

THE FOUR WATCHES

The transition of day to night begins before sunset and last till after sunset. The change of night to day begins before sunrise and continues until after sunrise. The watches extended from 6 p.m. to 6 a.m. (Matt. 14:25). Mark 13:35 and Acts 12:4 speaks of four parties of four roman soldiers (quaternion) each of whom had to keep guard during one watch of the night.

The First Watch: The Evening Watch (6:00 p.m.-9:00 p.m.)

Psalms 46 has a wonderful passage that says, “Be still and know that I am God...” In other words, there must be a time before we attempt to sleep that we quiet our heart. The *Evening Watch* is the time for meditation.

Isaac in his place of meditation saw his future (Genesis 24:63). When he lifted his eyes, there was Eleazar bringing Rebekah back to be his bride. This actually created the extension of the covenant of Abram in the Earth. When we meditate we get focused on God’s covenant plan.

Joshua says to meditate day and night on the word of His mouth and you will be assured of success (Gen. 8:11; Gen. 30:16; Matt. 14:15-23).

The Second Watch: The Midnight Watch (9:00 p.m. to 12:00 p.m.)

At midnight I will rise to give thanks to you because of your righteous ordinances (Psalms 119:6, AMP)

The word midnight is often used symbolically of a period of time of intense darkness or extended gloom.

Scripture References for Biblical Watches

- Exodus 11:4
- Exodus 14:24
- Exodus 12:29
- Judges 7:19
- Judges 16:3
- 1 Samuel 11:11
- 1 Kings 3:20
- Lamentations 2:19
- Matthew 14:25
- Matthew 25:6
- Mark 6: 48
- Mark 13:35
- Luke 12:38
- Acts 16:25

Note

- one watch is usually equal to 4 hours
- “*watch*” is the Greek word *gregoreuo*
- word *watch* is derived from an old English word *wæccan* which meant “stay awake.”
- “watch” also means shift

May the Lord use this to mark you a good soldier in His army.