



**NIGHT  
& DAY**

**24** PRAYER  
**SEVEN**  
**365**



# Awaken the Watchmen

Produced by Jericho Walls International Prayer Network

[www.jwipn.com](http://www.jwipn.com)

[www.global24-7.org](http://www.global24-7.org)

tel. +27-12-3653213

e-mail: [info@jwipn.com](mailto:info@jwipn.com)



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## STORIES AND MODELS OF NIGHT-AND-DAY PRAYER

Since the beginning of the 1990's, there has been a new emphasis on 24/7 prayer (night-and-day) watches worldwide. This movement, inspired by God, is spreading very rapidly over the whole world. By the middle of the 1990's, there were only a few dozen active 24-hour prayer watches globally. Over the past 10 years this number has grown to literally thousands. The aim of these 24/7 prayer watches is to place watchmen on the walls: to mobilize churches, regions and nations to come, night and day, to God's throne of grace with praise, worship and intercession.

Christians in churches, towns, cities, countries and continents are actively mobilized to stand before God's throne 24 hours a day to praise and worship Him, and to plead for revival in the church and for world evangelism, as well as for the transformation and healing of communities, cities and countries. In this way the Great Commandment and the Great Commission are carried out.

The idea 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 one day a week and when it is well established, to increase it to more than one day a week. Secondly, churches are encouraged to form a community 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, throughout the year. The dream is to establish this concept in every country in the world. A third option for example, is for local churches to launch a 7-day or 10 or 21 days of full 24/7 prayer once or twice a year. 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 give a few examples of night-and-day prayer 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 (Lev.6:12-13). The Lord was very strict about the command that the fire on the altar would never 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 on 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, led to a revival that spread like wild 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 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 back 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 on a daily basis. 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 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.jhopfan.org / ancj@jhopfan.org](http://www.jhopfan.org/ancj@jhopfan.org)).

### **1.8 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 fulfill 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 was compiled with the names of individuals and prayer groups who committed themselves to pray at a specific hour every week, or for at least an hour at a specific time once a month. In 2005, more than 3 million intercessors were involved in this prayer watch.

### **1.9 Prayer towers in Indonesia**

Through the work of the national prayer network in Indonesia, prayer towers have been established in more than 500 cities and on average 16 or more intercessors take responsibility for such a prayer tower to pray in these watches. They 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 and others will then come for a similar period of time to replace them. Even children (4-14 years) are involved in praying in these prayer towers.

### **1.10 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 praying for children who are addicted to drugs. Over the next 4 years it grew to more than 30,000 people in many different prayer watches, each praying at least one hour a week.

### ***1.11 Prayer rooms in churches***

In the 1990's Pastor Terry Tackle (USA) established a 24-hour prayer room in his church, 7 days a week. It was very successful, and ever since Tackle has been actively involved in establishing hundreds of prayer rooms in local churches all over the USA, and also in other countries in the world.

### ***1.12 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.

### ***1.13 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 a full 24 hours a day already), involving 40% of all the churches in the township. The police report that over the past 6 months crime has 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.

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

A very dynamic prayer movement 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 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. In 2005 the movement became 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 prayer watch as a Boiler Room. At the beginning of 2006, there were already 65 countries in which this 24/7 prayer movement had taken root and is still growing. ([www.24-7prayer.com](http://www.24-7prayer.com)).

### **1.15 *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. Youth With A Mission (YWAM) with 16 bases in Western Europe, set aside a whole year during which every base took responsibility in turn 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.

### **1.16 *Prayer Mountains***

South Korea is well known for Prayer Mountains. Various denomina-

tions 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. 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, for 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.

### **1.17 *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 Revelation 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, 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.

### **1.18 *Prisons***

In several prisons in Argentina, Christians have established dynamic 24/7/365 prayer watches (i.e. Olmos- and 'Christ the only hope'-prison). They are praying for the other inmates; their families, communities, country and the world. There are extraordinary testimonies of conversions and a change of lifestyle in 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.

## 1.19 Prayer Walls

Phil Bennett from the USA, together with some prayer ministries in Leicester, England, started in 1997 with the concept of prayer walls in the city. A prayer wall is simply filling all 168 hours of a week with individuals taking one or more hours during the week to pray in a specific slot (hour). This prayer wall can be established in a local church, a youth group or any number of people that decide they want to fill the 168 hours of a week with prayer. A prayer wall can be raised for a week or two weeks or for prolonged periods of time or simply ongoing. This concept of prayer walls started to grow and was established in other cities in England. From there it was taken to Hong Kong and Mexico as well as several other places around the world. Through the influence of Every Home for Christ, prayer walls are being established all over China. The goal is to establish prayer walls in every province and also every major city and town in China – some 2700 areas.

# THE REASON FOR NIGHT-AND-DAY PRAYER

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

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

1. God watches over us 24 hours a day (Ps.121) and in His Word He urges us to watch and pray with Him. Revelation 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 silent, 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 grant us what is right (set right what is wrong – crime, violence, poverty, drug abuse, corruption, immorality, injustice, broken marriages and the AIDS pandemic) 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?”* (Lk.18:8).
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 honor 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 honor 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 fulfill 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 of souls into God's Kingdom.
4. Prayer watches also give us an opportunity to 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 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 a huge encouragement for most people.
8. History shows that night-and-day prayer has had a huge impact on communities and on the world.

## **2.3 An explanation of the word "watch" in Scripture**

In Gen.2:15 God appointed mankind as His representative, people as watchmen and 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 lookout 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 (John 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).

## **2.4 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 lifestyle - 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.

## GENERAL GUIDELINES

### **3.1 Venues for prayer watches**

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

- homes or flats
- garages or storage rooms, back rooms, attics or basements, a shack
- chapels or church buildings
- dedicated prayer rooms
- venues built to specification for prayer
- an office or a venue in a shopping center
- 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 or beginning with just one day per week.
- A number of local churches will unite. 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 schools or universities/colleges commit themselves to establish a 24/7 on their campus.
- Children (aged 6-14) are sometimes mobilized into prayer watches. They will take slots in an established prayer watch or commit to take a number of hours per week.
- A growing number of people all over the world 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. Some groups use 15-minute slots. Children may for instance 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” or spontaneous: People will come and go as their time permits. Others are much more disciplined and expect participants to be very punctual and to do a specific slot.

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

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

### **3.5    *The 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.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.globaldayofprayer.com](http://www.globaldayofprayer.com)

[www.global24-7.org](http://www.global24-7.org)

## HOW TO RUN A PRAYER ROOM

### 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.
- Good and strong leadership is needed.
- There must be enough dedicated intercessors. The number of intercessors will depend on the type of watch you will be running. It is unrealistic to expect from all the watchmen to simply give one hour a day.
- Careful planning, clear guidance, good administration and motivation are needed. Many watches fizzle out after some time if these four things are not done properly.
- A team is required to keep such a prayer watch going: a general coordinator; coordinators 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 an 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, drop out or whose circumstances change to the extent that they cannot be part of the prayer watch anymore.
- It is imperative to frequently motivate intercessors to carry on and to equip them. 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. Bring them together for fellowship frequently.
- It is very helpful to take all the watchmen once a quarter or even



once a semester to do some prayerwalking in the community and to do a practical compassionate outreach project, etc.

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

- 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 must believe in the power and necessity of prayer. Prayer must be demonstrated by the leadership of the church.
- Strategize 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 organizing skills.
- Link 24/7 with the different ministries in the church.
- 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 criticize them if they don't. People that are involved in the prayer watch are not better Christians just because they are involved in the prayer watch.
- 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.
- People constantly need practical teaching on how to pray.
- To be a house of prayer is not something to be used as a chal-

lenge to people. It is a Biblical command (Matt.21:13).

- Make room for those who are called to full-time ministry in the house of prayer. The Lord is raising up full-time watchmen all over the world, their primary calling being 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 (Lk.2:37).
- Three Keys to remember in sustaining the night-and-day watch:  
a) personal discipline, b) perseverance, c) personal commitment.

### **4.3 Guidelines for establishing a prayer watch for limited time periods (i.e. 7 days, 21 days or 40 days)**

In the next paragraphs some guidelines follow that can be used when establishing a prayer watch in a local church or community for short periods of time (like 7 days, 10 days, 21 day or 40 days).

#### **General guidelines**

- A 7-day 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 the same way. 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 to also establish a 24/7 prayer watch (24 hours a day for 7 days).
- 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.
- Appoint a coordinator and a sub-coordinator 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 want to meet for their hour of prayer (their own homes, etc).

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.

### **How to run a 7-day prayer room**

- A 7-day prayer period may run from Sunday at midnight until the next Sunday evening at midnight.
- A 24/7 manual (entitled Boiler Room Manual – especially for the youth) is available at [www.xtremepayer.com](http://www.xtremepayer.com)
- 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 preferably not be at one of the churches involved. A neutral venue is recommended.
- Provide enough coffee, tea and water if possible.
- You can for instance ask all the people that are involved in the 7-day watch to do a practical outreach to a 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 may come with their requests.
- Remember, this task is too great for one person to do, 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.
- 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. Do this once or twice a day.

- Make arrangements for the aged and young mothers with children to come in groups during the day, and for young people to come over the weekend. The young people may want to stay all night on a Friday or Saturday evening.
- 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 it is given to. Bless them in Jesus' Name.

### **More ideas**

- Encourage schools (and even prisons) 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.
- 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.
- Take your 24/7 to the nearest police station for a week. You will experience the problems of the community first-hand.
- A fraternal (group of pastors) can demonstrate their commitment to unity to the Kingdom and the community by embarking on a 24/7, together with their wives.
- Establish a 24/7 via e-mail.
- Encourage businessmen and women to do a 24/7. They can do it for 5 days, 06h00 – 18h00 of a specific week.
- 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 them for seven days.

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

The 24/7 Prayer movement started to spread the concept of an interactive prayer room. In the past prayer rooms were just a venue where people would come and take some time to pray. But some young people in England took a room and started to decorate it. They started to use the walls and the floor space to create “prayer stations” where people could pray.

They simply used the name Prayer Wall. In a prayer room you will typically have a:

- Worship Wall (a corner where you can listen to music and just be silent before the Lord)
- Wailing Wall (a place to pray for unsaved family, friends and the unsaved – using world maps or a place where people can write the names of the individuals they want to pray for and pin them on the board)
- Thanksgiving Wall (a place where people can write thank you notes to God and stick them to a wall or put them in a container, etc.)
- Creative Wall (where sheets of paper will be pinned to the wall and anyone can come and express their devotion in art, drawings, poems, etc on the paper)
- Scripture wall (a place where some scriptures are pasted that people can pray and where anyone can add other Scripture verses for prayer.)

There are so many ways to do it. The idea is to be creative. The possibilities of the type and number of prayer stations, on how to decorate and use a prayer room, are just about infinite. The names of the prayer stations can be changed, more can be added, some can be taken away. Much depends 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.

In the example below you find a typical way on how to do it. It is important to understand that this example is just to give an idea of what can be done. Please do this in your own way and in a creative way. Included in this example are 13 “prayer stations”, which means 13 areas that you can decorate and furnish to help people 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.

### **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 of 2 flat pieces of wood), hammers, nails, pieces of colored 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 gave and fulfilled, on a white stone and add it to a heap of stones as a thanksgiving altar. Or it can be a wall of bricks on which people can write the promises God gave 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 a lamp standing at the altar.

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

Place where people can come and make a vessel or ornament – contemplating God's work in their lives.

Scriptures: Isa.64:8; Rom.9:21.

Needed: Table (covered with plastic or newspaper), clay, chairs, and 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 spot by placing the pieces of paper on a sheet of chicken wire, or hang them from a string, using clothes pegs. Light this area up with two small floodlights from above.

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, and 2 small floodlights.

## **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 them to the wall, 2 small floodlights 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 hamper 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 symbolize 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 them on the maps. Floodlight from above to light up the maps.

### **J. Beautiful feet**

Place where people can wash one another's feet, 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 standard lamp.

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

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

A place to sit and reflect on God's character, His Names. Worship Him for who He is.

Scriptures: Ps.95:6; S.o.S.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, floodlight from behind the cloths, and one from the bottom, focused lighting on 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 have been reading.

Needed: Small table, chairs, 1 bedside lamp and a 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.

## HOW TO SPEND AN HOUR IN PRAYER: A one-hour prayer outline

Simply take an hour and divide it into 12 x 5 minute slots. By praying each section for 5 minutes you will fill an hour with prayer.

### ***Seek My Face (Psalm 27:8)***

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

Meditate prayerfully on the following Names of the Father, the Son and the Holy Spirit: All-sufficient One, Satisfier (El-Shaddai) - Gen.17:1; Apostle and High Priest of our faith - Heb.3:1; Compassionate and Merciful God - Ps.86:15; Rewarder of all who seek Him - Heb.11:6; Worker of miracles - Ex.15:11; I AM the Way, the Truth and the Life - Joh.14:6; the One to whom all power belongs; God (Elohim) - Gen.1:1; God will provide, Provider (Yahweh-Jireh) - Gen.22:8-14; God of peace; the Lord gives rest (Yahweh-Shalom) - Judg.6:24; God Who sees (El-Roi) - Gen.16:13-14; the Lord Who heals you (Yahweh-Ropheka) - Ex.15:26; Helper in affliction - Ps.46:2; Jesus Christ, the same yesterday, today and forever - Heb.13:8; Lamb that was slain - Rev.5:12; Almighty God, "Champion" (El Gibbor) - Isa.9:6-7; Wall of Fire - Zech.2:5; Mighty in battle - Ps.24:8; Counselor - Joh.14:16; Helper - Rom.8:26; Spirit of Wisdom - Isa.11:2; Spirit of Understanding - Isa.11:2; Spirit of Counsel and Power - Isa.11:2; Spirit of Knowledge and the Fear of the Lord - Isa.11:2; Spirit of Prayer and Supplication - Zech.12:10.

#### **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 fulfill the Great Commission (Matt.28:18-20).
- Pray for congregations to fulfill 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 behavior 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 (John 14:6).
- Pray that the unreached peoples of the earth will be reached with the gospel (Lk.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

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### **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 change 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 for having wronged one another.

### **11. Seek My Face for the youth (5 min)**

- 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 (5 min)**

End your time of prayer with praise and worship. Read any one of Psalms 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.



