers in the New Testament and pray them for a whole week. (Such extracts are available from Jericho Walls info@jwipn.com; www.jwipn.com).

#### **4.4 Example of an interactive prayer room with prayer stations**

The prayer stations in an interactive prayer room should, as far as possible, cover all types of prayers, such as personal requests, intercession, meditation, contemplation, worship, thanksgiving and confession. A good starting point is personal confession, cleansing, forgiveness and personal commitment to walk according to God's way.

Included in this section is 13 "prayer stations", which means 13 areas that you can decorate and furnish to help people to get more actively involved in prayer when they enter the prayer room. These 13 prayer stations are only a few examples of what can be done. The possibilities on the type and number of prayer stations and how to decorate and use a prayer room is nearly infinite. The names of the prayer stations can be changed, more can be added, some can be taken away. Much depend on the focus of the prayer room, the size of the room, material available to furnish/decorate the room, the ages of the people that will use the prayer room, etc.

##### **A. Facing the Cross**

- Time for introspection, asking the Lord to reveal any sin that hinders a deeper walk with Him. Then nail it to the cross.
- Scriptures: Col 2:13,14; Rom 6:6; Gal 2:20; Gal 5:24; Matt 16:24, Isa 1:18.
- Needed: Cross (made up of 2 flat pieces of wood), hammers, nails, pieces of coloured paper, pens, red cloth on which the cross is laid on the floor, 1 small bedside lamp.

##### **B. Hidden Walk / Deeper Walk**

- Reflect on your relationship with the Lord and make a commitment to consecrate yourself anew to the Lord.
- Scriptures: Rom 12:1,2; 2 Cor 3:18.
- Needed: White cloth to decorate the area (symbolizing the righteous acts of the saints), A4 paper, pens, chairs, pillows. Floodlight for back-lighting.

##### **C. Walk to remember / Wall of Remembrance**

- This can either be an altar to the Lord, where you can write the promises God had given and fulfilled, on a white stone and add it to a heap of stones as a thanksgiving altar. Or it can be wall of bricks in which people can write the

- promises God had given and fulfilled and then thank Him by building up a wall.
- Scriptures: Josh 4:21-24; Ps 26:7; Phil 4:6-7, Ezek 22:30; Isa 62:6; 2 Cor 1:20.
- Needed: small stones (50); permanent markers, black plastic (to put stones on), 30 bricks or large sheets of paper to draw the bricks on the wall, floodlight on the wall or standing lamp at the altar.

#### **D. The Potter's House**

- Place where people can come and make a vessel or ornament – contemplating about God's work in their lives.
- Scriptures: Isa 64:8; Rom 9:21.
- Needed: Table (covered with plastic or newspaper), clay, chairs, 1 small bedside lamp.

#### **E. Dine with Me**

- Communion table.
- Scriptures: Rev 3:20; John 6:53-55; Matt 26:26-28.
- Needed: Table, table cloths, cups, plates, juice, bread, chairs, fairy lights on table, 2 candles, matches / small lamps.

The next feature in the prayer room should be an outward focus towards their community and the rest of the world.

#### **F. Golden Bowl / Wailing Wall / Altar of Incense**

- A place where people can bring prayer requests before the Lord concerning the lost, or any other need they have in their lives. Make this an interesting place by placing the pieces of paper on a piece of chicken wire or hang it from a string using clothes pegs. Light this area up with two small floodlights from above the wire.
- Scriptures: Matt 7:7; Matt 21:22; John 14:13-14; 1 John 5:15; Rev 5:8; Rev 8:3-4
- Needed: Wire, string of rope, pieces of colored paper, pens, golden bowl, clothes pegs, 2 small flood lights.

#### **G. Reality Wall**

- Pray for the needs of the community and the world.
- Scriptures: Matt 18:19, Phil 4:19
- Needed: newspaper clippings, stuff to stick it to the wall, 2 small flood lights from above.

#### **H. Breaking the strongholds**

- Construct a small prison. Put a small table inside with, paper, pens, rubbish bin, candle, matches, Basin and Jug, towel. People are to write on pieces of paper, those bondages in their societies that hinders knowledge of God, e.g. alcohol, sexual addiction, pornography, idolatry, bloodshed, etc. Then burn the paper and throw it in the rubbish bin.
- Scriptures: John 8:32, John 8:36, Isa 61:1
- Needed: 3 Room dividers, black cloth, 14 thin pieces of wood or bamboo to construct 2 prison windows, small table, paper, pens, rubbish bin, candle,

matches.

### **I. Fishers of Men**

- Prayer for the nations of the world, your own nation. Use wheat to symbolise sowing the Word into that nation.
- Scriptures: Ps 2:8, Gen 24:16, Deut 1:21, Dan 7:18, Matt 24:14
- Needed: 2 Room dividers, map of the world, map of your nation, fishing net, grains of wheat, stuff to stick it on the maps. Flood light from above to light up the maps.

### **J. Beautiful feet**

- Place where people can wash the feet of one another, pray for one another, reconciliation.
- Scriptures: John 13:5; John 13: 14; 2 Cor 5:18; Matt 5:24.
- Needed: 6 chairs, 3 basins, 3 buckets, 3 jugs, 6 towels, 1 standing lamp.

The last feature in the prayer room should be a few places to focus on God, His Kingdom and His glory. A place for worship.:

### **K. The Secret Place / Throne Room**

- Place to sit and reflect on God's character, His Names. Worship Him for who He is.
- Scriptures: Ps 95:6; Song 2:10; Isa 55:1; Rev 4:1; Matt 11:28
- Needed: Cloths of purple, white, gold, God's Names written on cardboard, chairs/cushions, water fountain, plants, flood light from behind the cloths, and one from the bottom lighting up the names of God.

### **L. Word Watch**

- A place where people can sit and read the Word or a Psalm and reflect and meditate on what they were reading.
- Needed: Small table, chairs, 1 bedside lamp, few bibles.

### **M. Creative Wall**

- A place where people can write, draw or paint graffiti on a wall.
- Needed: Table (covered with plastic or newspaper), paint, pieces of paper, pins, colored pens, crayons, etc.

*"Shall God not do justice (make right what is wrong) to His chosen people who call to Him night-and-day? How long shall He let them wait?"*

(Luk.18:7-8)

It is not age, experience, talent or finances that will determine the destination of nations – prayer alone will change the world. – Dick Eastman

Of all the duties enjoined by Christianity none is more essential and yet more neglected than prayer. – Francois Fenelon

## 5 SECTION 5 - WHAT TO PRAY ABOUT

5.1 Some general guidelines on what to pray about

5.2 Prayer Pointers to use to pray for your community, town/city, country and the world.

Prayer watches are established for different reasons and with different focuses. Some will focus on a church, some on cities or communities, and others on the population and/or the nations of the world.

### **Focus prayer on general needs in the following areas:**

- The world and your own continent
- Your country
- Every city/town/region
- Your church
- Your family
- Yourself

### ***5.1 Some general guidelines on what to pray about***

- Use Scripture: promises from Scripture, the Psalms, the prayers of the apostles in the New Testament, etc.
- Make use of any of the daily newspapers and pray for matters that are reported in the paper.
- Sign in to e-mail prayer information or prayer letters from churches or Christian organizations that send out information (e.g. Jericho Walls: [www.jwipn.com](http://www.jwipn.com)).
- In towns/cities/regions where there are 24-7 prayer watches, communal prayer bulletins could be sent to all participating churches so that intercessors are able to pray in unison for their community.
- Individuals must feel free to pray for their personal needs also.
- Every individual that is involved in the prayer watch can be encouraged to pray for a few neighbors, family members or colleagues who have not yet given their hearts to the Lord.
- Set aside sufficient time for praise and worship. Use singing and music cassettes/CDs. Sing to the glory of God; learn to praise and worship Him. The Psalms are particularly suited for this.

### ***5.2 Prayer Pointers to use to pray for your community, town/city, country and the world***

#### **1. Seeking the Kingdom of God - For the transforming power of Christ's**

## **kingdom**

**Concerning:** spiritual darkness, church divisions, economic oppression

*Acts 1:3-4 - "...and speaking of the things concerning the kingdom of God. Gathering them together, He commanded them not to leave Jerusalem, but to wait for what the Father had promised, 'Which,' He said, 'you heard of from Me...'"*

### **For the glory of Christ**

- For the hearts of God's people to blaze with love and loyal obedience to Jesus as King and Lord of all.
- For the goodness and glory of Christ's kingly love to be experienced by many throughout whole cities.
- For Christ to gather and instruct His people concerning the hope of His life-giving kingdom.

### **For the blessing of the nations**

- For Christ to position believers in cities where breakthroughs of blessing have not yet happened. Pray that they would patiently pursue God's promise of the blessing of His kingdom in those difficult places.
- That the power of Christ's love would bring lasting transformation throughout entire communities.

## **2. Increasing in united prayer - For sustained movements of united prayer**

**Concerning:** prayerlessness, occult practices, materialism

*Acts 1:14 - "These all with one mind were continually devoting themselves to prayer..."*

### **For the glory of Christ**

- That God would unite us in prayer with "one mind," (Acts 1:14, 2:46, 4:24), empowering us to pray together with passion for Christ's glory in all the world.
- That God would hear and answer the prayers of the poor, the young, and the marginalized and be glorified by their praises.

### **For the blessing of the nations**

- That God's Spirit would impel and empower believers to pray specific blessings upon their neighbors and friends.
- That people throughout our communities would be moved to call out to God for His help as never before.
- That the leaders of our community would ask God for His wisdom and hope.

### **3. Being filled with the Holy Spirit - For God to pour out His Spirit upon all**

**Concerning:** intellectual pride, demonic oppression, spiritual blindness

*Acts 2:17 "In the last days,' God says, 'I will pour out my Spirit on all people...'"*

#### **For the glory of Christ**

- For the Church to be filled afresh with God's Spirit, empowered as Christ's witnessing servants in the world.
- For the Spirit of God to reveal Jesus to those buried in spiritual darkness.

#### **For the blessing of the nations**

- That God would pour out His Spirit upon every person alive on the earth.
- That the Spirit of God would awaken the nations to hear His voice and to see His works (Acts 2:33).
- For many to be stirred by Spirit-given dreams to envision Jesus alive and at work in their lives.

### **4. Turning to God in repentance - For many to turn from sin to new life in Christ**

**Concerning:** pornography, addictions, rebellion, immorality

*Acts 3:19 - "Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord."*

#### **For the glory of Christ**

- For Christ to encounter people with His forgiving love, so that millions turn from their sin to the joy of following Him.
- That the Spirit of God would help many to recognize how they have grieved God and openly confess their sin.
- That the word of the cross of Christ would break the grip of sin's power. That many would be moved with hope for their sin to "be wiped out" (Acts 3:19).

#### **For the blessing of the nations**

- That God would bless His people by helping them be the first to turn "from their wicked ways" (Acts 3:26) so that massive movements of repentance would sweep through whole communities.
- That movements of repentance would bring "times of refreshing" (Acts 3:19) so that men, women and children will experience the presence of God.

### **5. Pursuing the peace of Christ - For relationships to be transformed**

**Concerning:** racism, poverty, violence, crime

*Acts 2:43-47 - "Everyone was filled with awe... All the believers were together... Selling their possessions and goods, they gave to anyone as he had need... They*

*broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people..."*

### **For the glory of Christ**

- That God would bring outbreaks of Christ's peace all over the world through the changed lives of His people.
- That reconciliation among churches would remove divisions and hostilities, marking relationships among Christians with love, joy and gladness of heart.
- For Christ to move so powerfully and clearly that His people, as well as the onlooking world, would be "filled with awe" (Acts 2:43).

### **Blessing of the Nations**

- For God's people to turn away from greed and worldly desires and to become more generous than ever before.
- For God to intervene in wars, restraining spiritual forces of evil, subduing terrorism, and protecting the lives of those afflicted.
- For God to use Christians to help lift people out of the oppression of extreme poverty. It is estimated that over a billion people struggle to survive on less than one dollar a day.

## **6. Empowering the coming generation - For God's purpose for families and children**

**Concerning:** broken homes, sexual perversion, child labor, abortion  
Acts 2:39 - *"For the promise is for you and your children..."*

### **For the glory of Christ**

- For Christ to strengthen marriages and homes.
- For young people to follow Christ early in life, serving Him with a lifetime of extreme devotion.
- That young leaders would be recognized and released to help churches grow in multiplying ways (Acts 6:3-7).

### **For the blessing of the nations**

- That Christians would boldly show the compassionate love of the family of God to orphans, widows, and the homeless.
- For God to use His people to extend His fatherly love to millions of children orphaned by wars and the HIV/AIDS epidemic.
- For God to empower the coming generation to fulfill His promises throughout the earth.

## **7. Resounding the call of God - For the nations to hear the voice of God**

**Concerning:** idolatry, unbelief, depression, illiteracy  
Acts 2:39 - *"...and for all who are far off, as many as the Lord our God will call to Himself."*

### **For the glory of Christ**

- For the word of God to be proclaimed to people of every language, tribe and nation (Acts 1:8).
- That the world would hear of the “mighty deeds of God” in the words of their own language and the ways of their own culture (Acts 2:11).
- For Christ to be followed among the thousands of unreached people groups who lack vital, growing, multiplying churches.

### **For the blessing of the nations**

- For the Bible to be translated for the 3,000 people groups without even one verse in their language.
- That God would call to Himself many (Acts 2:39) who would call on Him to be saved (Acts 2:21).

## **8. Suffering with power for the glory of Jesus - For the faithful courage of His people**

**Concerning:** persecution, injustice, terrorism

Acts 5:41 - “...rejoicing because they had been counted worthy of suffering disgrace for the Name.”

### **For the glory of Christ**

- That those who are opposed because they serve Christ will display the gentle, bold character of Jesus (Acts 4:13).
- For Christians who suffer for Christ’s name to be strong in joy and faith.
- For God to be glorified by His great deeds in places where He has been opposed (Acts 4:21).

### **For the blessing of the nations**

- For our leaders and governments to be blessed.
- That government leaders who are opposing Christ (Acts 4:25-27) would be blessed with wisdom so that they would not be found “fighting against God” (Acts 5:39).

## **9. Bringing the healing of Christ - For Christ to bring substantial healing**

**Concerning:** lack of healthcare, the AIDS epidemic, witchcraft, pollution

Acts 4:30 - “Stretch out Your hand to heal and perform miraculous signs and wonders through the Name of Your Holy Servant Jesus.”

### **For the glory of Christ**

- That communities would see the hand of Christ extended, bringing miraculous healing among the sick (Acts 5:14-16).
- That the name of Jesus would be declared with signs and wonders in the presence of many (Acts 3:16).

### **For the blessing of the nations**

- For the end of HIV/AIDS in our generation.
- For Christians to act with persistent wisdom and compassion to eradicate diseases.
- For Christians to be engaged in providing basic healthcare where needs are great. Thousands of children die daily worldwide from preventable diseases.
- For God to work powerfully as His people work wisely to bring healing to the land.

### **10. Extending the blessing of Christ - For promised blessing among all peoples**

**Concerning:** hunger, warfare, gangs, corruption

Acts 3:25 - *“He said to Abraham, ‘Through your offspring all peoples on earth will be blessed.’”*

### **For the glory of Christ**

- For Christians to live in expectancy that the ancient promise of blessing would soon be fulfilled, bringing transformation to their communities and countries.
- That Jesus, Abraham’s greatest descendant, would be seen for all He really is among all peoples.
- For churches to work in Jesus’ name together as one family, co-working with God to change lives, cities, and nations.

### **For the blessing of the nations**

- For the righteousness and justice of God to transform the ways of commerce and politics, cleansing whole societies from the curse of corruption.
- For the peace of Christ’s kingdom to change the way cities and nations are governed.
- For the joy of Christ’s kingdom to erupt in celebrations of grateful praise amidst every people group on earth.

*And in His law (Word) he meditates day and night*

(Ps.1:2)

Prayer is not so much an act as it is an attitude--an attitude of dependency upon God.

– Arthur Pink

## 6 SECTION 6 - HOW TO SPEND AN HOUR IN PRAYER: One hour prayer outlines

- 6.1 Model 1: Seek My Face
- 6.2 Model 2: The hour that changes the world

Included are two guidelines or prayer models on how to fill an hour with prayer. Both of these models work on the basis of taking an hour and divide it into 12 x 5 minute slots. By praying for each section for 5 minutes you will fill an hour with prayer.

### 6.1 Model 1 - Seek My Face (Psalm 27:8)

#### 1. Seek My Face through calling on My Name (5 min)

Yahweh, the Source of all steadfastness and encouragement (Rom.15:5), Compassionate and merciful God (Ex.34:6), El-Shaddai (the All-mighty, All-sufficient One; Satisfier (Gen.1:17), Yahweh-Yireh (God shall provide); Provider ((Gen.22:14), Yahweh-Ropheka (the Lord who heals you (Ex.15:26)), Yahweh-Shalom (the Lord gives rest; the Lord is peace) (Ps.35:27), The King of the whole world (Mic.4:13), Jesus Christ the Way, the Truth and the Life (Joh.6:14), Christ the Power and Wisdom of God (1 Cor.1:24), The Lamb in the centre of the throne (Rev.7:17), The Lamb that was slain (Rev.5:12), Christ the Hope of glory (Col.1:26), the Spirit of Liberty, Insight, Counsel and Strength, Knowledge and Fear of the Lord (Isa.11:2), Grace and Supplication, Holiness, Love, Truth, Power, Self control, Wisdom and Revelation of the Knowledge of Him, the Spirit of Glory.

#### 2. Seek My Face for personal revival (5 min)

Ask yourself the following questions:

- Is there any known unconfessed sin in my life?
- Do I have unforgiveness and bitterness in my life?
- Are there any doubtful practices or activities in my life?
- Am I obeying the Holy Spirit promptly in all things?
- Am I confessing Jesus unashamedly?

#### 3. Seek My Face for your unsaved family and friends (5 min)

1. ....
2. ....

3. ....
4. ....
5. ....

Pray for their salvation, that God will bless them (spiritually, socially, emotionally), and pray for their felt needs.

**4. Seek My Face for the church (5 min)**

Write down 5 things to pray for your local church and/or the church in general

1. ....
2. ....
3. ....
4. ....
5. ....

**and/or**

- Pray for congregations to be restored as houses of prayer for all nations (Isa.56:7; Matt.21:13).
- Pray for congregations to fulfil the Great Commission (Matt.28:18-20).
- Pray for congregations to fulfil the Great Commandment (Matt.22:37-40).
- Pray for spiritual revival in the church (Eph.3:17-23).
- Pray for a church that will be faithful to the Word and relevant in addressing the needs of the people (2 Tim.3:1-17).

**5. Seek My Face for your personal needs (5 min)**

1. ....
2. ....
3. ....
4. ....
5. ....

**6. Seek My Face by praying through My Word (5 min)**

Start by praying systematically through the Psalms. Read and pray through 2-3 Psalms each time.

**7. Seek My Face by listening to Me and waiting on Me (5 min)**

Seeking His Face by watching and listening to Him. Read Isa.42:8-9, Dan.9:9-10 and Ps.25:4-5. Ask the Lord to reveal new things to you, things that He wants you to notice and pay attention to. Ask Him to reveal His will and strategies/plans to you. Ask Him for things that are on His heart that He wants you to pray about. Write down (journal) what you sense He is saying to you.

**8. Seek My Face by praying for the breaking of strongholds of sin and that people will confess their sins (5 min)**

- Immorality
- Witchcraft and idolatry
- Injustice: harmful behaviour and acts
- Racism: racial hatred and ethnic pride
- Unholy covenants

**And/or**

Seek My Face for some crisis issues worldwide

- The HIV/Aids pandemic
- The growing number of poor and needy people
- Corruption at all levels
- The persecuted church in many countries
- Wars, bloodshed, ethnic violence – also pray for millions of refugees
- Children in distress: abuse and exploitation

**9. Seek My Face for the nations (5 min)**

Write down the names of five countries and pray for them

1 .....

2 .....

3 .....

4 .....

5 .....

- For revival
- For the salvation of the unreached and unsaved
- For mature and God-fearing leaders
- For the multiplication of dedicated followers of Jesus
- For an awakening of a vision for missions in local congregations

**And/or**

- Pray that the nations will see that Christ Jesus is the Way, the Truth and the Life (Joh.14:6).
- Pray that the unreached peoples of the earth will be reached with the gospel (Luk.24:46-48).
- Pray for the coming of God's peace and glory to countries and nations (Zech.9:10).
- Pray that kings and governments will submit to the Lordship of Jesus as the King of kings (Isa.49:7).
- Pray that God will bless the nations (Jer.4:1-2).

**10. Seek My Face for My will to be done on earth (5 min)**

- For the revelation of God's glory over the whole earth
- For the healing of the nations
- For reconciliation at all levels (families, churches, ethnic groups or races, countries, etc.)
- For breaking of strongholds, structures and political systems that are destroying people's lives
- Pray for God's blessing on the nations

**And/or**

**Seek My Face for people to be reconciled with Me and one another (5 min)**

- Pray that nations will confess if they ill-treated, hurt or oppressed their own people or other nations and that they will stop their condescending attitude.
- Pray for reconciliation at all levels (in families, oppression of women and children, between churches and denominations, ethnic groups or races, between states, etc.)
- Pray for the removal of strongholds, structures and political systems that are destroying the lives of people.
- Pray that people will forgive and compensate one another.

**11. Seek My Face for the youth**

- That this generation of young people will reach their own generation with the gospel.
- For young people to come into a new intimacy with God and obedience to Him.

- For radical, committed disciples, living in holiness.
- To radically serve God and to follow Him wherever He leads.
- For compassionate hearts, to reach even the poorest and most miserable and to serve them.

## **12. Seek My Face with praise and worship**

End your time of prayer with praise and worship. Read any one of Pss.144-150. Thank God for his goodness and take time to bless individuals who come to mind, in the Name of the Lord Jesus Christ.

### **6.2 Model 2 - The hour that changes the world**

In his book *The Hour that changes the world*, Dick Eastman suggests that you divide an hour into 12 five-minute periods. After each 5 minutes, you progress to another form of prayer.

#### **1. Praise and worship is an act of adoration and consecration to God (5 min)**

*Ps.115:1 "Not to us, O Lord, not to us but to your name be the glory, because of your love and faithfulness."*

- Worship God for who He is, the One who created you – for His unfailing Word; for your salvation; that you are included in His plan.
- It is to elevate and honor God.
- It is to acknowledge God for who He is, to magnify Him with our words, our whole being and with our prayer position.
- Praise His Name, His righteousness, love, holiness, omnipotence, greatness, faithfulness, omniscience, His Word, His creation, His redemptive work, etc. You may choose a different theme to use each time during this time of praise and worship. Enlarge on this theme as much as possible, meditate on it, and consider what the practical implications will be for your life and the lives of other people.

#### **2. Wait on the Lord in an act of surrender to and love and admiration for God (Often prayer without words) (5 min)**

*Ps.46:11: Be still and know that I am God*

- This is where I am silent before God.
- Where I close the door in the spirit to any influence from the world.
- Where I come into His presence through an act of faith.
- This is to praise and worship God for who He is.
- During this period of silence, we focus on God and dedicate ourselves again

to God. We rejoice in His presence and about His presence.

- This is a time of deep personal and intimate communication with God, this is when I, as a finite and limited being enter into the presence of God, the Unlimited and Infinite Being.
- At this stage, we have to make certain that we have a living contact with God. During this time of waiting on the Lord there is no room for impatience and hastiness, it cannot be rushed.
- During this period, you do not think about anything but God the Father, His Son Jesus your Savior and the Holy Spirit.
- You do not have to put thoughts that come up into words. Concentrate on your relationship with God and your love for Him.

### **3. Confession/humiliation is an act of confession and cleansing of myself as the temple of God to give me free entrance to God. (5 min)**

*Surely the arm of the Lord is not too short to save, nor his ear too dull to hear. But your iniquities have separated you from your God; your sins have hidden his face from you, so that he will not hear. (Isa.59:1-2) If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. (1John 1:9)*

- This is where I acknowledge to my sins, confess my guilt, admit that it is wrong, turn away from it and accept God's forgiveness.
- Where I ask God to show me every form of pride and lack of love and confess it and break with it.
- This is the time for introspection and to allow the Holy Spirit to reveal any unconfessed sins. We only receive forgiveness and deliverance from sin through the blood of the Lord Jesus and His death of atonement on the cross.
- When confessing my sins I do not necessarily ask that God will change my circumstances, but that He will forgive me and change me.

### **4. Scripture praying is to feed myself spiritually and to pray according to God's agenda and revelation (5 min)**

- This is prayer enriched by the Word: the Word is your manual on how to pray.
- This is to pray according to God's promises. God's promises in the Word quicken our faith.
- The Bible is in the first place a book that should be believed and obeyed. In this period I ask: Lord, which promises may I appropriate, which commands do I have to obey, to which warnings do I have to pay attention to?
- We have to remind the Lord day and night about His promises in His Word. As you read the Bible, you should ask the Lord how to apply it to your daily life and in your prayer time.

**5. Watching is a time of spiritual observation, to watch spiritually, to be spiritually mindful of issues that need prayer. (5 min)**

*Devote yourselves to prayer, being watchful and thankful. (Col.4:2)*

- To watch and to be aware of possible attacks from Satan. Pray and ask the Holy Spirit to show you the plans, methods, strongholds and strategies of the Evil one.
- To be aware of any guidance from the Lord
- To be aware of any revelation of God
- Ask for insight, discernment, wisdom and to understand what you should focus on in prayer and what should be your priorities.
- To understand the will of God, where He wants to use you today.
- To ask the Lord what is on His agenda and on His heart.
- Is there anything in the newspapers, TV or radio for which we have to pray, things like economic problems, political unrest and wars for which God wants us to pray?

**6. Intercession is to stand in the gap for other people, to concentrate on the needs and wants of other people. (5 min)**

*I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone— for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. (1 Tim.2:1-2)*

- To pray for God's plan for other people's lives.
- To stand between God and other people and pray for their needs – to ask for mercy and grace.
- This is a spiritual position before God – to remain standing until you have the assurance that God hears you and that He releases you from praying about it.
- This is God's way of involving His children in His plan with the world.
- When you intercede, you stand on God's side and work with Him for the salvation or to the advantage of someone else.
- Through prayer, you may become involved in the spiritual battle against the powers of Evil. Pray and ask the Lord to reveal to you, through the work of the Holy Spirit where these powers are at work. On the bases of your authority in Christ, you should bind the powers of Satan in the Name of Jesus and destroy their strongholds and arguments. Resist the devil and do not give him any foothold. Jesus conquered the Evil one on the cross. We, as believers should proclaim this victory on every area of life.

**7. Petitions for your personal needs**

*Give us today our daily bread. (Matt.6:11) Jabez cried out to the God of Israel, "Oh, that you would bless me and enlarge my territory! Let your hand be with me, and keep me from harm so that I will be free from pain." And God granted his request. (1*

*Chron.4:10) Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. (Phil.4:6)*

- To pray for my 'daily bread'.
- To take my own distress, crises, needs and desires to God.
- In humility and complete dependence, I ask God to supply in my needs. I come as God's servant and His child.
- Do not dictate.
- Come in faith and trust – come as God's friend.
- Be specific.
- As Christians, we may boldly take our personal needs to the Father. We can pray with expectation, even about the smallest things.
- Watch out for selfish desires.

#### **8. Thanksgiving is the time when I express my appreciation to God for His care and protection and for who He is.**

*Give thanks in all circumstances, for this is God's will for you in Christ Jesus. (1 Thess.5:18)*

- Think about the day and thank God for His care for you and others.
- Thank God for new things He did: spiritual, physical and social.
- Thank Him for who He is, His gifts, answers to prayer....all His blessings.
- Be specific in your thanksgiving.

#### **9. Singing is melodious praise and worship.**

*Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs. Know that the Lord is God. It is he, who made us, and we are his, we are his people, the sheep of his pasture. Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures forever; his faithfulness continues through all generations. (Ps.100)*

- This is an act to praise and worship God with spiritual songs.
- This can be a battle cry against the powers of darkness. Singing and spiritual warfare (our struggle against the Evil one) are indissolubly part of each other.
- Use well-known songs or sing your own new songs. You can start by using Scripture portions adapted into songs.
- This is to glorify, adore and worship the Father in song.

**10. Meditation is to consider or investigate an issue at a deeper level, to evaluate it spiritually.**

*Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. But his delight is in the law of the Lord, and on his law, he meditates day and night. He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers. (Ps.1:1-3) Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. (Josh.1:8)*

- Meditate on the nature and being of the Tri-une God, His creation, acts (works) and character.
- Take a particular theme from Scripture and meditate on it. (Righteousness, love, truth, light, peace, holiness, etc.)
- Take a portion from Scripture and meditate on it.
- Make God Himself the focus of your meditation: His words or acts, His Word, His character.

Christian meditation is the opposite of Eastern meditation. Eastern meditation is about a passive state of mind and to empty your mind. For the Christian meditation is an active process of evaluating, investigation and pondering where your mind is fully involved and where you allow the Holy Spirit and Scripture to lead you. Meditation is to reflect in a disciplined way. Watch out that Satan does not plant his thoughts in your mind. Also, watch out for negative thoughts during this time. Reflect on whatever is true, noble, right, pure, lovely and admirable. When you reflect on a specific portion of Scripture, you should ask yourself what this portion says to you personally.

**11. Listening is a period where you receive instructions from God, where you ask Him to reveal to you the things He wants you to notice and pay attention to.**

*Do not be quick with your mouth; do not be hasty in your heart to utter anything before God. God is in heaven and you are on earth, so let your words be few. (Eccl.5:2)*

- Focus on listening to the inner voice of the Holy Spirit.
- Where you ask: What do You want me to do? What is Your will for today?
- Seek guidance from the Word.
- Ask God purposefully to reveal to you His will, plans and strategies.
- Waiting on the Lord is about loving God. During meditation, we want to learn more about God. In the period of listening, we want to hear what God wants to tell us. During this period, I ask; Lord, what do you want from me, what is your will for me?
- You may also ask God specific questions; maybe difficult questions on which you

- do not have answers. Be sensitive to the Holy Spirit.
- Be careful not to be quick in saying; "The Lord said this or that to me."

**12. Praise is to magnify God, to glorify Him, to tell Him that you know to Whom you have been praying and to trust Him with your prayers.**

*For yours is the kingdom and the power and the glory forever. Amen. (Matt.6:13)*

- Make your Amen at the end strong to confirm that you believe God heard you and will answer you. Amen means: this is true and certain, this will be so.
- This is a final spiritual act to put God on the throne of your life.
- This is where you confess: For yours is the kingdom and the power and the glory forever. Amen.

*May Your kingdom come, may Your will be done.*

(Matt.6:10)

There are more tears shed over answered prayers than over unanswered ones.  
– Teresa of Avila

## 7 SECTION 7 - PRAYING THE WORD

- |   |
|---|
| <ul style="list-style-type: none"><li>7.1 Why we have to pray the Word</li><li>7.2 How to pray the Word</li><li>7.3 30 Word prayers</li></ul> |
|---|

Hudson Taylor said: "We (Christians) are supernatural people: born again through a supernatural birth, driven by a supernatural power and nourished by supernatural food, taught by a supernatural Teacher from a supernatural Book." E.W. Kenyon said: Fasting and long hours of prayer do not build faith.....reading books about faith and men of faith and their exploits stirs in the heart a deep passion for faith, but does not build faith. The Word alone is the source of faith. Andrew Murray said: Little of the Word with little prayer is death to the spiritual life. Much of the Word with little prayer gives a sickly life. Much of prayer with little of the Word gives more life, but without steadfastness. A full measure of the Word and prayer each day gives a healthy and powerful life.

Faith comes from hearing the message, and the message is heard through the Word. (Rom.10:17) Without faith we cannot pray because prayer without faith does not please God. (Heb.11:6) God affirms His Word and His promises with an oath. (Heb.6:16-17) He cannot be unfaithful to His Word. God reveals Himself in His Word. He shows His character to us through His Word. The promises in the Word are in line with His being and His character, to which He can never be unfaithful.

### **7.1 Why we have to pray the Word?**

- When we understand the authority of the Word and the position of the Word in our lives, it follows that we have to pray the Word. The following are some reasons why we should pray the Word.
- God introduces His will in the Word. When we pray the Word we pray the will of God and when we pray according to the will of God, the Word says our prayers will be answered. (1 John 5:14-15)
- Secular books provide knowledge and insight, but it is only when we read the Word that you come to faith. When we pray the Word, faith increases in our hearts. (Rom.10:17)
- The Word/Scripture reveals God's priorities. When we pray according to the Word we learn what these priorities are and then we will be able to adapt our lives according to these priorities.
- The Word has authority. When God the Father created the universe He did it through His Son, the Word. The Word spoke a word and there was light and life and people and heavenly bodies. When we proclaim the Word, it becomes a declaration in the spiritual kingdom – the Word still has the same power. When we call on the living Word, it has the power to give life and to re-create.

- The Word teaches us about God – His character, being, power, abilities and characteristics. When we understand God better we are able to pray with more faith. Faith is as strong as the person in whom you believe.

## **7.2 How to pray the Word**

Any of the following ways of praying the Word can be done individually, corporately or in a 24/7 prayer room:

- **Read the Word:** The easiest way to pray the Word of God, is to simply read it out loud (proclaiming, confessing, declaring the Word), beginning at Genesis and ending at Revelation.
- **Psalms:** The early Church placed a huge emphasis on praying the Psalms. The Psalms contain all the different types of prayer, such as adoration, worship, praise, humbling before God, supplication, intercession, spiritual warfare and prophecy. It is through the praying of the Psalms (they prayed it out loud and on their knees) that the early Church gained faith to reach out to the pagan societies with the gospel of redemption.
- **God's promises:** The Word of God contains numerous promises about many situations, circumstances and issues. The reading, meditating and proclaiming of these Scriptures increases faith, and help us to understand how God wants us to act in diverse circumstances. It helps us to pray and intercede with wisdom and knowledge rather than from a perspective of fear and anxiety.
- **God's will and commands:** By reading the Word, we discover God's will, commands and mandates for His church in the World. Build your prayers around these commands and mandates from Scripture.
- **Prophecies:** The Word of God is full of prophecies that still need to be fulfilled; prophecies concerning ourselves, our families, our nations and the purposes of God in the end-times. We need to pray these prophecies for their fulfillment.
- **Verse by verse:** When reading the Word, turn every verse that enters your heart, into a personal prayer for spiritual growth, physical or emotional healing and allow your thoughts to think about these life-giving words, rather than dwelling on problems or worldly issues. Rephrase the Word of God into prayers and pray His Word back to Him.
- **Contemplation:** Read the Word silently or out loud with the aim of encountering God. The moment when, by faith, your spirit senses His presence, allow the Holy Spirit to take you into a deeper reflection or contemplation on the Person of God. Just linger there in His presence. Sometimes this prayer without words can have a more profound effect on us and our world than many prayers we pray from our minds.

## **7.3 30 Word Prayers**

### **1 - Bless our community**

Father, in the Name of the Lord Jesus Christ, we want to pray that You will bless our community. That You will bless them and keep them, that You will make Your face shine upon them and be gracious to them; that You will turn Your face toward them and give them Your peace. (Num.6:23-27) We ask this for our neighbours, our colleagues at work, for the police and people in prisons, for the children in school, the doctors and nurses and patients in hospitals, for fathers and mothers in our community and for the businesses, the teachers in schools, the city council and government officials, the homeless, the jobless, those involved in all kinds of addiction, the destitute, the president of our nation and his advisors, the ministers of government and all their personnel.

Praise be to You the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ Jesus. (Eph.1:3) Like Jabez cried out to the God of Israel, we cry out to You for our community: Oh that You would bless us, that Your hand be upon us, and that You will keep us from harm so that we will be free from pain and that we will cause no pain. (1 Chron. 4:10)

God of peace, may You sanctify us through and through. May our whole spirit, soul and body be kept blameless. (1 Thess.5:23-24) Lord, You are able to keep us from falling and to present all of us before Your glorious presence without fault and with great joy. (Judas 24-25)

Lord Jesus, may Your grace be on our community. (1 Cor.16:24)

### **2 - We lift up Your Name**

Our Father in heaven, You are the High and Lofty One, the Most High God, Who inhabits eternity; Your Name is holy. (Isa.57:15) Let Your Name be kept holy and treated with reverence in our community. (Matt.6:9) You have commanded us not to take Your Name in vain, nor to profane or blaspheme Your Name. (Ex.20:7; Lev.19:12; 24:16) Yet Your Name has been profaned among the nations and many people had forgotten Your Name and had stretched out their hands to other gods. (Ezek.36:23; Ps.44:20) We confess that we have transgressed your command. As we now pray and confess Your Name, and turn from our sin, please hear and restore us. (2 Chron.6:32,33) May Your Name be sanctified so that all nations, even Your adversaries, shall know that You are Lord and fear Your Name. (Ezek.36:21,23; Isa.64:2; Ps.102:15)

O Lord God, other masters besides You have dominion over us and our community, but now we call upon Your Name. (Isa.26:13) The desire of my soul is for the remembrance of Your Name in our community. (Isa.26:8) Let us remember Your

Name in the night, o Lord and meditate on it. (Ps.119:55; Mal.3:16) Unite our hearts to fear Your Name so that we will depart from iniquity and hold fast to Your Name and not deny You. (Ps.86:11; 2 Tim.2:19; Rev. 2:13; 3:8) Your Name is wonderful, like ointment poured forth, a strong tower and a safe place for us to dwell. (Judges 13:18; SoS.1:3; Prov.18:10; Ps.61:3)

### **3 - For God's Grace and Mercy**

Father of mercy, please give attention to our prayers and our plea for mercy for our community. (1 Kings 8:28) As the eyes of slaves look to the hand of their master, as the eyes of a maid look to the hand of her mistress, so our eyes look to You, Lord our God, till You show us your mercy. (Ps.123:2) We approach your throne of grace with confidence, so that we may receive mercy and find grace and help in our time of need. (Heb.4:16; Ps.5:7; 6:9; 28:2) Do not withhold Your tender mercies from us, o Lord; let Your loving-kindness and truth continually preserve us. (Ps.40:11) For as the heavens are high above the earth, so great is Your mercy toward those who fear You. You are good; Your mercy is from everlasting to everlasting and extends from generation to generation to those who fear You. (Ps.103:11,17; 106:1; Luke 1:50) You are compassionate and gracious; slow to anger, abounding in love and faithfulness, maintaining love to thousands and forgiving wickedness, rebellion and sin. Yet You do not leave the guilty unpunished and by no means clears the guilty, visiting the iniquity of the fathers on the children to the third and fourth generation. You are good to all and Your tender mercies are over all Your works. (Ex.34:6-7; Ps.145:9) Because of Your mercies we are not consumed; Your compassions fail not. Though You cause grief, yet You show compassion according to the multitude of Your mercies. (Lam.3:22,32) In Your sovereignty You declared: "I will have mercy on whom I will have mercy, and I will have compassion on whom I will have compassion." (Ex.33:19; Rom.9:16,18) Do not withhold Your mercy from us, O Lord; may Your love and Your truth always protect us. (Ps.40:11)

### **4 - We worship You**

To You alone be the glory forever! (Rom.11:36) You are the King eternal, immortal, invisible, the only God, to You be honour and glory for ever and ever. (1 Tim.1:17) We bless You, our God, the only Ruler, the King of kings and Lord of lords, who alone is immortal and who lives in unapproachable light, whom no one has seen or can see. To You be honour and might forever. (1 Tim.6:15-16)

Lord, we proclaim that in the beginning, You laid the foundations of the earth, and the heavens are the work of Your hands. They will perish, but you remain; they will all wear out like a garment. You will roll them up like a robe; like a garment they will be changed. But you remain the same, and your years will never end. (Heb.1:10-12)

Lord Jesus, You are the firstborn from the dead, and the ruler of the kings of the earth. You love us and have freed us from our sins by Your blood, and have made

us to be a kingdom and priests to serve You and God our Father. You are the Alpha and the Omega, who is, and who was, and who is to come, the Almighty. (Rev.1:6-20) You are worthy, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they were created and have their being. (Rev.4:8-11) Worthy is the Lamb, who was slain, to receive power and wealth and wisdom and strength and honor and glory and praise! (Rev.5:8-14) Great and marvellous are your deeds, Lord God Almighty. Just and true are your ways, King of the ages. Who will not fear you, O Lord, and bring glory to your name? For you alone are holy. All nations will come and worship before you, for your righteous acts have been revealed. (Rev.15:1-8)

## **5 - For Your grace and mercy**

Merciful God, heal our community, even though we have sinned against You and according to your great compassion blot out our transgressions in this community. (Ps.41:4; 51:1) When we conceal our sins, we will not prosper, therefore we confess and renounce them so that we may find mercy with You. (Prov.28:13) Do not hold against us the sins of our fathers; may Your mercy come quickly to meet us, for we are in desperate need. (Ps.79:8)

Who is a God like You, who pardons sin and forgives transgressions and does not stay angry forever but delights to show mercy? (Mic.7:18) Have mercy on the people in our community as You had mercy on Israel. Do not put an end to us or abandon us, for You are a gracious and merciful God. Let those that had not received mercy, receive Your mercy now, so that they will glorify You. (Neh.9:31; 1 Pet.2:10; Rom.15:9)

You showed us what is good for us and what You require from us: To act justly, to love mercy and to walk humbly with our God. (Mic.6:8) Strengthen us to do your will; help us to follow Your example to administer true justice and to show mercy and compassion to one another. Blessed are the merciful, for they will be shown mercy. (Zech.7:9; Matt.5:7; Rom.12:18) Let us not neglect justice, mercy and faithfulness. (Matt.23:23) With the Church through the ages we cry: Lord Jesus Christ, Son of the Living God, have mercy on us. (Matt.9:27; Luke 18:38; Matt.15:22) Multiply Your mercy, peace, and love unto us. (Jude 2)

## **6 - For the healing of our land**

You have made mankind, male and female, to be Your representatives on earth, to fill it and have dominion over the fish of the sea, the birds of the heavens and over every living thing that moves on the earth. (Gen.1:26) You gave breath to the people on the earth and spirit to those who live on it. (Isa.42:5; Gen.2:7) You have given mankind food to eat - every plant yielding seed and every tree with seed in its fruit, and every living thing that moves on the earth, You have given to us as food to eat. (Gen.1:29;9:3; Deut.12:15) It is You, Lord God who makes the earth fruitful, who gives plenty of grain and wine. You make our hearts glad with wine, You give us oil

to make our faces shine, and bread which strengthens our hearts. (Gen.1:11; 27:28; Ps.104:14,15) You, Lord God, water the earth and prepare rain for it. You give rain in its season, both the early and latter rain. (Ps.65:9;147:8; Deut.11:14)

You reign over all the earth (Ps.97:1), but have given the earth to mankind as a dwelling place to rule over (Ps.115:16; Gen.1:26). But You are aware of everything that happens on this earth (Zech.4:10; Ps.33:13), keeping watch on the evil and the good. (Prov.15:3) No creature is hidden from Your sight but all things are naked and open to Your eyes, and it is to You that we must give account. (Heb.4:13) As we stand before You now, we confess that we, the people in this community, have failed in our God-given task. Our land has become corrupted and defiled because of our sin and rebellion against You. (Gen.6:11-12; Isa.24:4-6) Please be gracious to us as we, the children of God, turn back to You to plead for Your full redemption (Rom.8:19-23) and for the healing of our community and our land. (2 Chron.7:13-15)

## **7 - Repentance for Bloodguilt**

Lord God, You are merciful and gracious, slow to anger and abounding in love and faithfulness. You forgive iniquity, transgression and sin. (Ex.34:6-7)

Be merciful to us for there are dark places on earth, inhabited by wickedness and the whole earth is corrupted and defiled by sin. (Ps.74:20; Gen.6:11,12; Isa.24:12) The land is bringing forth thorns and thistles, and is even vomiting out the people. (Gen.3:17,18; Lev.18:25-28) Our lands are filled with crimes of blood, our towns and cities are full of violence and iniquity and we and previous generations had treated life with little respect. (Ezek.7:23; Hab.2:12) Because of the bloodguilt caused by murders, wars and abortions, many people have become wanderers and refugees. (Gen.4:11,12) The ground is cursed and does not yield its strength when we work it; the heavens have become like brass and the earth like iron. (Gen.4:12; Deut.28:23; Ps.107:34) You hate hands that shed blood, and do not answer the prayer of those who have bloodguilt on their hands. (Prov.6:17; Isa.1:15; 59:2) You said that the life of a person is in the blood and that their blood is crying to you for revenge. (Gen.4:10; Lev.17:11)

Lord, our Redeemer, please forgive us for all the bloodshed in our nation and in this community; remove the curse of bloodguilt from our land, wash us thoroughly from our iniquity, and cleanse us from our sin. (Joel 3:21; Ps.51:2,14) You make wars to cease when You judge and rebuke nations. (Ps.46:9; Mic.4:3) Be merciful and establish Your kingdom in our community and our land so that the Prince of Peace will rule and reign in our midst. (Isa.9:6,7; Zech.9:10; Rom.14:17)

## **8 - Repentance for idolatry**

Lord of hosts, You are God, You alone. You have made heaven and earth. (Isa.37:16) There is no other god besides You, a just God and a Saviour. (Isa.45:21)

But mankind, although they knew You, did not honour You nor gave You thanks but we became futile in our thinking and our foolish hearts were darkened. We and the past generations exchanged the truth about God for a lie and worshipped created things rather than the Creator. (Rom.1:21,25) All peoples had stretched out their hands to foreign gods. (Ps.44:20) Through our idolatry, covetousness and self-worship, we have defiled the land. (Col.3:5; Ps.106:38; Ezek.22:4; 36:18) You have said that we are not to make an idol for ourselves; neither a carved image, nor set up a sacred monument or pillar or engraved stone for ourselves to bow to it, for You are God. (Lev.26:1)

Now O Lord, we are reaping the fruit of our sins. Droughts plague us, famine ravages the peoples, wars rage between nations and ecological disasters devastate our land because we have acted faithlessly against You and gone far from You. (Ezek.14:12-21; Jer.2:5) Lord, we are ashamed of our ways, our iniquities have risen higher than our heads, and our guilt has grown up to the heavens. (Ezra 9:6,7) Both we and our fathers have sinned, we have committed iniquity and done wickedness, please be merciful and forgive us our sin. (Ps.106:6) Please cleanse us from all our filthiness and all our idols. (Ezek.36:25,26) Remove the names of the other gods from our mouths, raise up a pure and spotless church that will show Your manifest wisdom to the principalities and powers in the heavenly places. (Hos.2:17; Eph.3:10)

## **9 - Repentance for injustice and broken covenants**

Almighty God and Father of our Lord Jesus Christ, we ascribe greatness to You. You are the Rock, Your work is perfect; all Your ways are just. You are a God of truth and without injustice. (Deut.32:3,4) Righteousness and justice are the foundation of Your throne; Mercy and truth go before Your face. (Ps.89:14,15) You administer justice for the fatherless and the widow; You love the stranger and give him food and clothing. (Deut.10:18) You have shown us what is good, and required of us to do justice, to love mercy and to walk humbly with our God. (Mica6:8)

Judge of the whole earth, we come to plead for mercy and grace for our community and our land. Justice is far from us. We stumble and fall because our transgressions are with us, and we know our iniquities. We have transgressed and lied against You, and departed from our God. We speak oppression and revolt, conceiving and uttering from the heart words of falsehood. Often justice is turned back in our nations and righteousness stands far off; Truth is fallen in the street. (Isa.59:9-15) The land mourns and is defiled under its inhabitants, because they have transgressed the laws and broken covenant with You. Therefore a curse consumes our land. (Isa.24:3-6) We are building our own houses through unrighteousness, using services without paying wages. (Jer.22:13) Many of our cities are established by iniquity. (Hab.2:12) We have unjust laws and oppressive decrees, depriving the poor of justice and withholding justice from the oppressed, making widows a prey and robbing the fatherless. (Isa.10:2) We repent, we ask forgiveness, we turn back to You. Fill our hearts with truth and righteousness and heal our land. We ask this in

Jesus Name.

## **10 - Repentance for immorality**

Lord God, we have defiled the land with divorce, with abominable sexual practices such as homosexuality, incest, fornication and prostitution (Jer.3:1-3; Rom.1:26,27; Lev.18:23). We confess that our generation are filled with all unrighteousness, sexual immorality, wickedness, covetousness, maliciousness, full of envy, murder, strife, deceit and evil-mindedness. There are backbiters, haters of God, violent and proud people, boasters, inventors of evil things, disobedient ones to parents; undiscerning, untrustworthy, unloving, unforgiving and unmerciful people. (Rom.1:29,30) Even in the Church we confess that we have defiled our bodies with immorality and as such have defiled the temple of the Holy Spirit. (1Cor.6.18-20)

If You, Lord, should mark our iniquities, who could stand? But there is forgiveness with You, so that You may be feared. (Ps.130:3,4) Yes, to the Lord our God belongs mercy and forgiveness, though we have rebelled against You. (Dan 9:9) We humble ourselves before You, and ask that You will guide us in justice and teach us Your ways. (Ps.25:9) Help us to not live according to our fleshly desires, but to put to death the deeds of the body through Your Spirit. (Rom 8:13) We want to learn to walk in the Spirit so that we will not fulfil the lust of the flesh. (Gal.5:16-26) Help us to keep our conduct honourable amongst the unbelievers so that they may see our good works and glorify You. (1 Pet.2:11-12) Forgive us for being carnally minded, and help us to set our minds on the things of the Spirit so that we may please You. (Rom.8:5-8) We plead with You to transform us by renewing our minds through Your Word, so that we will not be conformed to this world, but may prove what is the good and acceptable and perfect will of God. (Rom.12:2)

## **11 - Pour out Your Spirit on us**

Father of our Lord Jesus Christ, thank You that You gave us the Holy Spirit to teach, guide and comfort us. (John 14:26) Thank You that through Your Holy Spirit, the Spirit of Adoption, (Rom.8:15; Gal.4:6) we can know You and call You "Abba Father", and that You have not left us alone but have given us a Helper. (John 14:16,18; John 15:26)

Please forgive us for the many times that we have grieved and quenched the Holy Spirit, or refused to submit to Your ways and resisted Him. (Eph.4:30; 1 Thess.5:19; Acts 5:9) Protect us from ever speaking against, rebelling or lying to the Holy Spirit so that You do not turn against us and become our enemy. (Matt.12:32; Acts 5:3; Isa.63:10,11) Give us Your Spirit of wisdom, understanding, power, council and knowledge (Isa.11:2) so that we can boldly share Your Word with all people, even with those in authority. (Dan.4:9; 5:11; Acts 4:8) Fill us with Your Spirit so that even when we are persecuted, we will still speak the truth and not be silent about Your love and the hope that we have in our hearts. (Acts 4:31) Pour out Your love into our hearts through the Holy Spirit so that we will be able to love unconditionally.

(Rom.5:5). You have not given us a spirit of fear, but of love, power and self-control. (2 Tim.1:7) Let the fruit of the Spirit be visible in and through our lives. (Gal.5:22-23) May Your Holy Spirit convict the world of sin, of righteousness, and of judgment. (John 16:7-8) Let the Church multiply and walk in the fear of the Lord and in the comfort of Your Holy Spirit. (Acts 9:31) Empower us with Your Holy Spirit so that we will be Your witnesses unto the ends of the earth. (Acts 1:8)

## **12 - Let all people hear Your Voice**

Our Father in Heaven, Your voice is over the nations, Your voice is powerful; Your voice is full of majesty. Your voice breaks the cedars, it splinters the cedars of Lebanon. Your voice divides flames of fire! Your voice shakes the wilderness. Your voice makes the deer give birth, and strips the forests bare; And in Your temple (and the hearts of Your children) everyone says: "GLORY!" (Ps.29:1-9)

Father, You spoke: "Let there be light!" and there was light. (Gen.1:3) Into the darkness of our world, You send Your Son, the Word made flesh. (Joh.1:1-14) He is the Light of the World - so that we may see the light, and have hope in our hearts. (Eph.1:18) Your voice from heaven commanded us to listen to Your Son. (Mark 9:7) Jesus said that He is the Good Shepherd, and that all His sheep will know His voice. (John 10:3-5; 14-16) Help us to discern the truth from the lie and to really know Your voice (John 18:37) and when we hear Your voice, help us to not harden our hearts and be rebellious against You.

We pray that our community and land will hear Your voice, even though some people rage against you. (Ps.46:6) Let those who do not know You nor care to obey You, see Your power and bow before You. (Ex.5:2) Give us Your words so that we will become Your voice to speak to governments and leaders to help them to walk in Your ways. (Mark 3:11) Help us to draw near to You to receive the messages You want to give through Your Church to the world. (Deut.5:25-27) Give us also the ability to speak and translate the Gospel into the heart languages of all people. (Acts 2:11) Help us to draw so close to You that we will hear the desires of Your heart and give ourselves in Your service. (Isa.6:8)

## **13 - For relationships in the church**

Lord Jesus Christ, You are the Head of the Body, the Church. We confess as a Church that we have not discerned Your Body correctly but have thought of ourselves more highly than we ought to, forgetting that it is one Body with many members and that all the members do not have the same function, but still each member belongs to all others. (Rom.12:3-5) We confess that we have become puffed up with our own ideas and so as a Body we lost connection with You the Head, and the Body has suffered and became disjointed and could not grow up to maturity. (Col.2:18-19) We kept on biting and devouring one another and some members were destroyed by our lack of love. (Gal.5:14-15)

Please forgive us and restore our relationships. You had combined the members of Your Body so that there should be no division, but that we should have equal concern for one another, and suffer together as well as rejoice when other members are honoured. (1 Cor.12:24-27) Let us be one as You and the Father are one. May Your prayer be answered that the Father will protect us by the power of His Name, the Name given to You, so that our oneness will be manifested in the love that we have for one another (Joh.17:11), since it is through this love that the world will know that we belong to You. (Joh.13:35)

We pray that You will restore us, the Church, to the purpose You had for us before You even created us. (Eph.2:15; Eph.3:10,11) As we accept one another in unity, may Your Name be praised. (Rom.15:7)

#### **14 - The blood of Jesus Christ**

According to the Scriptures all things are purified with blood, and without the shedding of blood there is no forgiveness. (Heb.9:22) We come to You Lord Jesus as the Mediator of the new covenant. (Heb.12:24) Thank You for demonstrating Your love toward us, that while we were still sinners, Christ died for us. (Rom.5:8) Yes, You set Him forth as an atonement sacrifice and by His blood You demonstrated Your righteousness, for Christ came as High Priest and with His own blood He entered the Most Holy Place once for all and obtained eternal redemption. (Rom.3:25; Heb.9:11-12) With the precious blood of Christ, as of a lamb without blemish and without spot, You have redeemed us and forgiven our sins according to the riches of Your grace. (1 Pet.1:18-19; Eph.1:7; Col.1:14) Now we, who once were far off and dead in our trespasses and sins, have been brought near to Your throne by the blood of Christ. (Eph.2:5;13) It is through the blood of Christ that we are justified and reconciled with You, our heavenly Father. (Rom.5:9; Col.1:20)

It is Your blood that cleanses our conscience from dead works to serve the living God. (Heb.9:14) You loved us and washed us from our sins in Your blood so that we are cleansed from all sin (Rev.1:5; 1 Joh.1:7) and You sanctified us in the Spirit with Your blood. (Heb.13:12; 1 Pet.1:2) It is through Your blood that we overcome Satan. (Rev.12:11)

Make us complete in every good work through the blood of the everlasting covenant, to do Your will. Work in us that which is well pleasing in Your sight, through Jesus Christ, to whom be glory forever and ever. Amen. (Heb.13:20-21)

#### **15 - For the church to fulfill her purpose**

Father, may Christ be revealed and made known through the Church so that all nations might believe and obey Your Son. (Rom.16:25-27). Let the testimony of Jesus Christ be confirmed in and through the church. As we wait for our Lord Jesus

Christ to be revealed, may we not lack in any spiritual gift to do Your work. Keep us strong to the end, so that we will be blameless on the day of our Lord Jesus Christ. (1 Cor.1:4-8)

Father, with thanksgiving and supplication I am praying for an increase of love and faith in the church. Will You, the God of our Lord Jesus Christ, the glorious Father, give us Your Spirit of wisdom and revelation, so that we may know You and make You known to the people in our community. We pray also that the eyes of our hearts may be enlightened in order that we may know the hope to which You have called us, the riches of Your glorious inheritance in the saints, and Your incomparably great power for us who believe. (Eph.1:15-23)

Will You restore the church as a house of prayer so that the church will again devote itself to prayer, being watchful and thankful. (Col.4:2) We pray earnestly that You will supply what is lacking in our faith. Lord will You make our love increase and overflow for each other and for everyone else. May You strengthen our hearts so that we will be blameless and holy in Your presence. (1 Thess.3:9-13) Father we confidently pray that You who began a good work in all of us, will carry it on to completion until the day of Christ Jesus. (Phil.1:6-11)

## **16 - For the fear of the Lord**

Lord God Almighty, You are to be feared above all gods. (1 Chron.16:25-26) Lord, You call for obedience and for hearts that are totally devoted to You alone. We want to fear only You, and serve You in truth with all our hearts, for You have done great things for us. (1 Sam.12:20-24)

Lord God, to fear You is the beginning of wisdom. (Ps.111:10) We ask You to give us wisdom (James 1:5) and to teach us to fear You. Your eyes, Lord, are on those who fear You, and on those who hope in Your mercy, to deliver their souls from death, and to keep them alive in famine. Our souls wait for You, for You are our help and shield. (Ps 33:18-22) Lord You encamp around those who fear You and deliver them. Let us taste Your goodness, for You call those who trust in You, blessed! (Ps 34:7-10)

Let all the people in our community and in our land fear the Lord; Let all the inhabitants of the world stand in awe of You. (Ps.33:8) May Your Spirit of Wisdom and the Spirit of the Fear of the Lord, mightily work in us. (Isa.11:2) May the people in our community and land not despise Your wisdom and may they choose to fear You.

You allow us to hunger for You, so that we will know that man cannot live by bread alone, but that man lives by every Word that proceeds from Your mouth. You have chastened us so that we will walk in Your ways and fear You. (Deut.8:3-6) Teach us Your ways, so that we will walk in Your truth. Give us an undivided heart to fear Your Name. (Ps.86:11) Help us to depart from evil and to do good, to seek peace and pursue it and to keep our lips from speaking deceit. (Ps.34:13-14) Today we choose

for ourselves that we will fear the Lord and serve only You, in sincerity and in truth. (Josh.24:14-15)

## **17 - For Your purposes with families and children**

Father of our Lord Jesus Christ, we bow our knees before You, from whom every family on earth is named. (Eph.3:14,15)

Since all families have their origin in You, we ask You to bring healing and restoration to the families in our community. We acknowledge and confess that most of the pain that families experience is because of our own sinful ways. We confess that we have not lived according to Your standards in our marriages and in bringing up our children. (Isa.1:23) We have ignored Your command that husbands are to love and care for their wives as Jesus cares for the Church, and that wives are to submit to and respect their husbands as the Church is to submit to Jesus. (Eph.5:22-33; 1 Pet.3:7)

Through Your blood we can be reconciled with each other. (2 Cor.5:18) Have mercy on us. We also confess that as children we are disobedient to our parents and we do not honour them as You had commanded us to do. (2 Tim. 3:2; Ex.20:12) As fathers and mothers we have not set examples for our children as to godly lifestyles. We have caused them to stumble and provoked them to anger, and we have not given You glory by telling them about You, so they became rebellious and unfaithful to You. (Eph.6:4-6; Ps.78:4-8) We need Your cleansing and healing, please come and wash our families with Your Word. (Eph.5:26)

Deliver us from evil, take away all roots of bitterness, hatred and unforgiveness amongst us. Make our relationships with one another beautiful again.

## **18 - For the healing of Christ**

We praise You Lord, and remember all that You have done for us. It is You who forgive our sins and heal all our sicknesses. (Ps.103:2-3) You are God, our Healer. (Ex.15:26) You have given us Your Son, Jesus Christ to bear our griefs and carry our sorrows. He was pierced for our transgressions, and He was bruised for our iniquities. The punishment for our peace was upon Him, and by His wounds we are healed. Father You laid all of our sins on Him. It was Your will for Him to suffer, and You made His soul an offering for sin. Because He bore the sin of the world, He can now intercede for sinners. (Isa.53:1-12)

You have anointed Him with the Holy Spirit and with power, to preach the gospel of the kingdom, and to heal all kinds of sickness and disease among people, even to heal from demonic oppression. (Matt. 4:23-24; Acts 10:38) The Sun of Righteousness has truly risen with healing in His wings. (Mal.4:2)

Lord Jesus Christ, our community is in need of Your healing. Come and heal our souls and bodies for we have sinned against You. (Ps.41:4) Heal the broken-hearted, proclaim liberty to those who are enslaved by sin, and open the prisons for those who are bound by addiction, self-inflicted bondages, corrupt hearts and spiritual strongholds. (Isa.61:1) You have promised that if we who are called by Your Name will humble ourselves, and pray and seek Your face, and turn from our wicked ways, then You will hear from heaven, forgive our sin and heal our land. (2 Chron.7:14) Our nation needs healing. Fulfil Your promise to bring healing, as we humble ourselves before You.

## **19 - For the suffering and persecuted**

Lord Jesus Christ, You have called us to follow in Your steps, even in suffering. You were reviled and suffered injustice, but You never retaliated, choosing instead to entrust Yourself to the One who will do justice. (1 Pet.2:21-24) Your sufferings were necessary so that we could receive forgiveness of our sins (Luke 24:46-47) and because of Your obedience and willingness to suffer, we are declared righteous. You called those blessed who are persecuted because of righteousness, and promised us a great reward in heaven when we bless those who persecute and insult us, because of Your Name. (Matt.5:10-12) Help us to be of the same mind as You, so that we will live for the will of God (1 Pet. 4:1,19), and if that includes suffering, that we will, like the early Church, rejoice because we are counted worthy to suffer for Your Name's sake. (Acts 5:41; Phil.1:29; 2 Thess.1:5-6) Help us to understand the purpose of suffering, since Paul declared that all who desire to live godly in Christ Jesus will suffer persecution. (Rom.8:17; 2 Tim.3:12) Help us to say like Paul: "All we want is to know You, the power of Your resurrection, and the fellowship of Your sufferings, to attain to the resurrection from the dead." (Phil.3:10-11)

We pray for those who are suffering and are being persecuted for Your Name's sake, that You will perfect, establish and strengthen them. (1 Pet.5:10) Give us boldness to speak Your Word even when we are being threatened and persecuted. (Acts 4:29) Help us to learn obedience from the things that we suffer. (Heb.5:8) We pray for those who are persecuting Your Church: have mercy on them.

## **20 - For our government**

Lord, You change times and seasons; You set up kings and deposes them. (Dan.2:20-22) With prayers, intercession and thanksgiving we come before Your throne for kings, our government, and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness - for this is good, and pleases You God our Saviour, who wants all men to be saved and to come to a knowledge of the truth. (1 Tim.2:1-4) Our rulers' hearts are in Your hand, Lord; direct it like a watercourse wherever You please. (Prov.21:1) Remove the wicked councilors from the presence of our government leaders, the president, ministers and other officials,

and establish our government through righteousness and truth. (Prov.25:5) Take greed from their hearts and protect them from taking bribes. (Prov.29:4) Let our government deal honestly and with fairness towards the poor. (Prov.29:14)

Show the president and all government officials what is good and what You require from them. Work in their hearts to work justly and to love mercy and to walk humbly in Your presence. (Mic.6:8) Lord God, fill the hearts of our rulers with love and faithfulness that will keep them safe and in this way we will have security and peace. (Prov.20:28) Will You send Your Holy Spirit into our government buildings and places where our rulers gather, pass laws and make decisions, to convict of sin where necessary and to establish them in truth and righteousness. (Joh.16:8-11) We pray for our government for protection against the powers of darkness and that they will not be involved in witchcraft, idolatry or any form of occultism. As the church, we resist the devil where he tries to attack, ensnare and deceive the government. (James 4:7)

## **21 - To be filled with Your Word**

By Your Word the heavens were made (Ps.33:6) and You uphold all things by the power of Your Word. (Heb.1:3) Your Word is alive and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and is a discerner of the thoughts and intentions of the heart. (Heb.4:12) Your Word is also like a fire, and a hammer that breaks a rock in pieces. (Jer. 23:29) Your Word is the sword of the Spirit (Eph.6:17) and every Word that goes out of Your mouth will not return to You void, but will accomplish what pleases You and prosper in the thing for which You have sent it. (Isa.55:11)

You, who reveal Yourself through your Word (1 Sam.3:21), open our minds to understand the Scriptures (Luke 24:45) and give us Your Spirit of wisdom and revelation to know You. (Eph.1:17) May Your Word be a lamp to our feet and light for our path. (Ps.119:105) Direct our steps by Your Word. (Ps.119:133) Let us live from every Word that comes from Your mouth. (Deut.8:3; Matt.4:4) May Your Word cleanse us. (John 15:3; Eph.5:26) May Your Word heal us and deliver us from destruction. (Ps.107:20)

Let Your Word dwell richly in me so that I can teach and encourage others (Col.3:16) and overcome the evil one. (1John 2:14) Let the hearing of Your Word bring faith to my heart. (Rom.10:17)

Establish Your Word in our cities and nations, let it grow mightily and prevail. (Acts 19:20) All flesh is as grass, and all the glory of man as the flower of the grass. The grass withers, and its flower falls away, but the Word of the Lord endures forever. (1 Pet 1:24-25)

## **22 - To resist the Evil One**

It was Your eternal purpose, which You accomplished in Jesus Christ our Lord, that Your manifold wisdom should be made known by the church to the principalities and powers in the heavenly places. (Eph.3:10) We pray that You will heal the broken-hearted in our community, that You will set the captives free, give sight to the blind and that You will set free all those who are oppressed. (Luke 4:18)

You had given Your Son all authority in heaven and on earth, that at the Name of Jesus Christ, every knee must bow and every tongue must confess that He is Lord. (Matt.28:18-20; Phil.2:10,11) May this happen in our community.

May the works of the devil be destroyed in our community, because for this purpose Your Son died. (1 Joh.3:8) Deliver our community from the power of darkness. (Col.1:13-14) According to Your Word, may the eyes of the unbelievers in our community be opened, so that they will turn from darkness to light, and from the power of Satan to God, that they too might receive forgiveness of sins and an inheritance among those who are sanctified by faith in You. (Luke 9:1-2; Matt.28:18-19; Acts 26:17-18) God of peace, we pray that You will soon crush Satan under our feet. (Rom 16:20) Thank You for giving us the armour of God, so that we can stand against the wiles of the devil as we wrestle against principalities and powers, against the rulers of this age, against spiritual hosts of wickedness in the heavenly places.

We declare that greater are You that are in us than he that is in the world. (1 Joh.4:4)

## **23 - For the Fatherhood of God to be revealed**

Everlasting Father, You are our Creator who made and formed us. (Deut.32:6) We declare: You are our Father.(Ps.89:26; Isa.63:16) We are the clay, You are the potter; we are the work of Your hand. (Isa.64:8) Therefore, with multitudes of millions around the world we confess: We believe in God the Father, the Almighty, the Creator of heaven and earth. Thank you for Your covenant promise that You will be our Father and that we can be Your sons and daughters. (2 Cor.6:18)

Reveal Yourself to our community as Father, the One from whom every good and perfect gift comes down and who does not change like shifting shadows. (James 1:17) Let us know You as You really are. (1 Joh.2:13-14) Like Abraham and Moses to whom You spoke face to face, we want to live in a face to face relationship with You.

As a son honors his father and a servant his master, we want to honour and respect You. (Mal.1:6) And as Your Son Jesus glorified You before the world, it is also our desire to glorify You before the world. (Joh.17:4)

Reveal Yourself as a Father to the fatherless, a Defender of widows. (Ps.68:5) We have not received a spirit from You that makes us slaves again to fear, but we have

received from You the Spirit of sonship - the Spirit of adoption as sons. And by this Spirit we also cry, "Abba, Father!"(Gal.4:5-7; Rom.8:15,17) We want to be true worshipers, therefore teach us, Father, to worship You in Spirit and in truth. (Joh.4:23)

## **24 - For the salvation of the unsaved**

Father, may Your kingdom come, may Your will be done on earth as it is in heaven. (Matt.6:10) We pray for the salvation of people from every nation, tribe, people and language - also for the people in our community - that countless multitudes of people will one day stand before the throne in front of the Lamb. (Rev.7:9)

We pray for the nations of the world and our unsaved friends and neighbours to be reconciled with You. We ask this because You do not take any pleasure in the death of the wicked, but You are pleased when they turn from their ways. (Ezek.18:23)

Lord Jesus, You are the Lamb of God, who takes away the sin of the world! (Joh.1:29) Turn the hearts of the unsaved to You that they may turn to You. (Lam.5:21) Through the power of the Holy Spirit we pray that You will convict the people in our community of guilt in regard to sin and righteousness and judgment. (Joh.16:8)

May thousands in Your church respond when You call: "Whom shall I send?" Let them be willing to go. Let them say like Isaiah: "Here am I. Send me!" (Isa.6:8) We see that the harvest is plentiful and the workers few. Therefore we pray to You, Lord of the harvest: send workers into the harvest fields. (Matt.9:37-38) May Christians all over the world lift up their eyes to see that the fields are ripe for harvest. (Joh.4:35) Let the church grasp in a new way that our calling is to go into all the world and preach the good news to all creation. (Mark 16:15) Lord God, we ask You to work through signs, wonders and various miracles and gifts of the Holy Spirit distributed according to Your will. (Heb.2:4)

## **25 - For Your kingdom to come**

Father, we pray that Your Kingdom would come and Your will be done on earth as it is in heaven. (Matt.6:9,10) From all the nations we will speak of the glory of your Kingdom and talk of your power, to make known to the sons of men your mighty acts, and the glorious majesty of your Kingdom. Your Kingdom is an everlasting Kingdom, and your dominion endures for all generations. (Ps.145:11-13)

Forgive us for being so focused on our own needs and on building our own kingdoms. Please open the eyes of our hearts so that we may know the hope to which You have called us, and the riches of your glorious inheritance in us, the saints, and Your incomparable great power for us who believe. (Eph.1:18-19) We bow our knees and acknowledge the authority of the Name of Jesus and confess that Jesus Christ is Lord. (Phil.2:10-11)

We pray that many more will hear the Word of the Gospel of the Kingdom, and that the seed will fall in prepared hearts, so that there will be a great harvest of souls in our generation. (Matt.13:3-23) We now proclaim to all nations: "Lift up your heads, O ye gates, and be lifted up, everlasting doors, so that the King of Glory may enter in!" (Ps.24:7)

We bless You, Most High God, and praise and honour You who live forever. (Dan.4:34) Your dominion is an everlasting dominion, which shall not pass away; and Your Kingdom is the one which shall not be destroyed. Your saints, O Most High God, shall receive and possess the Kingdom forever. (Dan.7:9,10,13,14,18) To You who sits on the throne and to the Lamb, be praise and honour and glory and power, for ever and ever! (Rev.5:13)

## **26 - Deliver us from evil**

Lord Jesus, You taught us to pray: Lead us not in to temptation, but deliver us from evil. (Matt.6:13) By Your death and resurrection You defeated all powers of evil. (Col.2:13-15) You declared that the gates of hell will not prevail against Your Church. (Matt.16:19) We pray for deliverance from demonic oppression. We pray for the tearing down of evil strongholds and ideologies that hinder the spreading of the knowledge of God. We resist the plan of Satan to keep nations in darkness. (James 4:7) We pray that You will remove the veil that covers the peoples and keep them in darkness. (Acts 26:17-18) Your Word declared that nothing, not even principalities and powers, are able to separate us from Your love. (Rom.8:38-39) We ask for open doors so that the gospel may enter into every nation. (Rev.3:8) Restrain the evil that promotes violence and death. Break the hold of slavery and tyranny. Fill us with Your Spirit to fearlessly and faithfully preach Your Word. (Acts 1:8) Give us Your Spirit of prayer and supplication to cry on behalf of the lost. (Zec.12:10)

For Yours is the kingdom and the power and the glory forever and ever. We proclaim to all nations: "Lift up your heads, o ye gates of the nations, and be lifted up, everlasting doors, so that the King of Glory may enter in! (Ps 24:7)

## **27 - For the poor and needy**

Father, we pray for all the poor in our community and in the land. Your Word teaches us that there will always be poor people in the land and You command us to be openhanded toward the poor and needy in our land. (Deut.15:11)

Will You raise the poor in our community from the dust and lift the needy from the ash heap. (1 Sam.2:8) Lord, be a refuge for the poor when evildoers try to frustrate their plans. (Ps.14:6) Father, will You listen to the poor when they call on You, save them out of all their troubles. (Ps.34:6) Who is like you, O Lord? You rescue the poor from those too strong for them, the poor and needy from those who rob them.

(Ps.35:10) Defend the cause of the weak and fatherless; maintain the rights of the poor and oppressed. (Ps.82:3) May the poor people's profit not be swept away by injustice. (Prov.13:23)

We pray for the church in our community and land to give generously to the poor. May Christians and non-Christians understand that he who is kind to the poor lends to the Lord, and that the Lord will reward him for what he has done. (Prov.19:17)

We pray for more Christians to care about justice for the poor (Prov.29:7), to speak up for the poor, to judge fairly and to defend the rights of the poor and needy. (Prov.31:9) Give us a new willingness and desire to share our food with the hungry and to provide shelter for those that do not have shelter and to clothe the naked. (Prov.58:7) May the good news be preached to the poor (Matt.11:5) and may the poor and needy praise Your name. (Ps.74:21)

## **28 – For the church**

Lord God, we pray that You, who gives endurance and encouragement, give us a spirit of unity among ourselves as we follow Christ Jesus, so that with one heart and mouth we may glorify You, the God and Father of our Lord Jesus Christ. Help us to accept one another, just as Christ accepted us, in order to bring praise to You. (Rom.15:5-7) May You, Lord of hope, fill us with all joy and peace as we trust in You, so that we may overflow with hope by the power of the Holy Spirit. (Rom.15:13)

Father of compassion and the God of all comfort, comfort us in all our troubles, so that we can comfort those in trouble with the comfort we ourselves have received from You. (2 Cor.1:3-5) We pray that Christians will not do anything wrong. (2 Cor.13:7) Our prayer is for your perfection to be made visible in the believers. (2 Cor.13:9) We will continue to pray until Christ is formed in the believers. (Gal.4:19)

Father, we pray that You may strengthen us with power through Your Spirit in our inner being, so that Christ may dwell in our hearts through faith. And that we will be rooted and established in love, and that we may have power, together with all the saints, to grasp how wide and long and high and deep the love of Christ is, and know this love that surpasses knowledge. And that we may be filled to the measure of all the fullness of God. Now to You who are able to do immeasurably more than all we ask or imagine, according to Your power that is at work within us, to You be glory in the church and in Christ Jesus throughout all generations, for ever and ever! (Eph.3:14-21)

## **29 – For the church**

Father, we pray for all the believers, that whenever we open our mouths, words may be given to us so that we will fearlessly make known the mystery of the gospel. (Eph.6:18-20) And we pray too, that You may open a door for our message, so that

we may proclaim the mystery of Christ. We pray that we may proclaim it clearly, as we should. (Col.4:3-4) Father, we pray together with all the saints that we who proclaim the Word will be protected from the unbelievers and that our words will be acceptable to all who hear it. (Rom.15:30-32) We pray that those of us who preach the gospel may stand firmly in the will of God, that we will be spiritually mature and obedient. (Col.4:12) Lord, You did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline. (2 Tim.1:7)

Father, we pray that You will pour out Your Spirit of prayer and supplication on us so that we will devote ourselves to prayer, being watchful and thankful. (Col.4:2) We pray for a Church that will cry out to you night and day and that You will do justice to us, that You will make right what is wrong in our communities as You promised us. (Luk.18:7;1 Thess.3:9-13)

Thank You Father that we may be confident that You who began a good work in us will carry it on to completion until the day of Christ Jesus. And this is our prayer: that our love may abound more and more in knowledge and depth of insight, so that we may be able to discern what is best and may be pure and blameless until the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ - to the glory and praise of our God. (Phil.1:6-11)

### **30 – For the church**

Lord, because You are near we will not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present our requests to You. And may the peace of God, which transcends all understanding, guard our hearts and our minds in Christ Jesus. (Phil.4:5-7) Lord, as the church we ask that You will meet all our needs according to Your glorious riches in Christ Jesus. (Phil.4:19-20)

Lord, You who supply seed to the sower and bread for food, we ask that You will also supply and increase our store of seed and will enlarge the harvest of righteousness. That we will be made rich in every way so that we can be generous on every occasion, and that our generosity will result in thanksgiving to You. (2 Cor.9:10-11)

We want to pray without ceasing for the church asking that You will fill us with the knowledge of Your will, and also with spiritual wisdom and understanding. And we pray this in order that we may live a life worthy of You, Lord, and that we may please You in every way: bearing fruit in every good work. (Col.1:2-11)

Father, we constantly pray that You may count us worthy of Your calling, and that by Your power we may fulfill every good purpose of yours and that everything we do, will be prompted by faith. We pray this so that the name of our Lord Jesus may be glorified. (2 Thess.1:11-12) Father, we pray that You will deliver us from wicked and evil men. You are faithful, and You will strengthen and protect us from the evil one. Lord, fill our hearts with God's love and Christ's perseverance. (2 Thess. 3:1-5)

*I lift up my eyes to the hills – where does my help come from?*

*My help comes from the LORD, the Maker of heaven and earth. He will not let your foot slip – he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep.*

*The LORD watches over you – the LORD is your shade at your right hand; the sun will not harm you by day, nor the moon by night.*

*The LORD will keep you from all harm – he will watch over your life; the LORD will watch over your coming and going both now and forevermore.*

(Ps.121)