

Women at the Well of Living Waters



Pray (Watch) Without Ceasing!

(1 Thessalonians 5:17 & 1 Peter 4:7)

Before You Pray...

Prayer is an Act of Worship...

Go and be still in a quiet place. Approach the Throne of God in faith... Believing and trusting that God is able and willing to answer your prayers.

Approaching the Throne of God...

With reverence and humility before a holy God. With a heart for intimacy with God, desiring Him for who He is not for what He is able to do and give.

Preparation for Prayer...

Begins with a repentant heart. Repent before God and confess all known sin in order to remove any hindrances or obstacles that would prevent God from hearing or answering your prayers.

Honesty before God...

Reflect daily searching your heart for any offense or sin you may have committed for God to have total access to your heart. To show you anything that might be hindering you from access to Him.

Worship God...

Prepare your heart for prayer. Believing in the goodness of God and His willingness to answer your prayers.

Praise and Thanksgiving...

Have a heart of expectancy and anticipation thanking God in advance for what He will do and the victory that you have in Christ Jesus being called out of darkness into His marvelous light!

Women at the Women of Living Waters

“As the deer pants for streams of water, so my soul pants for you, my God: (Psalm 42:1)”

Prayer Requests...

✠ **Pray** for our unsaved spouses, relatives, friends and all those who are lost the harvest is plentiful that their spiritual eyes open and hearts receive Jesus Christ.

✠ **Pray** for God to continually fill us with His Power and Holy Spirit to do His will in the earth.

✠ **Pray** for churches to get back to basics...house of prayer, evangelizing, sharing the unadulterated gospel of Jesus Christ giving hope to the hopeless as His ambassadors in the earth.

✠ **Pray** for spiritual revival in our churches through repentance and healing our land.

✠ **Pray** for God to manifest and pour out His Spirit on His children.

✠ **Pray** for our WWLW group calling each other names out in prayer and household.

✠ **Pray** for our children, young adults, millennials to be covered and protected during these evil times to come to accept and know Jesus Christ. For those who do know Him to arise and make an impact to their peers.

✠ **Pray** for City of Philadelphia that increased violence decrease, in Jesus name that anger, bullying and killings cease..

✠ **Pray** for marriages that are under attack that they be strengthen in the word of God and unity

✠ **Pray** for sick to be healed and bereaved to be strengthen and comfort, in Jesus name.

✠ **Pray** for God's will and direction for Women at the Well of Living Waters (WWLW). To not just be another ministry but impact and changes lives making disciples.

✠ **Pray** for those in authority that God will touch their hearts with godly wisdom and decisions in peace.

✠ **Pray** as the Holy Spirit leads and burdens your heart.

Prayer & Fasting...

Purpose for Fasting: Jesus Fasted (See Matthew 4: 1-11)

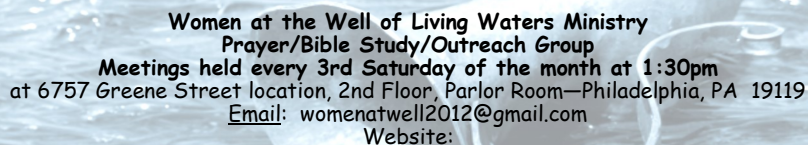
Reasons to Fast: (Isaiah 58: 6-12)

- ☐ To be sensitive to God's Spirit and seek His plan and purpose for your life according to His will.
- ☐ To undo heavy burdens and distractions and focus on God.
- ☐ To seek spiritual discernment... eyes off ourselves focusing on God and reaching those who are bound, oppressed, lost, brokenhearted , etc., setting them free with the power of God's word and love (John 3:16-17).

Considerations while Fasting

- 1) Eat just one meal a day around 5:00pm for either 7 or 14 days as led.
- 2) Know your limitations before fasting. If taking any prescribed medication discuss with your doctor first.
- 3) Gradually (especially three days before the fast) decrease unnatural, junk foods, or other addictive foods like coffee from your diet.
- 4) Drink plenty of pure water at all times.
- 5) If you are not used to fasting, do not try anything radical. First begin with a partial fast for a few days.
- 6) Refrain from recreational activities, such as TV, sports, etc. Also, refrain from strenuous exercise.
- 7) Do not just merely go on a hunger strike. Prayer and meditate in God's word during the fast and keep a spiritual focus.
- 8) Remember to spend lots of time in intercession prayer.
- 9) Keep a fasting journal. Write down all that the Lord reveals to you during your fast.
- 10) Do not publicize the fast to impress others.
- 11) When breaking a fast drink plenty of water, unsalted broth or diluted fruit juices. Stop eating at the first warning sign of stomach discomfort.
- 12) Always end the fast with praise and thanksgiving.
- 13) Make sure you gradually build your diet to your normal food consumption by eating light meals. For example, eating a cheese steak after fasting will give you serious indigestion problems.

... "This kind can come out only by prayer and fasting." (Mark 9:29)



Women at the Well of Living Waters Ministry
Prayer/Bible Study/Outreach Group
Meetings held every 3rd Saturday of the month at 1:30pm
at 6757 Greene Street location, 2nd Floor, Parlor Room—Philadelphia, PA 19119
Email: womenatwell2012@gmail.com
Website:

Eight Prayer Watches

Biblical Times and Focus for 24-Hour Prayer

Psalm 63:6 | Lamentations 2:19 | Leviticus 6:13

Night Watches

First Watch—6-9pm

The Time of Reflective Direction

Matthew 14:15-23—Jesus' evening watch prayer

Healing

Mark 1:32 // Luke 4:40—Jesus healed many during this time

Foundation

Evening—the *foundation* of night; beginning of the watches

Occult—begin active witchcraft at *midnight*

Strategic Prayer—Holy Ghost-led, prevent releasing curses on the new day

PROPHETIC FOCUS: RELEASE Quantity-Prosperity and Healing!

Second Watch—9pm-12am

The Time to Watch & Break Demonic Assignments

God deals with the enemies that hinder and interfere Ps 119:62—'At midnight'

Exodus 12:12—Egypt's first-born struck at midnight Ps 68:1—Enemy scattered

Psalm 59—Pray aloud, declaring God's protection over families

PROPHETIC FOCUS: RELEASE Angelic Intervention, Prophesied Will of God

Third Watch—12-3am (The Breaking of Day Watch)

The Time of Warfare during the Witching Hours

High-level spiritual activity...Peter denied Christ three times

The devil operates while we sleep...vulnerable / unguarded

Dreams Attacked—nightmares designed to quench prophetic dreams

Divine Release

Acts 16:25—The Apostle Paul and Silas released from prison

Exodus 12:31—Israel Released from Egypt Lk 11:5-13, Acts 16:3—Provision

Job 33:15—Dreams released to defeat the enemy

PROPHESIED FOCUS: DEMAND Thief Repayment—Hanuman, Bear, Lion

Fourth Watch—3-6am (The Last Night // First Morning Watch)

The Time for Deliverance & Resurrection

Last night watch—Satanic agents returning to their stations

Deliverance Time

Ex 12—Leaving Egypt, Ex 14—Night at the Red Sea

Matt 14:25-33—Jesus walked on the water, Released disciples

Command the Morning

Job 22:27-28—*Declare a thing...*

Matthew 24:43—Strongman watches that the thief not overtake or surprise

PROPHETIC FOCUS: DECLARE Access, Open Doors

Day Watches

Fifth Watch—6-9am (The Early Morning Watch)

The Time for Strengthening

Acts 2:15 // Psalm 2:7-9 // Malachi 4:2—Sunrise—Type of Jesus Christ rising

Equipping

2 Cor 9:3 // Eph 4:12/Acts 2:15-3rd Hour—Upper Room—Releasing 120

PROPHETIC FOCUS: DEMONSTRATION Signs/Wonders, Azusa Anointing

Sixth Watch—9am-12 noon

The Time for a Harvest of God's Promises

2 Samuel 7:25-29—Manifestation of God's Promises to David

Ex 11:3-4—Provision to do God's work Ex 12:35-36—Supply resources

Crucified Life

Mk 15:25, Matt 27:45—Jesus crucified 9:00am Rom 8:12—Destroy deeds of flesh

Galatians 2:20; 5:19-20 // Colossians 3:2-11—

Cast off witchcraft, Bitterness, Jealousy, Anger, Backbiting, Gossip, Slander,

Lying, Deception, Hypocrisy, All traits of the devil...Nailing them to the cross

PROPHETIC FOCUS: FLOODTIDE—River of Presence Flow, Quantity of Blessings

Seventh Watch—12-3pm

The Time of the Secret Place

Ps 91:5-14—Secret Place, Redemption/Restore,

Acts 10:9—Peter received the vision releasing salvation to the Gentile world

Shine

Proverbs 4:18—Shine brighter to the full light of day

Mid-day (12:00pm)—When the sun is at its fullest and brightest

PROPHETIC FOCUS: FLOODTIDE—Quantity of Souls, Dream of 4 lines

Eighth Watch—3-6pm

The Time of Power and Triumph

Jesus Died (3:00pm)—Six hours of suffering // Deliverance of humankind

Time to Change & Shape History

Jn 1:7—Declare—Our blood covenant with God for the future

Declare—Triumph over hell, Death, the grave, Resurrection power

Declare—Victory over all Obstacles

Declare—Revelation // Hear the Lord's voice

Go After It—

Declare—Triumph in purpose, Destiny, and Calling

PROPHETIC FOCUS: CANCELATION OF DEBTS—More Than Enough

24/7/365

TWENTY-FOUR HOURS A DAY // SEVEN DAYS A WEEK