

# HOW TO RUN A PRAYER ROOM

- 1 Guidelines for 24-7-365 prayer watches
- 2 Values and principles for building a 24-7 prayer watch
- 3 Guidelines for establishing a 24/7 (168 hour) prayer watch
  - 3.1 Basic principles to remember when you establish a prayer watch
  - 3.2 General guidelines
  - 3.3 How to run a 24-7 prayer room
  - 3.4 A few other ideas

## **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 are 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; 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 timetable; 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 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.

## **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 make 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).

### **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.

#### **3.1 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"!

#### **3.2 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 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 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.

### **3.3 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.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 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.

### **3.4 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](mailto:info@jwipn.com); [www.jwipn.com](http://www.jwipn.com)).