



## Prayer Focus

April 4-10, 2022

### Watch and Pray

Jesus showed us what it means to watch and pray.

In the moment that He was under the most intense pressure, waiting in the garden to be betrayed, unfairly tried, and put to death for our sins, Jesus repeatedly prayed. Gethsemane means "oil press"<sup>1</sup> or "winepress of oils"<sup>2</sup> and describes the pressing that our Lord went through in the waiting. In this context, to watch meant to pray. This is how He strengthened and readied Himself for the battle. He warned the disciples, "*Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak.*" Matthew 26:41

In the "Lord of the Rings: The Return of the King," Pippin and Gandalf have an incredible exchange:

**Pippin:**

It's so quiet.

**Gandalf:**

It's the deep breath before the plunge.

**Pippin:**

I don't want to be in a battle. But waiting on the edge of one I can't escape is even worse.

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<sup>1</sup> <https://www.abarim-publications.com/Meaning/Gethsemane.html>

<sup>2</sup> <https://differentspirit.org/posts/gethsemane-and-what-follows.php>

Surely, we can relate to Pippin's insight. We sense the battle is coming (it's here, but will surely become even more apparent in the coming days), but waiting for it is excruciating.

May we obey the exhortation of our Lord and King to watch and pray, so we may persevere until the end in His strength.

- Melody Divine

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Watch and Pray (Lyric Video)

<https://www.youtube.com/watch?v=WHlvkGh9-cU>

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### **PRAY**

- Offer thanksgiving to the Lord. He is worthy of all.
- Pray for the Bride of Messiah to watch and pray, and to stand firm in faith.
- Pray to yield to His will, and align your heart to His.
- Ask Holy Spirit to reveal areas that need strengthening, weight that needs to be cast off, and invite His healing so that there would be no open doors to the enemy.

### **Events**

Prayer Force Website: <http://www.prayerforce.live/>

[Prayer Force Room Sign-Up](#)

Prayer Force Equipping Hour – Every other Tuesday at 1:00pm, Pacific