

September 10-16

Week of Prayer:

# Keep Watch and Pray



## INTRODUCTION

Throughout the year we intentionally set aside days, weekends and weeks of prayer. Our first Prayer Priority is that we would become a people of prayer. These weeks help us to draw near to the Lord, seek His face and grow together in the practice of prayer.

The big prayer practice of this week is **one hour of prayer each day**. Before you say "impossible," let us remember the words of Jesus to His disciples while He was in the Garden of Gethsemane agonizing over what was about to happen to Him on the cross. It was in a lonely, quiet garden that Jesus pleaded with His disciples: "Couldn't you watch with me even one hour?" (Matthew 26:40).

Let us consider joyfully giving God this gift of one hour each day, anticipating what He might want to do in us. This may mean re-organizing our days and possibly giving up some things for the week in order to make space and time to commune with God, but there is no doubt this will be a richly rewarding time, drawing us into deeper intimacy with the Lord as we bring our devotion, our confessions, and our intercession before Him. Let us encourage one another and help one another in this practice of prayer.

Each day will contain simple morning and evening prayers for us to engage in, as well as an outline of six ten-minute blocks which can help shape your hour of prayer. You are encouraged to have pen, paper and your Bible with you to journal what you think God is saying. The hour will be divided up as such:

**1. Adoration and Thanksgiving:** Each day will have a different focus of thanksgiving. Some days this will be easy to do and other days may require more reflection.

**2. Praying Scripture:** In Paul's words to the Thessalonians we see the importance of praying Scripture to the Lord. If God's Word "is indeed at work in those who believe," it should carry the same impact in our prayers. By bringing God's Word directly into our praying, we are bringing God's power directly into our praying. Praying Scripture also helps us focus on God's larger purpose.

**3. Five Values:** "Love the Lord your God with all your heart, and with all your soul and with all your mind and with all your strength. The second is this: 'Love your neighbour as yourself.' There is no commandment greater than these" (Mark 12:29-31).

We will provide some ideas on how to pray through the lens of our Five Values. This is not an exhaustive list. Pray as you feel led by the Lord.

**4. Prayer Priorities:** Some helpers and ideas are given to enter into each Prayer Priority throughout the week.

**5. World Issues:** We will lift up a number of different issues currently going on in our nation and world.

**6. Open Prayer:** Take this final 10 minutes to listen to the Lord and pray into what He lays on your heart.

## THURSDAY, SEPTEMBER 10



### MORNING PRAYER

Meditate on Proverbs 4:23:

*Above all else, guard your heart, for everything you do flows from it.*

Bring your day to the Lord with its challenges and joys. Offer your affections to the Lord that they may match His heart today.



### HOUR OF PRAYER

*Walking with God down the avenue of prayer we acquire something of His likeness, and unconsciously we become witnesses to others of His beauty and grace. - EM Bounds*

As you begin this hour, spend a moment in silence before the Lord, laying aside distractions and worries that weigh on you, taking a deep breath and quietly fixing your gaze upon Jesus.

#### I. ADORATION AND THANKSGIVING (10 minutes)

- **Adoration:** Read Psalm 8. Offer the Lord praise for His attributes and His character as revealed in this psalm.
- **Thanksgiving:** Today, thank the Lord for basic necessities of life that are so easy for us to take for granted.

#### 2. PRAYING SCRIPTURE (10 minutes)

Read **Philippians 1:9-11** (Paul's prayer for the Church in Philippi: a prayer for love) slowly two or three times. Is there a specific word that captures your attention that you feel led to pray into?

Pray out of this Scripture passage for our church, our Staff, our Leaders, using your own words and listening to the Spirit as He informs your prayers.

#### 3. FIVE VALUES: LOVING GOD WITH ALL OUR HEART (10 minutes)

- Becoming a people of prayer.
- Eyes to see, ears to hear where God is at work.
- Guarding our hearts.
- Jesus to be our primary affection.
- Confessing areas of our hearts where our affections are divided.
- Growing sensitivity to the Spirit, discerning.



## THURSDAY HOUR OF PRAYER CONTINUED

### 4. PRAYER PRIORITY 1: We pray for growth in both personal and corporate prayer practices (10 minutes)

- Increase in our churchwide Friday morning prayer.
- Stories around prayer.
- Prayer ministry on Sunday mornings.
- Learning to hear the voice of God.
- Commitment to slow down and sit at the feet of Jesus in this next season.

### 5. WORLD ISSUE: COVID (10 minutes)

- For all affected and grieving families, and stressed families.
- For children and teachers starting a complex new school year.
- Wisdom for government leaders in determining a way forward.

### 6. OPEN PRAYER (10 minutes)

Use this last ten minutes to ask the Lord to lay someone or some thing on your heart to pray for.

Spend a couple of minutes in quietness before the Lord. Ask Him if there is someone or something He wants you to dialogue with Him about. Have an expectation that He will speak.

For example, is there something of His character He wants to show you, something about yourself He wants to bring to your attention, or a decision you are making that He wants to speak into? Does He have a word for a friend or family member He would speak through you?

Pay attention to any words, pictures, Scriptures that may come to mind. Either journal the whole conversation or what you hear the Lord saying to you in this moment.

If you are not sure if this is the Lord or not, write it down anyway and talk to Him about it. Is it consistent with Scripture? Is there a sense of God's peace? Is there good fruit that will come from it? Will it restore and redeem?



## EVENING PRAYER

Meditate on Proverbs 4:23:

*Above all else, guard your heart, for everything you do flows from it.*

In a spirit of Examen and confession, review your day. Where did your heart wander from God's heart? Were there moments you could have guarded your heart more? Talk to the Lord about those times and receive His grace and forgiveness as you put this day to rest.

## FRIDAY, SEPTEMBER 11



### MORNING PRAYER

Meditate on Romans 12:1-2:

*Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.*

Bring your day and all its appointments to the Lord. Offer yourself to Him as an act of worship. Are there any moments in this day ahead that may challenge your mind? Where will you need to have the mind of Christ? Commit this day to Jesus and to seeking His will.



### HOUR OF PRAYER

*Prayer is our most formidable weapon, but the one in which we are least skilled, the most averse to its use. - EM Bounds*

As you begin this hour, spend a moment in silence before the Lord, laying aside distractions and worries that weigh on you, taking a deep breath and quietly fixing your gaze upon Jesus.

#### 1. ADORATION AND THANKSGIVING (10 minutes)

- **Adoration:** Read Psalm 19. Offer the Lord praise for His attributes and His character as revealed in this psalm.
- **Thanksgiving:** Thank the Lord for ways that He has blessed you, worked in you, shown up in surprising ways this summer. Thank Him also for evidences of this in our Church Body.

#### 2. PRAYING SCRIPTURE (10 minutes)

Read **Ephesians 3:14-21** (Paul's letter to the Ephesian Church: a prayer for strength) slowly two or three times. Is there a specific word that captures your attention that you feel led to pray into?

Pray out of this Scripture passage for our church, our Staff, our Leaders, using your own words and listening to the Spirit as He informs your prayers.

#### 3. FIVE VALUES: LOVING GOD WITH ALL OUR MIND (10 minutes)

- Hearing God speak through consistent use of Study Guide.
- Listen/hear/obey promptly.
- Being more attentive to what we fill our mind with: from TV to reading Scripture and other books.
- More time dwelling in the Word and memorizing Scripture.
- Surrendering our wills to God.



## FRIDAY HOUR OF PRAYER *CONTINUED*

### 4. PRAYER PRIORITY 2: We pray for a renewed passion to love and serve our neighbours and neighbourhoods (10 minutes)

- Introducing people to Jesus.
- Increased reputation in neighbourhoods.
- Hospitality to neighbours.

### 5. WORLD ISSUE: RACIAL TENSIONS (10 minutes)

- An end to racial inequality and attitudes.
- For us to become better educated on the issues.
- Who can we invite to our table to help heal the divide?
- That we would listen to those hurting.
- That lives would be protected in the midst of increased violence.

### 6. OPEN PRAYER (10 minutes)

Use this last ten minutes to ask the Lord to lay someone or some thing on your heart to pray for.

Spend a couple of minutes in quietness before the Lord. Ask Him if there is someone or something He wants you to dialogue with Him about. Have an expectation that He will speak.

Pay attention to any words, pictures, Scriptures that may come to mind. Either journal the whole conversation or what you hear the Lord saying to you in this moment.

If you are not sure if this is the Lord or not, write it down anyway and talk to Him about it. Is it consistent with Scripture? Is there a sense of God's peace? Is there good fruit that will come from it? Will it restore and redeem?



## EVENING PRAYER

Meditate on Romans 12:1-2:

*Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.*

Reflect on your day. Give thanks for the times that were easy to worship today. Confess those that were difficult. Confess any ways you fell into the patterns of the world and not the ways of the Kingdom. Go to bed in the grace and forgiveness of God.

## SATURDAY, SEPTEMBER 12



### MORNING PRAYER

Meditate on Matthew 6:25-27:

*Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?*

Think about the day ahead. What worries you? Ask God for confidence to trust Him today with your time, treasure and talent.



### HOOR OF PRAYER

*He who is too busy to pray will be too busy to live a holy life. - EM Bounds*

As you begin this hour, spend a moment in silence before the Lord, laying aside distractions and worries that weigh on you, taking a deep breath and quietly fixing your gaze upon Jesus.

#### 1. ADORATION AND THANKSGIVING (10 minutes)

- **Adoration:** Read Psalm 33. Offer the Lord praise for His attributes and His character as revealed in this psalm.
- **Thanksgiving:** Thank the Lord for people in your life who have helped shaped you, disciple you and have been instrumental in your spiritual growth to where you are at today.

#### 2. PRAYING SCRIPTURE (10 minutes)

Read **Colossians 1:9-12** (Paul's letter to the church at Colossi: a prayer for fruit) slowly two or three times. Is there is a specific word that captures your attention that you feel led to pray into?

Pray out of this Scripture passage for our church, our Staff, our Leaders, using your own words and listening to the Spirit as He informs your prayers.

#### 3. FIVE VALUES: LOVING GOD WITH ALL OUR STRENGTH (10 minutes)

- **Time:** Consistency and growth in Sabbathkeeping, learning to slow down and abide.
- **Talent:** 100% of Covenant members using their gifts for ministry.
- **Treasure:** Faithfulness in tithing.
- **Terra:** Learning how to steward creation in our neighbourhoods.
- **Temple:** seeing our bodies as a gift.



## SATURDAY HOUR OF PRAYER *CONTINUED*

### 4. PRAYER PRIORITY 3: We pray for concrete steps forward with each of our 5 properties and facilities (10 minutes)

- **Edmonds Town Centre:** For the offer that is about to be presented on the property next door.
- **Forest Grove:** Wisdom as to whether to purchase the storefront next door.
- **Willoughby:** What to do with the property.
- **Robson Park:** Wisdom in the use of the renovated back room.
- **Sauk:** For a new place to gather.

### 5. WORLD ISSUE: REFUGEES AROUND THE WORLD (10 minutes)

There are over 71 million refugees around the world, many living in developing countries and many in overcrowded refugee camps. These camps often deny people of their basic human rights and disease is rife. They have heightened risk of illness and death from COVID-19. Pray:

- Their needs for food, clothing, shelter would be met.
- Their physical and emotional wounds would heal from trauma and grieving.
- That we would take action as we can and be filled with compassion; for our upcoming Ride For Refuge on October 3.
- That God would fill them with hope and self worth.
- For government programs to attend to their needs.
- For stability in the countries they are fleeing.

### 6. OPEN PRAYER (10 minutes)

Use this last ten minutes to ask the Lord to lay someone or some thing on your heart to pray for.

Ask the Lord if there is someone or something He wants you to dialogue with Him about. Have an expectation that He will speak. Pay attention to any words, pictures, Scriptures that may come to mind. Either journal the whole conversation or what you hear the Lord saying to you in this moment.



## EVENING PRAYER

Meditate on Matthew 6:25-27:

*Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?*

Reflect on your day today. Where did you trust the Lord? Thank Him for your faith in those moments. Where did you worry? Ask the Lord to carry these burdens for you and with you tonight. What does He want to say to you in the midst of trouble?

## MONDAY, SEPTEMBER 14

### MORNING PRAYER

Meditate on Luke 15:1-7:

*Now the tax collectors and sinners were all gathering around to hear Jesus. But the Pharisees and the teachers of the law muttered, "This man welcomes sinners and eats with them." Then Jesus told them this parable: "Suppose one of you has a hundred sheep and loses one of them. Doesn't he leave the ninety-nine in the open country and go after the lost sheep until he finds it? And when he finds it, he joyfully puts it on his shoulders and goes home. Then he calls his friends and neighbors together and says, 'Rejoice with me; I have found my lost sheep.' I tell you that in the same way there will be more rejoicing in heaven over one sinner who repents than over ninety-nine righteous persons who do not need to repent."*

As you think about the day ahead and all its appointments, begin to pray for those you will come into contact with. Pray for them by name and pray for strangers and divine appointments with people today. Pray that you would have God's heart for each person you encounter today.

### HOUR OF PRAYER

*We cannot run our spiritual operations on the prayers of the past generation. - EM Bounds*

As you begin this hour, spend a moment in silence before the Lord, laying aside distractions and worries that weigh on you, taking a deep breath and quietly fixing your gaze upon Jesus.

#### 1. ADORATION AND THANKSGIVING (10 minutes)

- **Adoration:** Read Psalm 34. Offer the Lord praise for His attributes and His character as revealed in this psalm.
- **Thanksgiving:** Thank the Lord for the numerous blessings You have in Christ.

#### 2. PRAYING SCRIPTURE (10 minutes)

Read **Psalm 51** (David's prayer of confession) slowly two or three times. Confess those areas of your life where you know there is sin. Ask the Lord if there are other areas He wants to show you. Do not rush through this process. Confess sin on behalf of the church as well.

#### 3. FIVE VALUES: LOVING GOD BY LOVING OUR NEIGHBOUR (10 minutes)

- Increased stories of hospitality.
- Mission Group focus for each MG.
- Increased love for the people and place, and participating with God.
- Discover again our corporate witness.
- Being neighbours to the under-housed, lonely, addicted, hungry.



## MONDAY HOUR OF PRAYER CONTINUED

### 4. PRAYER PRIORITY 4: We pray for increased generosity with reduced personal debt and faithful tithing (10 minutes)

- Willingness to be accountable in the area of finances.
- Generous giving.
- Stories of reduced debt among us.
- A release of the grip that money has over us.

### 5. WORLD ISSUE: OPIOID CRISIS (10 minutes)

There has been a growing number of opioid deaths in BC and across Canada. Pray for:

- Wisdom for the authorities in dealing with this complex issue.
- Fentanyl-laced drugs to be intercepted and stopped.
- Safety and energy for firefighters and first responders.
- Drug users to get the necessary support they need.

### 6. OPEN PRAYER (10 minutes)

Use this last ten minutes to ask the Lord to lay someone or some thing on your heart to pray for.

Ask the Lord if there is someone or something He wants you to dialogue with Him about. Have an expectation that He will speak. Pay attention to any words, pictures, Scriptures that may come to mind. Either journal the whole conversation or what you hear the Lord saying to you in this moment.

If you are not sure if this is the Lord or not, write it down anyway and talk to Him about it. Is it consistent with Scripture? Is there a sense of God's peace? Is there good fruit that will come from it? Will it restore and redeem?



## EVENING PRAYER

Meditate on Luke 15:1-7:

*Now the tax collectors and sinners were all gathering around to hear Jesus. But the Pharisees and the teachers of the law muttered, "This man welcomes sinners and eats with them." Then Jesus told them this parable: "Suppose one of you has a hundred sheep and loses one of them. Doesn't he leave the ninety-nine in the open country and go after the lost sheep until he finds it? And when he finds it, he joyfully puts it on his shoulders and goes home. Then he calls his friends and neighbors together and says, 'Rejoice with me; I have found my lost sheep.' I tell you that in the same way there will be more rejoicing in heaven over one sinner who repents than over ninety-nine righteous persons who do not need to repent."*

Look back on your day. Where did you see God's heart? Did you love your neighbours well today? Confess where you didn't and ask for God's power in your life to love your neighbours, friends, family and workmates who aren't walking with Jesus.

## TUESDAY, SEPTEMBER 15



### MORNING PRAYER

Meditate on Acts 2:42-49:

*They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. Everyone was filled with awe at the many wonders and signs performed by the apostles. All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.*

Begin to think of the day ahead of your today. Pray that you would have a keen sense of God's presence and you would live today in awe of Him. Offer your day to Him that He might use you to serve others.



### HOOR OF PRAYER

*The goal of prayer is the ear of God, a goal that can only be reached by patient and continued and continuous waiting upon Him, pouring out our heart to Him and permitting Him to speak to us. Only by doing so can we expect to know Him and as we come to know him better we shall spend more time in His presence, and find that presence a constant and ever increasing delight. - EM Bounds*

As you begin this hour, spend a moment in silence before the Lord, laying aside distractions and worries that weigh on you, taking a deep breath and quietly fixing your gaze upon Jesus.

#### 1. ADORATION AND THANKSGIVING (10 minutes)

- **Adoration:** Read Psalm 84. Offer the Lord praise for His attributes and His character as revealed in this psalm.
- **Thanksgiving:** Thank the Lord for promises in His Word that hold true for all time and that have been particularly meaningful to you.

#### 2. PRAYING SCRIPTURE (10 minutes)

Read **2 Thessalonians 1:3-12** (Paul's prayer for the Thessalonian church: a prayer of thanks and for spiritual growth) slowly two or three times. Is there is a specific word that captures your attention that you feel led to pray into?

#### 3. FIVE VALUES: LOVING GOD AS WE LOVE ONE ANOTHER (10 minutes)

- Acts of care, compassion, encouragement for one another.
- Every Covenant member to be in a discipling relationship.
- Accountability and unity.
- Increased table fellowship with one another.



## TUESDAY HOUR OF PRAYER *CONTINUED*

### 4. PRAYER PRIORITY 5: We pray for leaders and renewed commitment to lead with 3 new Mission Group Leaders, 6 new Mission Group Apprentices and 3 new Elders (10 minutes)

- Intentional discipleship of new Leaders.
- Additional Staff.
- Wisdom, strength, protection for the Elders and Leaders.

### 5. NATIONAL ISSUE: OUR NATION AND LEADERS (10 minutes)

- The country would demonstrate righteousness, justice, compassion, generosity.
- The Holy Spirit would bring renewal across our land.
- Canada would foster acceptance and forgiveness.
- For Justin Trudeau as he leads the country.
- Strong relationships in international relations and policies.
- For the cabinet, senate and party leaders, premiers, mayors.
- Police, fire and emergency services.
- For healthcare workers.
- For educators and teachers.

### 6. OPEN PRAYER (10 minutes)

Use this last ten minutes to ask the Lord to lay someone or some thing on your heart to pray for.

Ask the Lord if there is someone or something He wants you to dialogue with Him about. Have an expectation that He will speak. Pay attention to any words, pictures, Scriptures that may come to mind. Either journal the whole conversation or what you hear the Lord saying to you in this moment.



## EVENING PRAYER

Meditate on Acts 2:42-49:

*They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. Everyone was filled with awe at the many wonders and signs performed by the apostles. All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.*

Reflect on your day. In what ways were you able to live in the character of Christ and the power of the Holy Spirit? Give thanks for these moments. In what ways do you need to grow in the character of Christ and power of the Spirit? Offer these to Him and pray for rest as you head into your evening.

## WEDNESDAY, SEPTEMBER 16

### MORNING PRAYER

Meditate on Mark 12:30-31:

*“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.”*

As you think about all that today holds, pray that you would love the Lord with all you have today. What challenges does today hold? Pray that your love for God would not waiver in the midst of these.

### HOUR OF PRAYER

*This is not a praying age. It is an age of great activity, of great movements, but one in which the tendency is very strong to stress the seen and the material and to neglect and discount the unseen and the spiritual. - EM Bounds*

As you begin this hour, spend a moment in silence before the Lord, laying aside distractions and worries that weigh on you, taking a deep breath and quietly fixing your gaze upon Jesus.

#### 1. ADORATION AND THANKSGIVING (10 minutes)

- **Adoration:** Read Psalm 103. Offer the Lord praise for His attributes and His character as revealed in this psalm.
- **Thanksgiving:** Thank the Lord for moments in your last week. Where you have seen a God working, caught a glimpse of His beauty, been blessed by another?

#### 2. PRAYING SCRIPTURE (10 minutes)

Read **Ephesians 1:15-19** (Paul's letter to the Ephesians—a prayer for wisdom) slowly two or three times. Is there is a specific word that captures your attention that you feel led to pray into?

#### 3. FIVE VALUES (10 minutes)

Spend time praying through each of the Five Values again, 2 minutes on each one:

- Loving God with all our heart.
- Loving God with all our mind.
- Loving God with all our strength.
- Loving God by how we love our neighbour.
- Loving God as we love one another.



## WEDNESDAY HOUR OF PRAYER CONTINUED

### 4. PRAYER PRIORITY 6: We pray that God's power would be manifested in our midst, evidenced by the sharing of stories (10 minutes)

- The commitment to recognize God's voice.
- Confidence to move out in the area of prophecy, healing, words of knowledge, wisdom, discernment of the spirits, gifts of faith, tongues and interpretation.
- Extraordinary stories of God at work in our midst.
- Clear evidence of God at work also in the ordinary circumstances in our lives.
- Openness to the move of the Holy Spirit and that we would be willing vessels to be used.

### 5. WORLD ISSUE: CARE FOR CREATION (10 minutes)

- That we would respect and care for God's creation.
- Forgiveness for our greed in depleting the earth of its resources.
- For renewal of the land.
- That we would take responsibility for our changing climate.
- For leaders of countries around the world to be given your wisdom and courage to make necessary changes.

### 6. OPEN PRAYER (10 minutes)

Use this last ten minutes to ask the Lord to lay someone or some thing on your heart to pray for.

Ask the Lord if there is someone or something He wants you to dialogue with Him about. Have an expectation that He will speak. Pay attention to any words, pictures, Scriptures that may come to mind. Either journal the whole conversation or what you hear the Lord saying to you in this moment.

If you are not sure if this is the Lord or not, write it down anyway and talk to Him about it. Is it consistent with Scripture? Is there a sense of God's peace? Is there good fruit that will come from it? Will it restore and redeem?



## EVENING PRAYER

Meditate on Mark 12:30-31:

*"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these."*

Looking back on your day, in what ways did the Spirit enable you to love the Lord with your heart, mind, strength? To love your neighbours and love one another? Give thanks for these areas. Where was it a challenge? Bring this the Lord and let Him speak into your life.