

# Global Prayer Watch in Cape Town

## **How did your prayer watch start?**

We started preparing in May 2000 for the launch of the prayer watch in Cape Town on 1 September 2000. It was a special day when John Mulindi and others came and we dedicated the house of prayer to the Lord. After this we began to invite individuals from the surrounding churches to pray in the prayer room. After one year we realised that 24-7 prayer was going to be more sustainable if we could have full-time people covering the night hours. In 2004 we began a discipleship training school called *Face-2-Face*, with 7 students. Only in February 2006 we had a strong enough group to begin 24-7 prayer. Today we have both full-time and part-time people taking regular slots in our prayer room. There were many ups and downs. We made some mistakes and by the grace of God learned a lot from them. More days were uphill than we wanted, but God helped us through it all.

## **What tips can you give others on starting a prayer watch?**

Start slowly and do not stop. Some times of the year are easier than others. During the holiday seasons of the year, you might struggle to fill up the hours. Do not become discouraged, and remember not to stop if you miss some hours. People are only human. They are also our most treasured resource to stand before the Lord day and night. Ask God to send you a full-time person just for coordinating the prayer schedule. This is one of the most important points for sustaining 24-7 prayer. Other important things are to have a dedicated person to change the prayer theme in the prayer room at least once every 2 months. It is wonderful if day-to-day prayer issues can be added and removed from the walls/prayer room on a regular basis. Make a special effort to get together all the watchmen praying at your house of prayer at least once a month to fellowship, pray for each other and give feedback to encourage each other on what God is saying in the watch. Keep a prayer journal to be completed after every slot in the prayer room to help you know what God is saying to you as a group.

## **What must you guard against?**

Strong intercessors are not necessarily good at administration and organisation. Do not let those gifted in administration and organisation feel guilty if they do not take the same number of hours in prayer. Give the night watchmen a regular break by changing their night hours, at least once a month. If they keep the same slots, especially those between 1-5 am, their night and day orientation becomes confused. In some cases you will find people that can do it for prolonged periods. Encourage them to take regular times to sleep during the day if they do these hours. Also do not be focussed on what happens in other houses of prayer and compare yours with them. God is uniquely at work in every house of prayer and the spiritual resistance is different in different areas. Remember, people come and go all the time, so do not feel discouraged or doomed to failure if some of them leave! It is God building the house, not us.

## **What training do you provide for those interested in starting a house of prayer or setting up a prayer room?**

Once a year we have a week-long training opportunity called the *Watchmen School of Prayer*. During this time we invite all those already running prayer watches/rooms as well as those interested in starting a watch/prayer room in South Africa and other countries in Africa, to join us for a time of motivation, prayer, feedback, teaching and being equipped. We also have a weekend training programme for small groups from a congregation, city or town who want to start a prayer watch/room. They spend time in our prayer watch, see what we are doing and have opportunities to ask questions and learn from our set-up in practical ways.

## **Do you see any fruit on your prayers?**

We often experience God speaking to us in the house of prayer, just to hear the same or similar message being preached the coming Sunday in the different churches in the city which our watchmen attend. We have seen healings and deliverances take place. We have had times of much resistance, but we have also seen God sending

people from different nations to end up at our small prayer room in the most unexpected ways. Often people come knocking on the door, wanting to know what is going on there. These have been opportunities to share the gospel, pray for the sick and for some facing serious personal problems.

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