

— A 24 HOUR PRAYER EVENT —
From Gethsemane
To Good Friday

On the night Jesus was betrayed, He was praying in the garden of Gethsemane.

This guide is provided as a tool to help you complete a full hour of prayer - even if your “eyes are heavy”.

Jesus asked the disciples to keep watch with Him. He was in emotional agony and coveted the spiritual support of His closest followers... his dearest friends. When He returned to the disciples, He found them sleeping. “Could you men not keep watch with me for one hour?” he asked Peter. You now have a similar opportunity to keep watch with Jesus for one hour. This guide is provided as a tool to help you complete a full hour of prayer- even if your “eyes are heavy”. So... let’s begin.

First, you will need your Bible, pencil and paper. If you are praying in the church sanctuary, there are journals available for you to use and take home. Find somewhere quiet and comfortable. Utilize this full guide to assist you in your hour and don’t get discouraged if you find yourself distracted or unable to feel God’s presence in a noticeable way. He is with you regardless of what you feel and He is faithful beyond your weaknesses.

Second, write out **Matthew 26:36-45**. There is power in writing the words of God. It helps our brains retain these precious words and gives us time to think about them as well.

Third, the goal of this time in prayer is twofold- (1) personal and (2) kingdom-minded. Where scripture is referenced, it is suggested that you reword/rearrange the verse into a prayer. The following is an example: **Matthew 6:10**, “*Your kingdom come, your will be done on earth as it is in heaven*”, could be reworded as... *May your kingdom come soon, Lord, and may your purposes be accomplished on earth just as they are in heaven.*

- 1 -

PRAISE

“In praising God we declare His sovereignty and recognize His nature and power.
The worship and praise of God demands a shift of center from self to God.
Praise sends Satan running”.

Praise God for His name - **Psalm 115:1**

Praise God for His righteousness - **Psalm 35:28**.

Praise God for His infinite creation - **Psalm 150:2**

Praise God for His Word - **Psalm 19**

- 2 -

WAITING

“Praise cries boldly, ‘God I see these excellent qualities in your nature.
Waiting says softly, ‘ I love you.’ ”

Think about **Psalm 46:10**. Concentrate your full attention on the “love” aspect of God’s nature in these minutes of silence.

If you desire, write down ways God demonstrates his love for you.

- 3 -

CONFESSION

“Confession is a heartfelt recognition of what we are.

It is important to God because it indicates that we take seriously our mistakes and failures.

God does not ask us to confess because He needs to know we have sinned, but because He knows that WE need to know we have sinned.”

Write out **Psalm 139:23-24**...ask God to reveal your sins to you and write them out as they come to your mind. Try to take the practice deeper than just sinful actions...what do you think was happening in your heart that led you to the action? How does it compare to what God says is true and good?

“Confession is necessary in private prayer
because it initiates the process of cleansing our spiritual temple.”

Read Psalm 66:18-20 - lack of confession hinders our connection with God.

Read Proverbs 28:13 - acknowledging our sin and turning away from it brings mercy Read James 5:16 - shame isolates, but vulnerability connects. Consider a trustworthy person that you might share your sin struggles with and ask them to pray for you.

Ask God to grant you deep and heartfelt repentance.

- 4 -

SCRIPTURE PRAYING

“The Word of God is the Christian’s true prayer book.”

Our focus for Good Friday needs to be on what Jesus accomplished on the cross, and what that means for us personally and for our world today.

Read **John 17**, paying special attention to verses 20-23. Jesus prayed this prayer for you!

– 5 –

WATCHING

“The first order of business during the watching phase of prayer is to make ourselves aware of the various ways Satan seeks to hinder the effectiveness of prayer. To watch in prayer is to become aware of these attacks and stand against them. Be alert to personal attacks and also aware of the wiles of the devil as it pertains to God’s plan throughout the world.”

Jesus wanted his disciples to watch and pray so that they would not fall into temptation. Did you catch that? Watch for the enemy. Pray for strength in the Lord to withstand Satan’s attacks. Be prepared like a well-trained Marine. This is war and our Lord is counting on us to be faithful warriors in His name!

Read 1 Peter 5:8-9

– 6 –

INTERCESSION

“Intercession is God’s method for involving His followers more completely in the totality of His plan. It is prayer offered on behalf of another, to mediate, to stand between a lost person and God... not with our hands outstretched as to receive something for ourselves, but rather beside God, working together with Him.”

Read Matthew 9:38— ask the Lord for more workers.

Read Colossians 4:2-4— ask for open doors for Christ’s message.

Read Galatians 5:22-24— ask for fruit that will last.

Pray for friends and family in your circle of influence who do not know Jesus. Extend that prayer to our community and to our world.

- 7 -

PETITION

“Petition is that aspect of prayer given over to asking God for specific personal things. It is an expression of helplessness and our dependence on Christ for everything.”

Read Philippians 4:6 — make your requests known to God.

Read 1 John 4:13-15 — we have confidence that our Father hears us.

Read Ephesians 3:14 -21 — ask for yourself and The Vail Church to be “strengthened in your inner being” and “rooted and established in love”

Present your personal requests as well as those for our church body.

- 8 -

THANKSGIVING

“Thanksgiving might be labeled a ‘confession of blessings’. Thanksgiving, like praise, takes the believer’s attention from self and centers it on God and it is truly limitless.”

Read Psalm 116:12, 17. What specific spiritual blessings have you received?
What about your material blessings? Thank God for your physical blessings.
Be thankful for your external blessings... your church family, friends and living in a nation that still allows us religious freedom.

More scriptures on thankfulness: **Ephesians 5:18; 1 Thessalonians 5:18; Colossians 4:2**

Thank God for our volunteers at The Vail Church: children’s ministry teachers, small group leaders, worship team, prayer team, greeters, hospitality team, security, parking, etc. Consider writing a thank you card to someone who has encouraged you in a specific way.

– 9 –

MEDITATION

“Meditation is to take time to ponder a spiritual theme in reference to God. It helps us to apply the truths we have learned during this time of prayer. It is giving mental attention to God’s word.”

Paul instructed Timothy to meditate (**1 Timothy 4:15**). Write out Isaiah 26:3 and Psalm 77:12.

Take time to ponder God with full intensity. Stretch your thinking and ask the Holy Spirit to help you. Focus your meditation on God himself, His Word, His works and past victories.

Read Philippians 4:8— our meditation is to be positive.

– 10 –

LISTENING

“To listen in prayer is to mentally absorb divine instruction from God. The desire of Jesus was to do the will of the Father. To find His Father’s will, Jesus spent entire nights listening. We do not engage in prayer to tell God what to do. Our goal is to discover what God wants us to do so that He will be glorified.”

Ask God specific questions about difficult problems or situations.

Ask God to show you His plan in whatever circumstances you encounter.

Be prepared to write down any ideas or thoughts about your particular problem. Read these scriptures: **John 10:27; James 1:19, 22; 1 Samuel 3:9.**

- 11 -

PRAISE

Praise God for His love for you. Read Mark 15:21-41 and praise God that Jesus gave His life to free us from our sins.

“Prayer has come full circle and we praise God for the future answers to our prayers. The bringing of lost souls to glory is the ultimate focus for all prayer and praise. Although prayer has many aspects, bringing glory to God is at the center of it. Jesus taught us to conclude our prayers with the expression “Amen”. It means “so be it” or “it is done”.

Make your “Amen” strong... knowing with certainty that your prayer has been heard by God, that Jesus is at the Father’s right hand interceding for you, and that the Holy Spirit lives inside you and helps you each moment! All these truths are yours, dear believer, because of the cross!

Amen.



Pray for The Vail Church’s supported missionaries
and upcoming trips on page 8.



GLOBAL MISSIONS



MISSIONARY NAME **Dan and Lisa Bartol**
 MISSION ORGANIZATION **Shepherds Staff**
 MINISTRY EMPHASIS **Church planting & pastoral ministry**
 CONTACT **dan2lisa@gmail.com**
Shepherd's Staff • PO Box 24174
Knoxville, TN 37933
 FINANCIAL SUPPORT **account # 1304**

MISSIONARY **Juan Emilio & Adriana Palacios**
 ORGANIZATION **Iglesia Asuncion (update to come)**
 MINISTRY EMPHASIS **Medical Ministry**
 CONTACT **jadpalacios@hotmail.com**
To subscribe to ministry updates, email Juan.

MISSIONARY NAME **Chris & Joyce Goppert**
 MISSION ORGANIZATION **TEAM • Zimbabwe & CA**
 MINISTRY EMPHASIS **Teaching at Harare Theological College, Elder training and pastoral care, retired but active**
 CONTACT **northfarthing@yahoo.com**

MISSIONARY NAME **Joel & Ana Schrader**
 MISSION ORGANIZATION **CRU, Bridges International**
University of Illinois at Urbana-Champaign
 MINISTRY EMPHASIS **Evangelize international college students and faculty**
 CONTACT **joel.schrader@bridgesinternational.com**
To subscribe to ministry updates, please email Joel.
 FINANCIAL SUPPORT **https://give.cru.org**
account # 0484100

MISSIONARY NAME **Miguel & Iliaria Castillo**
 MISSION ORG. **East West Ministries**
International // Madrid, Spain
 MINISTRY EMPHASIS **Church Planting Trainer and Consulting**
 CONTACT **madridcafe@gmail.com**
To subscribe to ministry updates, contact Miguel by email.

CONTRIBUTION INFO TO PROVIDE FINANCIAL SUPPORT
East West Ministries
 WEBSITE **www.eastwest.org**
 GIVING LINK **www.eastwest.org/madridcafedonate**
 ACCT# **madridcafe**

MISSIONARY NAME **Carlos & Chelita Barros**
 MISSION ORGANIZATION **ShepherdsHeartInc.com**
 MINISTRY EMPHASIS **Couples, Families & Missionary Member-Care**
 CONTACT **CarlosBarrosh@gmail.com**
To subscribe to ministry updates, contact Carlos by email.
 FINANCIAL SUPPORT **Mazatlán Missions**



— GLOBAL ORGNAIZATION PARTNERSHIPS/TRIPS —

Josiah Venture

ESL/SPORTS YOUTH CAMP MISSION TRIP DATES **July 9-24, 2024**

East West Ministires

EXTREME TEAM MISSION TRIP DATES: **Sept. 19-30, 2024**