

## **Keeping Watch with the Lord for One Hour**

*Then, he returned to his disciples and found them sleeping. "Couldn't you men keep watch with me for one hour?"* Matthew 26:40

Numerous times in scripture, it is stated, "Call upon the name of the Lord." That phrase implies worship, prayer, beseeching, and trusting. It also invites perseverance in coming boldly to the throne of grace. Often, when one "calls upon the name of the Lord," he does so as a body of believers.

We are invited to tarry with the Lord in prayer. Jesus was in his Gethsemane. In that moment, He invited His friends to make this journey with Him in prayer. In the shadows, Peter, James, and John "called upon the name of the Lord" with their master until sleep got the best of them during those early morning hours. Jesus chided the disciples about being unable to pray for even one hour. He then urged them to do so that they do not fall into temptation.

I invite you to a new discipline of praying to and with the Lord for one hour. For this one-hour watch, go to your quiet place with your Bible and journal at your appointed time. Worship music would be good to have in the background so your heart could be filled with praise and worship as you call upon the name of the Lord. Now that you have the time, place, and materials established, here is a guideline that can assist with your one-hour prayer time:

### **1. Adoration (Matthew 6:9)**

- Love the Lord and minister to Him in prayer. Praise His name. Worship in song.
- Call upon the Lord. Acknowledge His presence. Look in the scriptures for all the names of God.
- Recognize the Lord's character... Holy, reverent, just, merciful, caring, healer, etc.
- Read from the Psalms and pray the scriptures of praise.

### **2. Dominion (Matthew 6:10)**

- Recognize the Lordship of Christ.
- Envision and describe His kingdom on earth and heaven.
- Sing *Holy, Holy, Holy, Lord God Almighty*,
- Seek the Lord's will in prayer for you and bow to His desire for your life.
- Read from the Proverbs and seek the Lord's wisdom.

### **3. Petition (Matthew 6:11)**

- Thank the Lord for His provision by describing all He has done for you this past week.
- Thank Him for blessing employment (or retirement funds) and health and waking you up this morning to labor as unto the Lord. If unemployed, ask the Lord for a job and thank Him.
- Thank Jesus for His scriptures, which detail how He provides for your every need (look for references in the Bible that dictate such promises).

- Ask the Lord to guide decisions regarding caring for your family and yourself.
- Petition the Lord for other needs you may have.
- Ask the Lord to bless your church family and describe it in detail. Thank Him for your pastor and staff, and pray over every aspect of the Lord's ministry.
- Lift up to the Lord others who may be on your heart, and intercede for their needs/requests.

#### **4. Confession (Matthew 6:12, 14-15)**

- Look for scriptures that describe the forgiveness of Christ and the value of forgiving others.
- Spend time confessing your sins before a Holy God who knows you better than anyone else.
- Take to the cross those who have wronged you and say as did Jesus, "Father, forgive them..."
- Bless in Jesus' name those you may have a grudge toward or have harmed you. Ask God to fill their life with good things and draw them close to Him (Proverbs 25:22; Romans 12:20).
- If necessary, go and make restitution or reconciliation before the sun sets this day with others. Ask forgiveness or release them (and you) from bondage because of the power of forgiveness.
- Journal your prayers before the Lord and other thoughts you have learned from scripture.

#### **5. Direction (Matthew 6:13)**

- Ask the Lord to keep you from temptation that would keep you from following His good and perfect will.
- Name the temptations you are presently dealing with and take them to the cross, asking God for His strength, deliverance, and victory.
- In detail, describe the Lord's warfare as outlined in scripture, and relate this warfare personally to you and your life (Ephesians 6:10-18).
- Ask God specifically for directions regarding decisions you are making right now. Seek His face for holy wisdom to know if this is His good and perfect will for you or if the devil's temptation would draw you away from Him.
- Look at scriptures and ask God to point out specific verses that relate to the Lord's direction for you.
- Ask for God's hedge of protection around your church, your family, others you are close to, and you.

#### **6. Anticipation (Matthew 6:13b)**

- Acknowledge to Jesus that this is His kingdom, and you are His servant

- Acknowledge that He has all Power to do all things. Thank Him and envision how His power will bring victory to His church, your family, and you.
- Acknowledge His glory... the everlasting and eternal presence of Jesus in you, and your pledge to bring "glory" to His name with a holy and committed lifestyle and personal walk with Him.
- Anticipate and expect God's presence, provision, and protection for the day to come, and praise His Holy name.

In Jesus' Name,

Amen