

Responsibility: (5 minutes)

- Pray for our leaders, especially those in government, the Church and business. Pray that they would lead with integrity and take responsibility before God for their actions. Pray that they would lead and act out of pure motives. Pray that they would be held accountable for behaviour and that justice would prevail where leadership positions are abused.



- Pray for parents. Pray that they would take responsibility for the children that God has entrusted to them. Pray that they would be present in their childrens' lives, leading by example to know Christ and follow His ways. Pray against alcohol abuse, sexual abuse, abandonment, adultery, pornography and incest. Pray for a return to Godly family values and for Christian homes and marriages (Deut 30:19).

Perseverance: (5 minutes)

- Many in our nation have lost hope. Pray for hope and perseverance in the face of illness (esp. HIV/AIDS), poverty, unemployment, abuse, etc. (Romans 5:3-4; James 1:2-4). Pray that many would find hope in Christ and in Him the courage to face tomorrow.
- Pray that the Church would be relevant in meeting felt needs. Pray that Christians would persevere in their faith, not growing weary and discouraged, but rather running the race with perseverance (Heb 12:1-3).

Honesty: (5 minutes)

- Pray that the Lord would pour out His Spirit of conviction on our land. Pray that in all of our dealings as Christians we would be honest and 'above reproach'. Pray particularly for Church leaders in this regard (1 Tim 3:1-10).
- Pray against corruption at all levels of government and business (Prov 11:1). Pray against theft and a spirit of 'entitlement' in our nation.

Self-Control: (5 minutes)

- Pray for our youth. Pray that God would raise up a generation of young people who would be committed to serving and obeying Him; young people determined to live lives of holiness; young people committed to self-control and Godly choices; young people who are radically sold out to Christ (Gal 5:22).
- Pray for parents to show self-control towards their children - in their relationships, finances, alcohol, fidelity and work ethic.
- Pray for self-control of drivers on our roads. Pray for citizens and leaders who are committed to obeying the laws of our land.

There may be other Godly values that you would like to add or focus on, as well as praying for other nations that you are reminded of during your prayer time. Pray that as God blesses our nation, we would be a blessing to others (Gen 12:2-3).

5. HEARTLINES: (5 minutes)

Spend the last five minutes interceding for the HEARTLINES prayer requests as communicated to you this week. Pray for the team, for resources, for the TV and Radio programmes, for mobilisation of key institutions such as the Church, schools, and correctional services and for mobilisation of families and individuals.

Thank you for being a part of the HEARTLINES 24-7 prayer network! We trust that your time with the Lord has been a blessing to you and we know that God will use your prayers to change and heal our land.



HEARTLINES is a South African based non-profit organisation. The team is passionate about empowering people to focus on and live out good values – thus improving their own lives and those of their communities for positive social change. HEARTLINES uses mass media to motivate, inspire and to mobilise key institutions such as the Church – for good.

Adapted from "Seek My Face" with permission from Jericho Walls International Prayer Network. For more information on prayer and resources please contact JWIPN on info@jwipn.com / www.jwipn.com or 24-7 Prayer: info@global24-7.org www.global24-7.org (Tel.: +27-12-365 3213)

KEEP WATCH with me

A one-hour prayer guide for the restoration of Godly values in our nation.



KEEP WATCH with Me

(Matt 26:38b)

HEARTLINES believes prayer is the foundation for any lasting change to take place in our nation (Psalm 127:1). We would like to support prayer initiatives

in churches, schools, families, businesses, correctional services... Would you commit to praying for values transformation 24-7 for one week during the year? Contact pray@heartlines.org.za or call 0861-HEARTLINES for more information, and use this prayer guide with the regular HEARTLINES prayer updates.



1. Adoration: (5 minutes)

Spend time preparing your heart for prayer by worshipping and adoring the Lord. Meditate on His names as spoken in Scripture. God, the Source of all steadfastness and encouragement (Rom.15:5), Compassionate and merciful God (Ex.34:6), El-Shaddai (the All-sufficient; Satisfier) (Gen.17:1), Yahweh-Jireh (God shall provide; Provider) (Gen.22:14), Yahweh-Ropheka (the Lord who heals you) (Ex.15:26), Yahweh-Shalom (the Lord gives rest; the Lord is peace) (Ps.35:27), The Lord of the whole world (Mich. 4:13), Jesus Christ the Way, the Truth and the Life (John.14:6), Christ the Power and Wisdom of God (1 Cor.1:24), The Lamb in the centre of the throne (Rev.7:17), The Lamb that was slain (Rev.5:12), Christ the Hope of glory (Col.1:26), the Spirit of: Liberty, Insight, Counsel and Strength, Knowledge and Fear of the Lord (Isa.11:2), Grace and Supplication, Holiness, Love, Truth, Power, Self-control, Wisdom and Revelation of the Knowledge of Him, the Spirit of Glory.

2. Confession: (5 minutes)

Pray for personal revival. Prayerfully consider these questions:

- Is there any unconfessed sin in my life?
- Do I harbour unforgiveness and bitterness?
- Is there any area of disobedience in my life?
- Am I obeying the Holy Spirit promptly in all things?
- Am I confessing Jesus unashamedly?



3. Thanksgiving: (5 minutes)

Thank God for His goodness and mercy. Thank Him for answered prayer. Thank Him for His faithful followers, pastors and leaders who are doing His work in our nation and across the globe. Thank God for initiatives such as HEARTLINES and all involved. Thank God for His provision for the project so far. Thank Him that we know that we pray according to His will when we ask for spiritual and moral revival in our land.

4. Supplication (Humbly pleading)

Spend time asking God to restore God-given values to the people of our land. Ask that these values would be impressed deeply into the hearts of our people and that they would flow out into action. Pray that these values would be lived values, not just spoken values. Pray for the **courage** to live these values.

Grace: - Undeserved Favour (5 minutes)

- Thank God for His gift of grace to you. (Romans 6:23; Romans 5:6-8) Thank God for second chances. Pray that God will give our nation a second chance in spite of our turning away from Him (Ex 34:6-7). Pray that He will draw us back to Him by His grace.

- Pray that a radical spiritual revival will sweep our land bringing millions to salvation and obedience to Christ.
- Pray that the Church would be faithful in evangelism and discipleship, bringing the Gospel of grace to the nation in word and in deed.

Forgiveness: (5 minutes)

- Thank God for forgiving you (Romans 5:8).
- Pray that God would give Christians a spirit of forgiveness (Matt 6:14-15, Eph 4:32).
- Pray for a spirit of reconciliation to flow as people in our land extend forgiveness to others. Pray that God would bring conviction of sin upon our land. Pray that as a nation we would come to a place of humility and repentance in order that God may forgive our sins and heal our land (2 Chron7:14).

Compassion: (5 minutes)

- Thank God for His compassion for you (Exodus 34:6). Ask Him to increase your compassion for those around you.
- Pray especially for the crisis of HIV/AIDS in our nation. Ask God to help the Church to respond with increasing compassion and practical care (James 2:14-17). Pray especially for the victims in this crisis. Pray especially for those orphaned by HIV/AIDS and for children who now head up homes.
- Pray for all those who have made life-crippling mistakes (e.g. crime, violence, abortion, promiscuity). Pray that they would experience God's compassion and forgiveness. Pray that the Church would stand firm against sin, but still be a place of grace, compassion and forgiveness.

Acceptance: (5 minutes)

- Thank God for accepting you just as you are. Ask the Lord to help the people of our nation to see differences as strengths.
- Pray that we would remember that we are all created in God's image (Gen 1:26-27).
- Pray for unity in the Church (Gal 3:28; Eph 2:14). Pray for healing and the restoration of relationships where there has been division and hurt. Pray for increased racial unity and harmony in our nation, especially in the Church (Eph 2:19-21).