

Watch and Pray (Restoring the Prayer Watch) On-Going Prayer Movement of the Capital Region National Day of Prayer

The first watch (**6-9 PM**) symbolizes when God called Israel out of Egypt unto Himself. He ordained a season when He would visit His people again and deliver them from their enemies. *“And the Lord said, I have surely seen the affliction of my people which are in Egypt, and have heard their cry by reason of their taskmasters; for I know their sorrows” (Exodus 3:7).* He heard their cry! Could faith been mix with their cry? I believe we all have a day of visitation from the Lord. God likes to show up in our life. However, are we expecting Him to visit us?

The second watch (**9 – Midnight**) was when Peter denied the Lord. Israel was even scattered during this time. If we are not watchful, we can also deny Christ and be scattered. It is important that we have a solid rock prayer life and intimate fellowship with the Lord. We know what happened to Peter; take a look at what happened to Israel.

“And all of them ate the same miraculous food, and all of them drank the same miraculous water. For they all drank from the miraculous rock that traveled with them, and that rock was Christ. Yet after all this, God was not pleased with most of them, and he destroyed them in the wilderness” (1 Cor. 10:3-5). They lusted after evil things; they became idolaters; committed sexual immorality and also became complainers and were destroyed by the destroyer (vs. 6-10).

The third watch (**Midnight – 3 AM**) is just a continuation of the second watch. As I stated, Peter denied Christ three times and ran and hid himself. He was afraid! When you are faced with persecution on your job, in your home, at school do you run and hide. Here is a good one! When you know some one who is speaking against the name of Christ, do you speak up or do you keep silent. The Bible says if you don't speak up when you should; it called the sin of omission.

“Therefore to him that knoweth to do good, and doeth it not, to him it is sin” (James 4:17). Beloved we have a voice in this earth and we have to use it NOW!

“For I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to every one that believeth; to the Jew first, and also to the Greek” (Romans 1:16).

The fourth watch (**3-6 AM**) symbolizes the power of resurrection; the breaking of a new day; the Lord revealing His glory. This is where we should be personally, and the Church as a whole.

“The Apostle Paul says, *“My little children, of whom I travail in birth again until Christ be formed in you” (Galatians 4:19)* Travail in the Greek means to experience the pains of childbirth. Or are we aborting, and miscarrying? To abort is to deliberately terminate; and to miscarry is to voluntarily expel. Either way, we stop the travailing process. Therefore, God forbid that we do!