

Watch and Pray

By Daniel Deininger
January 24, 2026 - Helena, MT

Introduction:

Last night in my Friday night letter I talked about watching and praying.

Specific Purpose of this message:

Today we're going to look at watching and praying in a bit more detail.

Why is this important?

*Luke 21:34 NKJV - "But **take heed to yourselves**, lest your hearts be weighed down with carousing, drunkenness, and cares of this life, and **that Day** come on you unexpectedly.*

Luke 21:36 NKJV - "Watch therefore, and pray always that you may be counted worthy to escape all these things that will come to pass, and to stand before the Son of Man."

"That day" = the great tribulation:

*Matthew 24:21 NKJV - "For then there will be **great tribulation**, such as has not been since the beginning of the world until this time, no, nor ever shall be.*

So this is only important if you believe in God and that the Bible is God's word... and that He will do what He says He will do, just as he has done in the past.

Because what He says is coming is going to be the worst time ever. So it is IMPORTANT to be living in a manner that allows you to escape what is coming.

Revelation 12:6 KJV - And the woman fled into the wilderness, where she hath a place prepared of God, that they should feed her there a thousand two hundred [and] threescore days.

...

Revelation 12:13 KJV - And when the dragon saw that he was cast unto the earth, he persecuted the woman which brought forth the man [child].

Revelation 12:14 KJV - And to the woman were given two wings of a great eagle, that she might fly into the wilderness, into her place, where she is nourished for a time, and times, and half a time, from the face of the serpent.

Revelation 12:15 KJV - And the serpent cast out of his mouth water as a flood after the woman, that he might cause her to be carried away of the flood.

Revelation 12:16 KJV - And the earth helped the woman, and the earth opened her mouth, and swallowed up the flood which the dragon cast out of his mouth.

Revelation 12:17 KJV - And the dragon was wroth with the woman, and went to make war with the remnant of her seed, which keep the commandments of God, and have the testimony of Jesus Christ.

Watch and Pray

Exact matches in the bible:

*Matthew 26:41 KJV - **Watch and pray**, that ye enter not into temptation: the spirit indeed [is] willing, but the flesh [is] weak.*

*Mark 13:33 KJV - Take ye heed, **watch and pray**: for ye know not when the time is.*

*Mark 14:38 KJV - **Watch ye and pray**, lest ye enter into temptation. The spirit truly [is] ready, but the flesh [is] weak.*

*Luke 21:36 KJV - **Watch ye therefore, and pray always**, that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of man.*

Note the two aspects mentioned in the verses above.

First - to watching and praying about being lead into temptation and sin

Second - watching world events so we are taken by surprise when Christ returns

Watch = G69 = ἀγρυπνέω agrypnéō, ag-roop-neh'-o; ultimately from **G1** (as negative particle) and **G5258**; to be sleepless, i.e. keep awake:—watch.

Outline of Biblical Usage

- I.* to be sleepless, keep awake, watch
- II.* to be circumspect, attentive, ready

Used 4 places:

Mark 13:33 KJV - Take ye heed, watch[G69] and pray: for ye know not when the time is.

Luke 21:36 KJV - Watch ye[G69] therefore, and pray always, that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of man.

Ephesians 6:18 KJV - Praying always with all prayer and supplication in the Spirit, and watching[G69] thereunto with all perseverance and supplication for all saints;

Hebrews 13:17 KJV - Obey them that have the rule over you, and submit yourselves: for they watch[G69] for your souls, as they that must give account, that they may do it with joy, and not with grief: for that [is] unprofitable for you.

Watch = G1127 γρηγορεύω grēgoreúō, gray-gor-yoo'-o; from **G1453**; to keep awake, i.e. watch (literally or figuratively):—be vigilant, wake, (be) watch(-ful).

Outline of Biblical Usage [?]

- I.* to watch
- II.* metaph. give strict attention to, be cautious, active
 - 1.* to take heed lest through remission and indolence some destructive calamity suddenly overtake one

Matthew 24:42 KJV - Watch therefore: for ye know not what hour your Lord doth come.

Luke 12:37 KJV - Blessed [are] those servants, whom the lord when he cometh shall find watching:[G1127] verily I say unto you, that he shall gird himself, and make them to sit down to meat, and will come forth and serve them.

1 Corinthians 16:13 KJV - Watch ye,[G1127] stand fast in the faith, quit you like men, be strong.

Colossians 4:2 KJV - Continue in prayer, and watch[G1127] in the same with thanksgiving;

1 Peter 5:8 KJV - Be sober, be vigilant;[G1127] because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:

Revelation 3:2 KJV - [to Sardis] Be watchful,[G1127] and strengthen the things which remain, that are ready to die: for I have not found thy works perfect before God.

Revelation 3:3 KJV - Remember therefore how thou hast received and heard, and hold fast, and repent. If therefore thou shalt[G1127] not watch,[G1127] I will come on thee as a thief, and thou shalt not know what hour I will come upon thee.

Revelation 16:15 KJV - Behold, I come as a thief. Blessed [is] he that watcheth,[G1127] and keepeth his garments, lest he walk naked, and they see his shame.

1 Thessalonians 5:1 KJV - But of the times and the seasons, brethren, ye have no need that I write unto you.

1 Thessalonians 5:2 KJV - For yourselves know perfectly that the day of the Lord so cometh as a thief in the night.

*1 Thessalonians 5:3 KJV - For when they shall say, **Peace and safety; then sudden destruction** cometh upon them, as travail upon a woman with child; and they shall not escape.*

1 Thessalonians 5:4 KJV - But ye, brethren, are not in darkness, that that day should overtake you as a thief.

1 Thessalonians 5:5 KJV - Ye are all the children of light, and the children of the day: we are not of the night, nor of darkness.

*1 Thessalonians 5:6 KJV - Therefore let us not sleep, as [do] others; **but let us watch** and be sober.*

1 Thessalonians 5:7 KJV - For they that sleep sleep in the night; and they that be drunken are drunken in the night.

1 Thessalonians 5:8 KJV - But let us, who are of the day, be sober, putting on the breastplate of faith and love; and for an helmet, the hope of salvation.

*1 Thessalonians 5:9 KJV - **For God hath not appointed us to wrath**, but to obtain salvation by our Lord Jesus Christ,*

1 Thessalonians 5:10 KJV - Who died for us, that, whether we wake or sleep, we should live together with him.

1 Thessalonians 5:11 KJV - Wherefore comfort yourselves together, and edify one another, even as also ye do.

Ephesians 6:17 KJV - And take the helmet of salvation, and the sword of the Spirit, which is the word of God:

*Ephesians 6:18 KJV - **Praying always** with all prayer and supplication in the Spirit, and **watching** thereunto with all perseverance and supplication for all saints;*

Ephesians 6:19 KJV - And for me, that utterance may be given unto me, that I may open my mouth boldly, to make known the mystery of the gospel,

Ephesians 6:20 KJV - For which I am an ambassador in bonds: that therein I may speak boldly, as I ought to speak.

Watching is more than just watching the evening news. It is about connecting the dots. It is connecting what we see happening in the world with prophecy or things in the bible. So this takes discernment. It takes analysis. It also takes knowing what the bible says.

Much of the bible is prophecy:

Google Ai Overview:

Roughly 25-30% of the Bible is prophetic, with estimates often landing around 27%, meaning over a quarter of its verses contain predictions about future events, from the Messiah's coming and Israel's history to the end times and Christ's second coming, though interpretations vary on what remains unfulfilled. Prophecy appears throughout both Testaments, with Revelation being almost entirely prophetic, and many Old Testament books heavily featuring prophetic texts.

So notice the there are prophecy of different events

- The coming of the Messiah the first time
- The coming of the Kingdom of God on earth
- The end time events leading up to the second return of Christ, the Messiah
 - Tribulation
 - Pre-tribulation
 - The Day of the Lord
 -

Where to start?

1. Blessing and cursings chapters in the old testament. (Leviticus 26 and Deuteronomy 28.)
2. Olivet prophecy:

Matthew 24:3 KJV - And as he sat upon the mount of Olives, the disciples came unto him privately, saying, Tell us, when shall these things be? and what [shall be] the sign of thy coming, and of the end of the world?
3. *Matthew 24, Mark 13, Luke 21*
4. Prophetic books
 - a. Daniel & Revelation
 - b. Other old testament books in the major and minor prophets

United Church of God has many booklets/study guides on prophecy

Go to <https://www.ucg.org/learn/bible-study-tools/bible-study-aids> and scroll down to the section called "Learn About Prophecy". You will find 11 study guides. For specific topics you can use the search feature of the site.

What to be watching for in the news?

Not all news is about biblical prophecy. You need to sort the wheat from the chaff.

Here's some categories you will want to watch for:

What is happening in Jerusalem. Much of prophecy is about Jerusalem. Daniel speaks of sacrifice being taken away. But first they will need to start. What needs to happen regarding that? Therefore interest in the red heifers, the temple mount, building a temple, etc.

From the Jerusalem Post:

<https://www.jpost.com/israel-news/article-884093>

JANUARY 21, 2026 17:15

Israeli police have allowed Jewish visitors to bring prayer pages onto the [Temple Mount in Jerusalem](#) for the first time in years, a significant departure from the long-established status quo governing the [highly sensitive religious site](#).

What is happening in Europe? Will it become the "beast power"? Will God use it to punish the modern day nations of Israel? What events will cause them to come together? Will NATO collapse? What will replace it? What will cause them to re-arm more than in the past? What is the role of the pope?

How is God trying to wake up modern day Israel? Are weather conditions a tool God is using? ie storms, hurricanes, earthquakes? What about disease and pestilence? Are we being blessed? Or are we being cursed?

Are we seeing worldwide increases in violence, crime, lawlessness, godlessness? Is the world becoming more like Sodom & Gomorrah, more like the days Noah with violence. Are there wars and rumors of war?

How is this impacting you as a Christian and follower of God the Father and Jesus Christ?

We need to be drawing closer to God, asking Jesus to help us and strengthen us. We need His help to resist Satan and his influence as we live in this world. We also need to be praying for Their help in proclaiming the gospel and giving a warning... and finding the balance in those two directives. We need to be lights of God's way and teach others the benefits of living Their way.

Conclusion:

There is much going on in this world. Many events we see are indicative that we are certainly living in the end times and Christ will be returning very soon!

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*Luke 21:36 NKJV - "**Watch therefore, and pray always that you may be counted worthy to escape all these things that will come to pass, and to stand before the Son of Man.**"*

Additional Resources

These will be added.

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### Pastor's letter sent Friday night, January 23, 2026

Greetings from Helena,

There certainly is a lot going on in the world this week. It's hard to keep up with it all. So much happening:  
On the world stage:

- Greenland & NATO
- Ukraine & Russia
- Israel & Gaza
- Venezuela
- Iran

And on the home front:

- One of the largest winter storms ever to hit our nation
- Anti- ICE protests continue in Minnesota
- Public officials calling for breaking of laws
- Corruption being exposed in many states
- Division is increasing

We are told in multiple places in scripture we need to be watching and praying.

*Mark 13:32 NKJV - "But of that day and hour no one knows, not even the angels in heaven, nor the Son, but only the Father.*

*Mark 13:33 NKJV - "**Take heed, watch and pray**; for you do not know when the time is.*

*Mark 13:34 NKJV - "[It is] like a man going to a far country, who left his house and gave authority to his servants, and to each his work, and commanded the doorkeeper to watch.*

*Mark 13:35 NKJV - "**Watch therefore**, for you do not know when the master of the house is coming--in the evening, at midnight, at the crowing of the rooster, or in the morning--*

*Mark 13:36 NKJV - "lest, coming suddenly, he find you sleeping.*

*Mark 13:37 NKJV - "And what I say to you, I say to all: **Watch!**"*

Are you watching? Are you praying? Only you can really answer that question

God and Jesus Christ know if you really are. If not, it is high time to begin now! Jesus' warning is very clear:

*Luke 21:34 NKJV - "But **take heed** to yourselves, lest your hearts be weighed down with carousing, drunkenness, and cares of this life, **and that Day come on you unexpectedly.***

*Luke 21:35 NKJV - "For it will come as a snare on all those who dwell on the face of the whole earth.*

*Luke 21:36 NKJV - "Watch therefore, and pray always that you may be counted worthy to escape all these things that will come to pass, and to stand before the Son of Man."*

Note that Jesus said to both pray and watch. We all know how to pray, but do we? Are we building that relationship with God the Father and Jesus Christ now?

Are you watching? Watching can mean many things. It's a good study. Here are a couple of things to consider about watching:

1. When watching news and watching what is happening in our country, are we, as a nation, living in ways that would cause God to bless us or curse us? (See Leviticus 26 and Deuteronomy 28.) Are the things we see happening to us as a nation, blessings or are they curses? Are we as a nation learning from these things? Or we continuing to do the same things and getting the same results?

2. On the world scene, are we as a nation doing things that would cause other nations to hate us and desire to overthrow us? (See Leviticus 26:33, Deuteronomy 28:64)

3. Are you doing these things? Are you doing things that would cause you to suffer the same consequences as others that are doing them? ie are you living a life worthy of not needing to go into the great tribulation?

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"That day" = the great tribulation:

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Watching and praying also presupposes that you are studying your bible to know what it says is coming, so you will recognize it when you see it happening.

So.. with all that is going on in the world today, we have much motivation to be drawing close to God, both in Bible Study and prayer.

Wishing you all a good Sabbath... and some additional time spent in God's word and in prayer to Him!

Warm Regards,

Dan

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