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# NOON HOUR WATCHMAN PRAYER

Guidelines for Powerful Small Group Prayer

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**BRIDGEBUILDERS INTERNATIONAL**  
Leadership Network

# Noon Hour Watchman Prayer

## TO REMEMBER:

1. **Adhere to the mission and focus of the prayer meeting.** Every prayer meeting needs a mission and a focus—a redemptive purpose. At the BridgeBuilders' Noon Hour Prayer Meeting, we focus our prayers on:
  - **Spiritual awakening** and **cultural transformation** (inviting God into every sphere of society).
  - **Leaders** in every sphere of cultural influence
  - **Critical issues facing Arizona**, the **Southwest border**, and, at times, **the nation**.
2. **Recognize the appointed leader** of the prayer meeting and look to this person to give direction.
3. **Focus on one topic at a time and saturate that subject in prayer before moving to another.** Exercise caution when changing the subject or direction of prayer once a topic or emphasis has been established. Generally speaking, we should saturate a subject in prayer until the level of faith for it has been exhausted. If you are in question about changing the course of prayer, wait for the leader to do so.
4. **Direct prayers God-ward.** Avoid prayers that teach, counsel, explain, or give information to others in the group.
5. **Use prayers that bless, are biblical, and brief (the 3 B's).**
  - **Bless:** In our prayers, are others built up or torn down? (See 1 Cor. 14:26). We bless God's good intentions in people while at the same time we ask Him to derail evil deeds and stop destructive activities.
  - **Biblical:** Does my prayer line up with the Word of God? (See John 15:7)
  - **Brief:** Am I respectful of others who may also want to pray? (See Matthew 6:7) A rule of thumb is that the more people in the prayer meeting, the shorter and more focused the prayers must be. When breaking into smaller groups of 2's or 3's be sure to keep your prayers short and give ample time for others in the group to have a turn.

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6. **Be quick to hear, slow to speak, and slow to get offended** (James 1:19).
7. **Be sensitive to others** in the group who may be from various traditional Christian backgrounds, doctrine, and giftings. What is appropriate in your own personal prayer time may not be appropriate when you are praying with others.
8. **Agree in prayer.** Bring your thoughts into captivity. Do not let your mind wander. Instead of thinking about what you are going to pray next, listen to the one praying. Giving a sincere word of agreement such as “yes” and “amen” can stir faith in the one praying.
9. **Speak up when leading out in prayer.** This enables others to come into spiritual agreement with you. It is important to pray not only with humility but also with boldness and confidence.
10. **Model faith-filled prayers.** Pray with an attitude of expecting a miraculous answer. Focus on God’s faithfulness and ability rather than the problem.
11. **Flow with the spirit of prayer.** Look to the leader to set the tone and help the group sense the direction of the Holy Spirit (repentance, worship, thanksgiving, praise, warfare).
12. **Assume that all matters of prayer are confidential.** To share even with a close friend or spouse could violate the trust of another person. If you want to share a prayer request outside the group, unless otherwise noted, ask the prayer group leader or the person who requested prayer.
13. **Participate in a variety of prayer group dynamics.** As the prayer group grows in size, various methods of praying will be utilized. The leader may ask the group to break into prayer partners or smaller clusters of three to five and take turns praying over a specific topic or focus. Be sensitive to each other and those around you. Keep aware of the leader for additional instructions.



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## TO AVOID:

1. **Being a ball hog.** In sports a “ball hog” gets the ball and won’t let go. He will take the ball and start running, dribbling, or shooting while everyone else watches. Team spirit is hindered, which diminishes the likelihood of winning the game. The same is true with prayer. Spiritual ball hogs are not team players.

Sometimes a person who prays the best is the most likely to be the ball hog! Still, when everyone prays as a team, there is a new level of God-driven energy and power. To make sure everyone participates, the leader may specifically ask different members to pray over certain agenda items or to remind people at the start of the meeting to limit their praying time in order to give everyone an opportunity.

2. **Bringing a personal prayer agenda.** All needs are genuine, but keep in mind that the Holy Spirit may want something else to transpire. Discernment is critical here. Though the Lord may be speaking to someone to pray about something as an individual, it may or may not be what He wants the group to pray about in this particular meeting. If someone’s personal or emotional burden continues to weigh heavily, others can pray with him after the meeting has concluded.
3. **Praying “around the world.”** This kind of praying goes like this: Someone starts praying for Israel, and the Spirit of the Lord starts bubbling up in you and giving you prayers to pray over Israel. But before you can pray, someone begins to pray for China. You begin to sense what God would have you pray for China, but before you can get a word in edgewise, someone else has started praying for Iraq. This tends to stifle a prayer group. Be sensitive to whether a topic has been fully prayed for before moving on.
4. **Rushing into the throne room.** Some pray-ers may be ready to jump in with petitions right away, before an appropriate period of worship and repentance. The prayer leader will model a suitable format or ask some more experienced intercessors to offer opening prayers of adoration, thanksgiving, and confession. You’ll find that in some prayer meetings, the Lord may direct more time in worship or repentance than at other times. Even if some people are ready to petition immediately, others are not. Each meeting will be different, but it’s up to the leader to sense the leading of the Spirit and guide the meeting accordingly.