

TTWM's Selah



Watch and pray, that ye enter not into temptation; the spirit indeed is willing, but the flesh is weak.
(Matthew 26:41)

Jesus commanded us throughout the scriptures to “watch and pray.” We can see through His instruction and example that watching was a specific element of prayer. The word “watch” means “to keep awake in order to guard” or “to be alert.” We need to be awake spiritually and guard in prayer.

In the book, *“The Hour that Changes the World”* Dick Eastman gives us several suggestions that will help us be watchful as we pray.

1. Take a few moments during prayer to become spiritually alert. Watch for the methods Satan may try to use to hinder your Christian walk that day. Prayerfully claim power to defeat Satan in each of these areas.
2. Read denominational or missionary-evangelism magazines to help become alert to specific needs in God’s work around the world.
3. Prayerfully recall various international news developments that deserve special prayer.
4. Ask the Holy Spirit to reveal further spiritual facts about these needs. This will aid you in praying more intelligently for these needs.

Father,

May we be diligent to watch and pray! Give us ears to hear what you are saying to church for such a time as this! Amen