



Tres Dias of Southeast Tennessee

Head Prayer Cha Team Book

This book is intended to **help**. Please forgive its failings. Please help improve it by noting your suggestions on the Area Head Feedback/debriefing sheet and turn it in to the Assistant Head Cha at the end of the weekend. Alternately, you can send your suggestions to the respective Men's or Women's Leaders person.

Facility problems should be reported on the ARC "Facility Problem Report" forms on the ARC office bulletin board.

Thank you,

Tres Dias of Southeast Tennessee Secretariat

Prayer Cha Duties and Responsibilities

I. General Overview

The Head Prayer Cha is a very vital and serious service area. He or she must be one that holds confidential prayer requests in the highest of confidence. The most vital responsibility of the Head Prayer Cha will be to pray for God's will to be done through the vision He has given to the Rector before and during the Weekend. Other responsibilities of the Head Prayer Cha will include praying for the Leadership Team that has been chosen, the candidates that will be attending the Weekend and the training of the other Prayer Chas.

II. Prior to the Weekend

The Head Prayer Cha or designated Prayer Cha should:

1. Check with and/or be available for prayer requests from the Rector during the team selection process and before Team Meetings begin.
2. Check with and/or be available for prayer requests from Spiritual Directors before Team Meetings begin.
3. Attend the Heads Meeting.
4. Check with the Rector concerning the Rector's preferences for decorating the Prayer Room at the Camp.
5. Receive a list of team members as soon as possible (especially Professors) in order to share with the other Prayer Chas so they may begin prayer coverage for the team by specific names.
6. Be available to assist Rector and Spiritual Directors during Team Meetings as requested.
7. Be available for the prayer needs and concerns of the Team during Team Meetings.
8. Have candidate prayer tokens and assignments or sign-up sheet ready for the first team meeting.
9. Provide a covered box and index cards for prayer requests at all meetings.
10. Be available for opening prayer during Team Meetings.
11. Review basic and specific guidelines and responsibilities of Prayer Chas with Prayer Chas.
12. Pair-up Prayer Chas and make shift assignments for the weekend (do not forget the time between the Candidates' arrival and the first night shift begins). There is a suggested shift assignment included, or you may devise your own.
13. Discuss and determine with all Prayer Chas the time to arrive at the ARC.

14. Assign another Prayer Cha to ensure “**Quiet Please, Prayer Cha is Sleeping**” dorm sign is available for the Weekend.

III. During the Weekend

1. *Head Prayer Cha and all Prayer Chas should arrive at the ARC as early as possible to set-up the Prayer Room and to begin prayer coverage for the Weekend.* Prayer Coverage at the minimum, should include the following before the candidates arrive (Note: It is not necessary to leave oil dripping down the doors or beds, the devil knows you have been there):
 - a. Anoint and pray over the ARC entrance gates.
 - b. Pray while walking the borders of the grounds using spiritual warfare scriptures. (See attached)
 - c. Anoint and pray over every door and room of the building, especially Rollo room, candidates and team dorms (anointing each bed). It is not necessary to saturate the doors, etc., the devil knows you have been there. Please do not put the oil on the frosted glass, but rather on the door or frame.
 - d. Prayer request boxes will be prayed over, anointed, and placed outside of prayer room, in each dorm, and the Rollo room. Several boxes are available at the ARC, but you may want to bring additional boxes.
2. The Prayer Room should be set-up according to Rector’s specifics (if any). *Do not disturb the ceiling tiles in the Prayer Room to decorate or hang items. At no time shall any candles be lit in the Prayer Room.*
3. Prayer Chas will need their own bedding and towels.
4. You will need to bring a small table (such as TV tray) to sit outside the Prayer Room for prayer request box. **DO NOT PROP THE HALLWAY DOOR OPEN** (Fire Code Violation).
5. Prayer shawls are available at the ARC and are stored in the Weekend closet in a marked container.
6. A powered speaker feeding from the Rollo Room is in the Prayer Room. That speaker has a cord that allow plugging in an iPad/mp3 player, etc. for music.
7. All Prayer Chas will attend the Team Meeting/Communion at 6:00 pm. At the discretion of the Rector/Head Spiritual Director, the Prayer Chas will be available to anoint team members after Communion.
8. Head Prayer Cha will be prepared to replace lost or forgotten prayer tokens and changes that may be made to number assignments.
9. Head Prayer Cha will receive a copy of the list of candidates’ names and Rollo Room seating assignments at the team meeting on Thursday night.

10. Head Prayer Cha will fill in names on diagram of the Rollo Room and the final seating arrangements no later than Friday morning to place in the Prayer Room. (Palanca Couple has provided diagram on dry erase board – There is an additional dry erase/bulletin board on wall for making notes to Prayer Chas) **DO NOT USE PERMANENT MARKERS ON THESE BOARDS.**
11. Head Prayer Cha will attend all team meetings on the Weekend.
12. Head Prayer Cha may excuse the prayer team that is scheduled to awaken the Rector the following morning from the team meeting.
13. The Prayer Team that is responsible for the midnight shift should pray over and anoint Rector and Head Cha (Rector's choice), and receive the mantel (cross) from the Rector before the Rector retires for the night. This Prayer Team will pass the mantel (cross) to the next scheduled night team when awakening them. This team should lock all exterior doors, including locking the outside Auditorium restroom door.
14. Prayer Teams that are on night duty should pray over Prayer Room, Rollo Room, Chapel, Kitchen, and outside of dorms (names of dorm occupants are listed on the wall outside of each dorm – don't forget the Spiritual Directors' dorm). Night Prayer Teams should also pray over all the requests that have been gathered throughout the day.
15. Check the phone in the Office frequently during the night after team meeting for any messages that may have been left. Pick up the receiver and listen for a broken dial tone, which indicates a message has been left. Instructions for retrieving the message are printed on the side of the filing cabinet by the phone.
16. The Prayer Team that is responsible for the shift that begins at around 3:00 a.m. (or the shift that includes the time the Rector chooses to be awakened) will awaken and pray over the Rector and Head Cha and turn the mantel (cross) over to the Rector. This team will also be responsible for awakening the Head Dorm Cha, Assistant Head Cha and the next Prayer Team, and also unlocking exterior doors.
17. Head Prayer Cha is to ensure that during the day a Prayer Team is assigned to be with the candidates at all times quietly praying and interceding. This team is to be available to assist Rector/Spiritual Directors if needed.
18. Head Prayer Cha is to ensure that during the day a Prayer Team (designated as Roving) is assigned to the Prayer Room when it is not being used as a prayer chapel for Rollista prayer palanca. While the room is being used for prayer palanca, this team should be roving the building and grounds including walking the borders of the campground.
19. All Prayer Chas are to be available for introduction on Friday during Holy Spirit Rollo. Head Prayer Cha will check with Rector/Head Spiritual Director as to where the introductions will take place (Chapel or Rollo Room).

20. All Prayer Chas will be available to anoint (Rector's choice) the men or women that will come for the Serenade. Prayer Chas will discreetly leave dinner at the direction of Head or Assistant Head Cha if anointing is to take place.
21. All Prayer Chas will attend the Cross Chapel Service on Saturday night.
22. The Professor Ready Room (Office Conference Room) adjacent to and connecting to the Prayer room will be utilized by the Gopher Chas for Rollista quiet time before the prayer team prays over them in the Prayer Room.
23. The Prayer Chas are responsible for clean up of the Prayer Room at the end of the weekend. This is not to be done until after the prayer Palanca for the Living the Fourth Day Rollo.
24. Complete the Area Head Feedback/Debriefing Form enclosed in the book by the end of the weekend and turn it in to the Assistant Head Cha. This is extremely important since the Rector was not able to observe all areas of the weekend.

Reminder: Prayer Chas are to quietly pray and intercede and never bring attention to themselves. Prayer Chas should carry a small note pad to write down concerns and never whisper to one another in the presence of the candidates.

There are two prayer cha schedules that can be used, based on your desires. They are in this book, and available from the Rector or Head Cha or the ARC office computer.

Tres Dias of Southeast Tennessee Area Head Feedback/Debriefing Form

Weekend # _____ (Men _____ Women _____)

Area _____ Name _____

What was your overall impression of the weekend and team meetings?

Please list any areas that, in your opinion, need improvement.

Please describe any elements of the weekend that you feel were new or particularly successful.

Did you have any problems with any particular team members? (please elaborate on the problem)

Please describe any outstanding efforts or actions by team members in your area.

Please provide any other comments you may have.

Please return this form to the Assistant Head Cha at the end of the weekend; your duty is not complete until this form is turned in.

Suggested Prayer Cha 2 Shift Night Schedule

	11:45 – 2:45	2:45 – 5:45	SLEEP
Thursday:	1	3	5
	2	4	6
Friday:	3	5	1
	4	6	2
Saturday: All prayer Chas in night chapel	5	1	3
	6	2	4

This is a sample of the 2 shift night watches. This plan gives each person one complete night of sleep and extended prayer time for 2 shifts.

The daytime prayer schedule follows:

Pairs will be assigned to the Rollo Room (staying with the candidates when they go to chapel) in the morning, afternoon and evening shifts. A second pair will be praying in the Prayer Room or walking the halls/camp (roving) during Rollo prayer palanca. The third pair would be resting or sleeping.

Example of prayer assignments: (this schedule is available on and Excel Spreadsheet that inserts names of Prayer Chas at appropriate times, ask the Leaders Person for this file)

Thursday:

Send Off	
Reception	All
Rollo Room	Prayer Chas 5 and 6
Roving/Prayer Room	prayer Chas 1 and 2
Sleep/Rest	Prayer Chas 3 and 4
1 st Night Watch (11:45-2:45)	Prayer Chas 1 and 2
2 nd Night Watch (2:45 – 5:45)	Prayer Chas 3 and 4
Sleep	Prayer Chas 5 and 6

Friday:

Morning Chapel/Rollo Room	Prayer Chas 5 and 6
Roving /Prayer Room	Prayer Chas 1 and 2
Sleep/Rest	Prayer Chas 3 and 4
Lunch	
Afternoon Rollo Room/Chapel	Prayer Chas 3 and 4
Roving /Prayer Room	Prayer Chas 5 and 6

Sleep/Rest	Prayer Chas 1 and 2
Dinner	
Rollo Room/Decuria	Prayer Chas 1 and 2
Roving /Prayer Room	Prayer Chas 3 and 4
Sleep/Rest	Prayer Chas 5 and 6
1 st Night Watch	Prayer Chas 3 and 4
2 nd Night Watch	Prayer Chas 5 and 6
Sleep	Prayer Chas 1 and 2

Saturday:

Morning Chapel/Rollo Room	Prayer Chas 1 and 2
Roving /Prayer Room	Prayer Chas 3 and 4
Sleep/Rest	Prayer Chas 5 and 6
Lunch	
Afternoon Rollo Room/Chapel	Prayer Chas 5 and 6
Roving /Prayer Room	Prayer Chas 1 and 2
Sleep/Rest	Prayer Chas 3 and 4
Dinner	
Cross Chapel	Prayer Chas ALL
1 st Night Watch	Prayer Chas 5 and 6
2 nd Night Watch	Prayer Chas 1 and 2
Sleep	Prayer Chas 3 and 4

Sunday:

Morning Chapel/Rollo Room	Prayer Chas 3 and 4
Roving /Prayer Room	Prayer Chas 5 and 6
Sleep/Rest	Prayer Chas 1 and 2
Lunch	
Afternoon Rollo Room	Prayer Chas 1 and 2
Roving /Prayer Room	Prayer Chas 3 and 4
Take Down Prayer Room	Prayer Chas 5 and 6
Letters/Crosses	Prayer Chas All
Complete Take Down	Head Prayer Cha
Closing	Prayer Chas ALL

Copy of the Excel Spreadsheet is below (the Excel fill in features will not work in the Word or pdf files):

Thursday	1	2	3	4	5	6
Reception	0	0	0	0	0	0
Dinner						
Rollo Room					0	0
Roving	0	0				
Sleep/Rest			0	0		
Team Meeting						
1st Watch (11:45 - 2:45)	0	0				
2nd Watch (2:45 - 5:45)			0	0		
Sleep					0	0
Friday	1	2	3	4	5	6
Breakfast						
Chapel/Rollo Room					0	0
Roving	0	0				
Sleep/Rest			0	0		
Lunch						
Afternoon Rollo Room/Chapel			0	0		
Roving					0	0
Sleep/Rest	0	0				
Dinner						
Rollo Room	0	0				
Sleep/Rest					0	0
Roving			0	0		
Team Meeting						
1st Watch (11:45 - 2:45)			0	0		
2nd Watch (2:45 - 5:45)					0	0
Sleep	0	0				

Fill In Prayer
Chas 1-6
below

Key

Key	
	0
	0
	0
	0
	0
	0

Saturday	1	2	3	4	5	6
Breakfast						
Chapel/Rollo	0	0				
Roving			0	0		
Sleep/Rest					0	0
Lunch						
Rollo/Chapel					0	0
Roving	0	0				
Sleep/Rest			0	0		
Dinner						
Cross Chapel	0	0	0	0	0	0
1st Watch (11:45 - 2:45)					0	0
2nd Watch (2:45 - 5:45)	0	0				
Sleep			0	0		
Sunday	1	2	3	4	5	6
Breakfast						
Chapel/Rollo			0	0		
Roving					0	0
Sleep/Rest	0	0				
Lunch						
Rollo	0	0				
Roving			0	0		
Take Down Prayer Room					0	0
Letters/Crosses	0	0	0	0	0	0
Complete Take Down (If needed)	Head Prayer Cha					
Closing	0	0	0	0	0	0

Key	
	0
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Key	
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- * Assigned team prays with Rector when Rector retires for the evening. The mantel passes at this time

Saturday-

- * Serenade after dinner.
- * Forgiveness Chapel...be there before the door closes.
- * Assigned team prays with Rector when Rector retires for the evening. The mantel passes at this time

Reminders-

- * Prayer teams on night duty are to pray over the Rollo Room, Chapel, Prayer Room, Kitchen, outside of dorms (team and candidate), and submitted prayer requests
- * Prayer teams on the 3-6 am shift will wake the Rector and Head Cha, pray over them, and return the mantel at this time. (Wakeup time is designated by the Head Cha.) They will also wake the Head Dorm Cha, Assistant Head Cha, and the next prayer team. Check with the oncoming prayer team to see if they need a wake-up call and what time.
- * Attend chapel every morning with candidates as scheduled, or with team at their chapel
- * Sleep- sleep unless you are fasting your sleep
- * Candidates- Shadow the candidates, pray for them, the Rector, the schedule, & the Rollistas
- * Rove- Go to the following areas and pray for the team members. Storeroom, floater, Gopher, Chapel, Palanca, Worship, Dorm, Kitchen, Assistant Head. Great time for prayer Palanca for the Rollistas.
- * Prayer- Start in the prayer room, pray for each other, the requests, and during the night duty- the dorms.

Spiritual Warfare

(Eph 6:10) Finally, be strong in the Lord and in his mighty power.

(Eph 6:11) Put on the full armor of God so that you can take your stand against the devil's schemes.

(Eph 6:12) For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

(Eph 6:13) Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

(Eph 6:14) Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place,

(Eph 6:15) and with your feet fitted with the readiness that comes from the gospel of peace.

(Eph 6:16) In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.

(Eph 6:17) Take the helmet of salvation and the sword of the Spirit, which is the word of God.

(Eph 6:18) And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.

(Eph 6:19) Pray also for me, that whenever I open my mouth, words may be given me so that I will fearlessly make known the mystery of the gospel,

(Eph 6:20) for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.

Anointing with oil

(John 14:14) If ye shall ask any thing in my name, I will do it.

(Ps 92:10) But my horn shalt thou exalt like the horn of an unicorn: I shall be anointed with fresh oil.

(Ps 23) **1**The LORD is my shepherd; I shall not want. **2**He maketh me to lie down in green pastures: he leadeth me beside the still waters. **3**He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. **4**Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. **5**Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. **6**Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever.

Intercessory Prayer

(Phil 1:3) I thank my God every time I remember you.

(Phil 1:4) In all my prayers for all of you, I always pray with joy

(Phil 1:5) because of your partnership in the gospel from the first day until now,

(Phil 1:6) being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

(Phil 1:7) It is right for me to feel this way about all of you, since I have you in my heart; for whether I am in chains or defending and confirming the gospel, all of you share in God's grace with me.

(Phil 1:8) God can testify how I long for all of you with the affection of Christ Jesus.

(Phil 1:9) And this is my prayer: that your love may abound more and more in knowledge and depth of insight,

(Phil 1:10) so that you may be able to discern what is best and may be pure and blameless until the day of Christ,

(Phil 1:11) filled with the fruit of righteousness that comes through Jesus Christ--to the glory and praise of God.

(Col 1:9) For this reason, since the day we heard about you, we have not stopped praying for you and asking God to fill you with the knowledge of his will through all spiritual wisdom and understanding.

(Col 1:10) And we pray this in order that you may live a life worthy of the Lord and may please him in every way: bearing fruit in every good work, growing in the knowledge of God,

(Col 1:11) being strengthened with all power according to his glorious might so that you may have great endurance and patience, and joyfully

(Col 1:12) giving thanks to the Father, who has qualified you to share in the inheritance of the saints in the kingdom of light.

(Col 1:13) For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves,

(Col 1:14) in whom we have redemption, the forgiveness of sins.

General Scriptures for the Weekend

(Psa 91:1) He who dwells in the shelter of the Most High will rest in the shadow of the Almighty.

(Psa 91:2) I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust."

(Psa 91:3) Surely he will save you from the fowler's snare and from the deadly pestilence.

(Psa 91:4) He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.

(Psa 91:5) You will not fear the terror of night, nor the arrow that flies by day,

(Psa 91:6) nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.

(Psa 91:7) A thousand may fall at your side, ten thousand at your right hand, but it will not come near you.

(Psa 91:8) You will only observe with your eyes and see the punishment of the wicked.

(Psa 91:9) If you make the Most High your dwelling-- even the LORD, who is my refuge--

(Psa 91:10) then no harm will befall you, no disaster will come near your tent.

(Psa 91:11) For he will command his angels concerning you to guard you in all your ways;

(Psa 91:12) they will lift you up in their hands, so that you will not strike your foot against a stone.

(Psa 91:13) You will tread upon the lion and the cobra; you will trample the great lion and the serpent.

(Psa 91:14) "Because he loves me," says the LORD, "I will rescue him; I will protect him, for he acknowledges my name.

(Psa 91:15) He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honor him.

(Psa 91:16) With long life will I satisfy him and show him my salvation."

(Eph 1:15) For this reason, ever since I heard about your faith in the Lord Jesus and your love for all the saints,

(Eph 1:16) I have not stopped giving thanks for you, remembering you in my prayers.

(Eph 1:17) I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better.

(Eph 1:18) I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in the saints,

(Eph 1:19) and his incomparably great power for us who believe. That power is like the working of his mighty strength,

(Eph 1:20) which he exerted in Christ when he raised him from the dead and seated him at his right hand in the heavenly realms,

(Eph 1:21) far above all rule and authority, power and dominion, and every title that can be given, not only in the present age but also in the one to come.

(Eph 1:22) And God placed all things under his feet and appointed him to be head over everything for the church,

(Eph 1:23) which is his body, the fullness of him who fills everything in every way.

(Heb 12:1) Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.

(Heb 12:2) Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

(Heb 12:3) Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart.

(Heb 12:4) In your struggle against sin, you have not yet resisted to the point of shedding your blood.

(Heb 12:5) And you have forgotten that word of encouragement that addresses you as sons: "My son, do not make light of the Lord's discipline, and do not lose heart when he rebukes you,

(Heb 12:6) because the Lord disciplines those he loves, and he punishes everyone he accepts as a son."

(Heb 12:7) Endure hardship as discipline; God is treating you as sons. For what son is not disciplined by his father?

(Heb 12:8) If you are not disciplined (and everyone undergoes discipline), then you are illegitimate children and not true sons.

(Heb 12:9) Moreover, we have all had human fathers who disciplined us and we respected them for it. How much more should we submit to the Father of our spirits and live!

(Heb 12:10) Our fathers disciplined us for a little while as they thought best; but God disciplines us for our good, that we may share in his holiness.

(Heb 12:11) No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.

(Gen 21:16) Then she went off and sat down nearby, about a bowshot away, for she thought, "I cannot watch the boy die." And as she sat there nearby, she began to sob.

(Gen 28:15) I am with you and will watch over you wherever you go, and I will bring you back to this land. I will not leave you until I have done what I have promised you."

(Gen 28:20) Then Jacob made a vow, saying, "If God will be with me and will watch over me on this journey I am taking and will give me food to eat and clothes to wear

(Gen 28:21) so that I return safely to my father's house, then the LORD will be my God

(Gen 28:22) and this stone that I have set up as a pillar will be God's house, and of all that you give me I will give you a tenth."

(Gen 31:49) It was also called Mizpah, because he said, "May the LORD keep watch between you and me when we are away from each other.

(Exo 14:24) During the last watch of the night the LORD looked down from the pillar of fire and cloud at the Egyptian army and threw it into confusion.

(Deu 4:9) Only be careful, and watch yourselves closely so that you do not forget the things your eyes have seen or let them slip from your heart as long as you live. Teach them to your children and to their children after them.

(Deu 4:12) Then the LORD spoke to you out of the fire. You heard the sound of words but saw no form; there was only a voice.

(Deu 4:15) You saw no form of any kind the day the LORD spoke to you at Horeb out of the fire. Therefore watch yourselves very carefully,

(Judg 7:17) "Watch me," he told them. "Follow my lead. When I get to the edge of the camp, do exactly as I do.

(Judg 7:19) Gideon and the hundred men with him reached the edge of the camp at the beginning of the middle watch, just after they had changed the guard. They blew their trumpets and broke the jars that were in their hands.

(Judg 21:20) So they instructed the Benjamites, saying, "Go and hide in the vineyards

(Ruth 2:9) Watch the field where the men are harvesting, and follow along after the girls. I have told the men not to touch you. And whenever you are thirsty, go and get a drink from the water jars the men have filled."

(Isa 11:11) In that day the Lord will reach out his hand a second time to reclaim the remnant that is left of his people from Assyria, from Lower Egypt, from Upper Egypt, from Cush, from Elam, from Babylonia, from Hamath and from the islands of the sea.

(Isa 19:11) The officials of Zoan are nothing but fools; the wise counselors of Pharaoh give senseless advice. How can you say to Pharaoh, "I am one of the wise men, a disciple of the ancient kings"?

(Isa 27:3) I, the LORD, watch over it; I water it continually. I guard it day and night so that no one may harm it.

(Isa 59:16) He saw that there was no one, he was appalled that there was no one to intervene; so his own arm worked salvation for him, and his own righteousness sustained him.

(2 Sam 13:5) "Go to bed and pretend to be ill," Jonadab said. "When your father comes to see you, say to him, 'I would like my sister Tamar to come and give me something to eat. Let her prepare the food in my sight so I may watch her and then eat it from her hand.'"

(2 Sam 13:34) Meanwhile, Absalom had fled. Now the man standing watch looked up and saw many people on the road west of him, coming down the side of the hill. The watchman went and told the king, "I see men in the direction of Horonaim, on the side of the hill."

(1 Ki 2:4) and that the LORD may keep his promise to me: 'If your descendants watch how they live, and if they walk faithfully before me with all their heart and soul, you will never fail to have a man on the throne of Israel.'

(2 Chr 23:4) Now this is what you are to do: A third of you priests and Levites who are going on duty on the Sabbath are to keep watch at the doors,

(Neh 11:19) The gatekeepers: Akkub, Talmon and their associates, who kept watch at the gates--172 men.

(Job 13:27) You fasten my feet in shackles; you keep close watch on all my paths by putting marks on the soles of my feet.

(Job 21:32) He is carried to the grave, and watch is kept over his tomb.

(Job 33:11) He fastens my feet in shackles; he keeps close watch on all my paths.'

(Psa 4:3) Know that the LORD has set apart the godly for himself; the LORD will hear when I call to him.

(Psa 32:8) I will instruct you and teach you in the way you should go; I will counsel you and watch over you.

(Psa 39:1) For the director of music. For Jeduthun. A psalm of David. I said, "I will watch my ways and keep my tongue from sin; I will put a muzzle on my mouth as long as the wicked are in my presence."

(Psa 56:6) They conspire, they lurk, they watch my steps, eager to take my life.

(Psa 59:9) O my Strength, I watch for you; you, O God, are my fortress,

(Psa 66:7) He rules forever by his power, his eyes watch the nations-- let not the rebellious rise up against him. Selah

(Psa 80:14) Return to us, O God Almighty! Look down from heaven and see! Watch over this vine,

(Psa 90:4) For a thousand years in your sight are like a day that has just gone by, or like a watch in the night.

(Psa 121:7) The LORD will keep you from all harm-- he will watch over your life;

(Psa 141:3) Set a guard over my mouth, O LORD; keep watch over the door of my lips.

(Prov 4:6) Do not forsake wisdom, and she will protect you; love her, and she will watch over you.

(Prov 6:22) When you walk, they will guide you; when you sleep, they will watch over you; when you awake, they will speak to you.

(Prov 15:3) The eyes of the LORD are everywhere, keeping watch on the wicked and the good.

(Prov 22:12) The eyes of the LORD keep watch over knowledge, but he frustrates the words of the unfaithful.

(Jer 24:6) My eyes will watch over them for their good, and I will bring them back to this land. I will build them up and not tear them down; I will plant them and not uproot them.

(Jer 31:10) "Hear the word of the LORD, O nations; proclaim it in distant coastlands: 'He who scattered Israel will gather them and will watch over his flock like a shepherd.'

(Jer 31:28) Just as I watched over them to uproot and tear down, and to overthrow, destroy and bring disaster, so I will watch over them to build and to plant," declares the LORD.

(Jer 48:9) Put salt on Moab, for she will be laid waste ; her towns will become desolate, with no one to live in them.

(Ezek 3:17) "Son of man, I have made you a watchman for the house of Israel; so hear the word I speak and give them warning from me.

(Ezek 12:3) "Therefore, son of man, pack your belongings for exile and in the daytime, as they watch, set out and go from where you are to another place. Perhaps they will understand, though they are a rebellious house.

(Ezek 12:4) During the daytime, while they watch, bring out your belongings packed for exile. Then in the evening, while they are watching, go out like those who go into exile.

(Ezek 12:5) While they watch, dig through the wall and take your belongings out through it.

(Ezek 22:30) "I looked for a man among them who would build up the wall and stand before me in the gap on behalf of the land so I would not have to destroy it, but I found none.

(Ezek 33:2) "Son of man, speak to your countrymen and say to them: 'When I bring the sword against a land, and the people of the land choose one of their men and make him their watchman,

(Ezek 33:6) But if the watchman sees the sword coming and does not blow the trumpet to warn the people and the sword comes and takes the life of one of them, that man will be taken away because of his sin, but I will hold the watchman accountable for his blood.'

(Dan 7:11) "Then I continued to watch because of the boastful words the horn was speaking. I kept looking until the beast was slain and its body destroyed and thrown into the blazing fire.

(Hosea 9:8) The prophet, along with my God, is the watchman over Ephraim, yet snares await him on all his paths, and hostility in the house of his God.

(Micah 7:7) But as for me, I watch in hope for the LORD, I wait for God my Savior; my God will hear me.

(Nahum 2:1) An attacker advances against you, Nineveh. Guard the fortress, watch the road, brace yourselves, marshal all your strength!

(Hab 1:5) "Look at the nations and watch-- and be utterly amazed. For I am going to do something in your days that you would not believe, even if you were told.

(Hab 2:1) I will stand at my watch and station myself on the ramparts; I will look to see what he will say to me, and what answer I am to give to this complaint.

(Zec 9:8) But I will defend my house against marauding forces. Never again will an oppressor overrun my people, for now I am keeping watch.

(Mat 26:38) Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me."

(Mat 26:40) Then he returned to his disciples and found them sleeping. "Could you men not keep watch with me for one hour?" he asked Peter.

(Mat 27:36) And sitting down, they kept watch over him there.

(Mark 6:48) He saw the disciples straining at the oars, because the wind was against them. About the fourth watch of the night he went out to them, walking on the lake. He was about to pass by them,

(Mark 8:15) "Be careful," Jesus warned them. "Watch out for the yeast of the Pharisees and that of Herod."

(Mark 12:38) As he taught, Jesus said, "Watch out for the teachers of the law. They like to walk around in flowing robes and be greeted in the marketplaces,

(Mark 13:5) Jesus said to them: "Watch out that no one deceives you.

(Mark 13:34) It's like a man going away: He leaves his house and puts his servants in charge, each with his assigned task, and tells the one at the door to keep watch.

(Mark 13:35) "Therefore keep watch because you do not know when the owner of the house will come back--whether in the evening, or at midnight, or when the rooster crows, or at dawn.

(Mark 13:37) What I say to you, I say to everyone: "Watch!"

(Mark 14:34) "My soul is overwhelmed with sorrow to the point of death," he said to them. "Stay here and keep watch."

(Mark 14:35) Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him.

(Mark 14:36) "Abba, Father," he said, "everything is possible for you. Take this cup from me. Yet not what I will, but what you will."

(Mark 14:37) Then he returned to his disciples and found them sleeping. "Simon," he said to Peter, "are you asleep? Could you not keep watch for one hour?"

(Mark 14:38) Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak."

(Mark 14:39) Once more he went away and prayed the same thing.

(Luke 2:8) And there were shepherds living out in the fields nearby, keeping watch over their flocks at night.

(Luke 12:15) Then he said to them, "Watch out! Be on your guard against all kinds of greed; a man's life does not consist in the abundance of his possessions."

(Luke 12:38) It will be good for those servants whose master finds them ready, even if he comes in the second or third watch of the night.

(Luke 17:3) So watch yourselves. "If your brother sins, rebuke him, and if he repents, forgive him.

(Luke 20:20) Keeping a close watch on him, they sent spies, who pretended to be honest. They hoped to catch Jesus in something he said so that they might hand him over to the power and authority of the governor.

(Luke 21:8) He replied: "Watch out that you are not deceived. For many will come in my name, claiming, 'I am he,' and, 'The time is near.' Do not follow them.

(Luke 21:36) Be always on the watch, and pray that you may be able to escape all that is about to happen, and that you may be able to stand before the Son of Man."

(John 10:3) The watchman opens the gate for him, and the sheep listen to his voice. He calls his own sheep by name and leads them out.

(Acts 1:4) On one occasion, while he was eating with them, he gave them this command: "Do not leave Jerusalem, but wait for the gift my Father promised, which you have heard me speak about.

(Acts 4:31) After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly.

(Acts 9:24) but Saul learned of their plan. Day and night they kept close watch on the city gates in order to kill him.

(Acts 20:28) Keep watch over yourselves and all the flock of which the Holy Spirit has made you overseers. Be shepherds of the church of God, which he bought with his own blood.

(Rom 15:30) I urge you, brothers, by our Lord Jesus Christ and by the love of the Spirit, to join me in my struggle by praying to God for me.

(Rom 15:31) Pray that I may be rescued from the unbelievers in Judea and that my service in Jerusalem may be acceptable to the saints there,

(Rom 15:32) so that by God's will I may come to you with joy and together with you be refreshed.

(Rom 15:33) The God of peace be with you all. Amen.

(Rom 16:17) I urge you, brothers, to watch out for those who cause divisions and put obstacles in your way that are contrary to the teaching you have learned. Keep away from them.

(Gal 5:15) If you keep on biting and devouring each other, watch out or you will be destroyed by each other.

(Gal 6:1) Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted.

(Phil 3:2) Watch out for those dogs, those men who do evil, those mutilators of the flesh.

Quiet Please



Prayer Cha Sleeping

Quiet Please



Prayer Cha Sleeping

Apison Retreat Center

