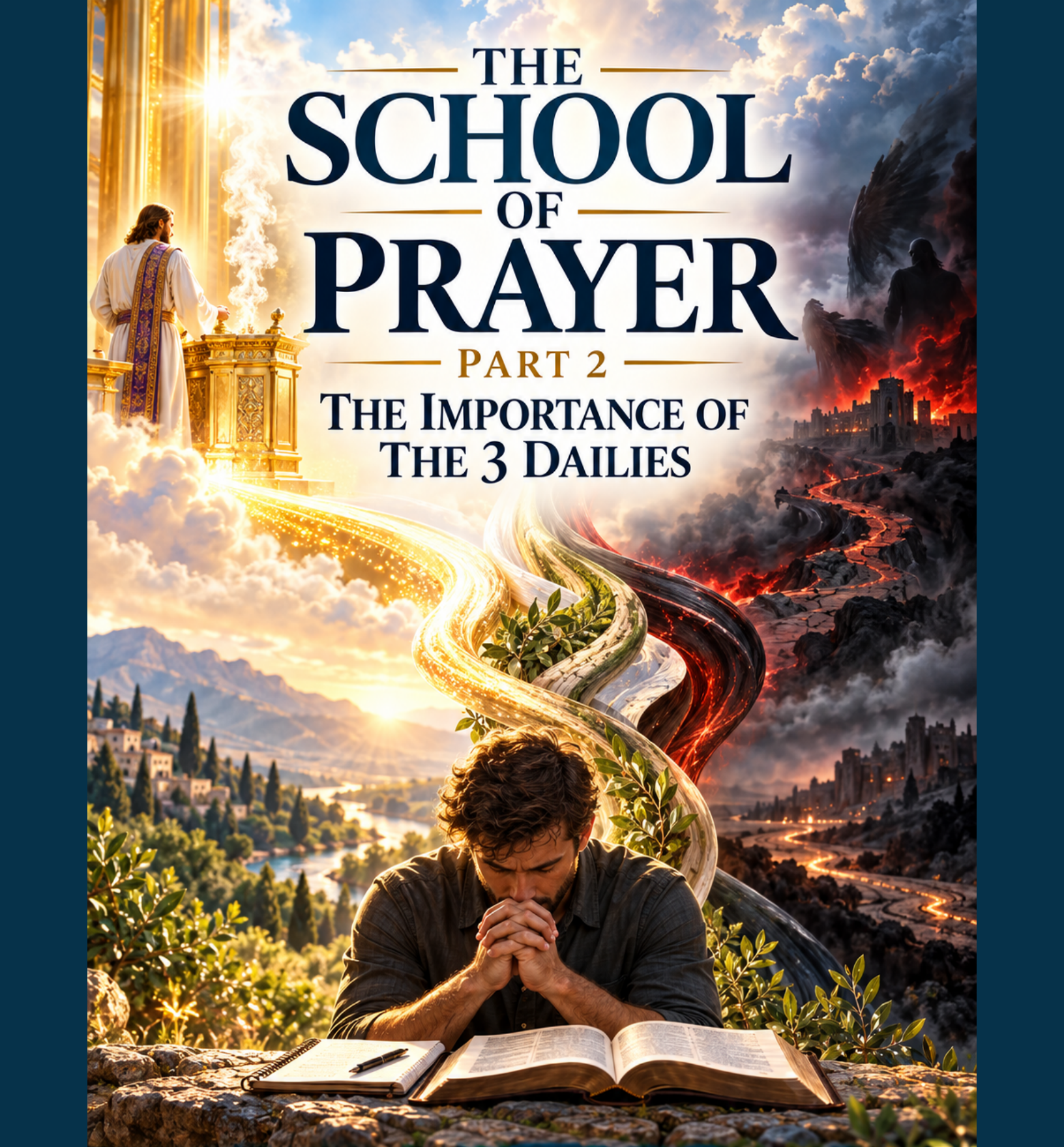




THE SCHOOL OF PRAYER

PART 2

THE IMPORTANCE OF THE 3 DAILIES



Christ's Tamid • Satan's Counter-Tamid • The Continual Human Response

A Biblical Study on Prayer, the Sanctuary, and Character Formation

How to Use This Guide

A personal-study companion for prayer, reflection, and formation

Slow down. Study deeply. Respond personally.

This handout is designed to help you slow down and personally study the message beyond what could fit on the presentation slides.

AS YOU STUDY

- Read the Scriptures in context.
- Notice what repeatedly occupies your attention and affection.
- Use the writing spaces honestly; this is not merely information but formation.
- Pause to pray whenever a truth exposes a need, distraction, or invitation from Christ.

CENTRAL THESIS

There are two opposing continual ministries at work in the Great Controversy: Christ's continual ministry of salvation, restoration, intercession, and reconciliation, and Satan's continual counter-ministry of deception, accusation, distraction, degradation, and destruction. Humanity is the arena in which these two ministries contend. The continual direction of the mind, heart, and life reveals which ministry is being received and reproduced.

BEGIN WITH PRAYER

Lord, help me see what is continually shaping me. Show me where I am receiving Your ministry and where I am allowing other influences to dominate my mind. Teach me to continually return to You.

WRITE / REFLECT

Two Principles Contending for Supremacy

The Great Controversy framework for the entire handout

*“The Bible is its own expositor. Scripture is to be compared with scripture. The student should learn to view the word as a whole, and to see the relation of its parts. He should gain a knowledge of its grand central theme, of God’s original purpose for the world, of the rise of the great controversy, and of the work of redemption. He should understand the nature of the **two principles** that are **contending for supremacy**, and should learn to trace their working through the records of history and prophecy, to the great consummation. He should see how this controversy enters into **every phase of human experience**; how in **every act of life** he himself reveals the one or the other of the two antagonistic motives; and how, whether he will or not, he is even now deciding upon which side of the controversy he will be found.”*

- Ellen G. White, *Education*, 190.2

WHAT THIS MEANS

The Great Controversy is not merely a cosmic conflict outside of us or a future prophetic event. It enters “every phase of human experience.” Our thoughts, choices, habits, worship, use of time, and responses to truth reveal which principle is being welcomed and reproduced.

PERSONAL REFLECTION

- What continually occupies my mind?
- What continually shapes my desires?
- What continually directs my choices?
- Whose character is continually being formed in me?

WRITE / REFLECT

What Does “Tamid” Mean?

Lexical foundation and language key for the entire study

תָּמִיד TAMID

Continual • Constant • Regular • Perpetual • Maintained

Tamid can describe something continually present, regularly recurring, consistently maintained, or ongoing as an established reality. It does not always mean an action occurring every second without interruption.

[TAMID] The Hebrew text actually uses תָּמִיד.

[OTHER CONTINUAL WORD] Another Hebrew, Aramaic, or Greek expression conveys continuity.

[CONCEPTUAL PARALLEL] The passage supports the same biblical principle of ongoing orientation or activity without using the word tamid.

WHY THIS MATTERS

We will not call every English occurrence of “continually” tamid. That distinction lets us be linguistically careful while still tracing the larger biblical pattern of continual orientation.

MY NOTES / WORD STUDY OBSERVATIONS

The Three Dailies

Two continual ministries + one continual human response



Humanity does not create a third independent cosmic power. The “third daily” is our continual response to the two principles already contending. What we receive, behold, believe, obey, and repeatedly yield to becomes increasingly reproduced in us.

THE CENTRAL QUESTION

Which continual ministry is my continual life responding to?

WRITE / REFLECT

The First Continual: Christ Ever Lives for Us

Christ's present, active, priestly ministry

*"Wherefore he is able also to save them to the uttermost that come unto God by him, seeing he **ever liveth to make intercession** for them."*

- Hebrews 7:25 (KJV)

[GREEK: PANTOTE] πάντοτε - "always," "at all times." Hebrews is Greek, so this is not the Hebrew word tamid, but it is a powerful conceptual parallel.

DIG DEEPER

Christ is not merely the One who interceded in the past. His present life and ministry are characterized by intercession. The direction of His continual ministry is always toward salvation: remembering, representing, interceding, drawing, saving, restoring, and sanctifying.

Isaiah 49:16 **[TAMID]**

"Thy walls are continually before Me."

→ Continual Remembrance

Exodus 28:29-30 **[TAMID]**

Israel is borne upon the high priest's heart before the LORD continually.

→ Continual Representation

Romans 8:34 **[CONCEPTUAL PARALLEL]**

Christ is at God's right hand making intercession.

→ Continual Advocacy

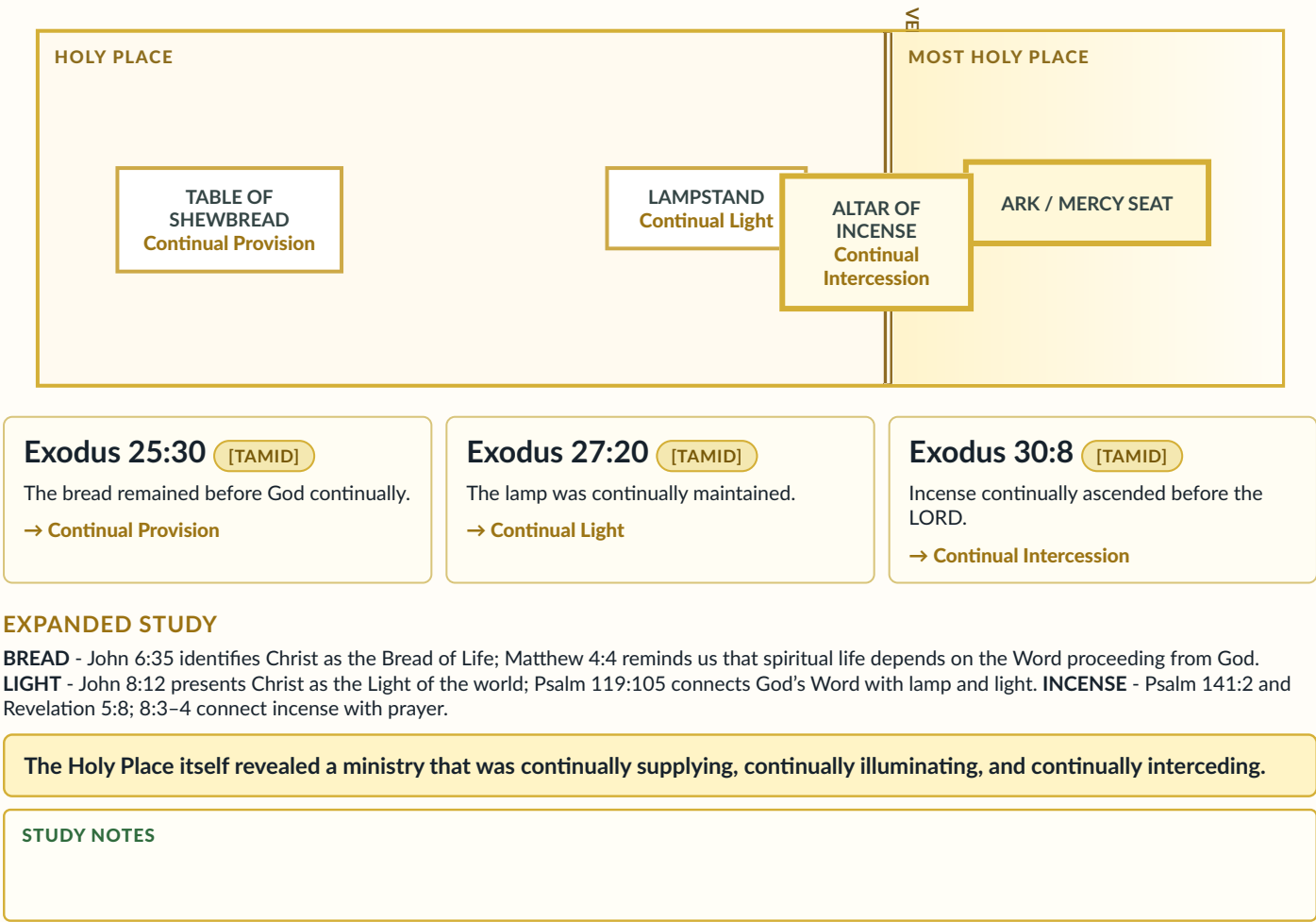
PERSONAL RESPONSE

What does Christ's continual remembrance and intercession tell me about how He regards me?

WRITE / REFLECT

The Holy Place Preached “The Continual”

The sanctuary visually teaches continual provision, light, and intercession



Christ Continually Carries His People

The priestly heart and the believer's relationship to Christ's ministry

"And Aaron shall bear the judgment of the children of Israel upon his heart before the LORD continually."

- Exodus 28:30 (KJV)

The priest carried the people before God. This is a powerful picture of Christ: His people are not forgotten, abandoned, or left to sustain themselves. His priestly ministry is personal.

FROM "CHRIST FOR ME" TO "CHRIST IN ME"

"I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me..."

- Galatians 2:20 (KJV)

If Christ lives in the believer, His character and His ministry should increasingly be reproduced. His compassion becomes our compassion. His obedience becomes our obedience. His intercession begins to be reflected in our intercession for others.

CHRIST CARRIES HIS PEOPLE



CHRIST LIVES IN THE BELIEVER



THE BELIEVER CARRIES OTHERS IN PRAYER

WHO IS ON MY HEART?

- Whom has God placed on my heart to carry before Him in prayer?
- Where might Christ be inviting me to participate in His work of intercession?

WRITE / REFLECT

The Second Continual: Satan's Counter-Ministry

Persistent activity directed toward separation, deception, and destruction

"...the accuser of our brethren... which accused them before our God day and night."

- Revelation 12:10 (KJV)

[GREEK EXPRESSION] ἡμέρας καὶ νυκτός - "day and night." This is not tamid; it communicates persistent activity.

1 Peter 5:8

Walks about seeking whom he may devour.

→ Seeks destruction

Matthew 13:19

Snatches the Word from the heart.

→ Attacks truth

Luke 8:12

Takes away the Word lest people believe and be saved.

→ Attacks faith & salvation

2 Corinthians 4:4

Blinds minds to the light of the gospel.

→ Attacks spiritual perception

2 Corinthians 11:3

Corrupts minds away from simplicity in Christ.

→ Corrupts thought

Revelation 12:9

Deceives the whole world.

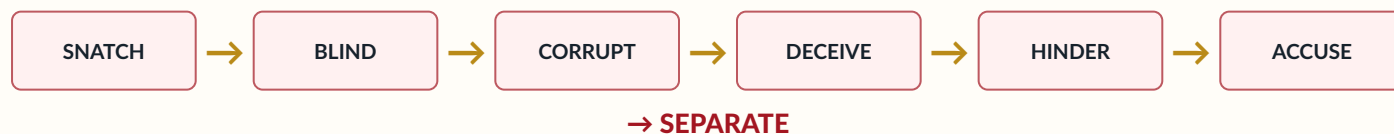
→ Global deception

1 Thessalonians 2:18

Hinders gospel labor.

→ Obstructs ministry

THE DIRECTION OF SATAN'S COUNTER-MINISTRY



Satan's Counterfeit System

Channels used to divert humanity from God, truth, worship, and salvation

FALSE WORSHIP & IDOLATRY

Deut. 32:16–17 • 1 Cor. 10:20 • Rev. 13:4, 8
Worship is redirected away from God.

→ **Counterfeit worship**

FALSE PROPHETS & DECEPTIVE TEACHING

Jer. 23:16–17 • Matt. 24:24 • 1 Tim. 4:1
Religious error can sound spiritual while leading away from truth.

→ **Counterfeit truth**

COUNTERFEIT SIGNS & MIRACLES

Ex. 7:11–12, 22 • 2 Thess. 2:9–10 • Rev. 13:13–14
The supernatural alone is not proof of divine origin.

→ **Counterfeit evidence**

TRADITION / HUMAN PHILOSOPHY

Mark 7:7–9, 13 • Col. 2:8
Human systems can displace God's Word.

→ **Counterfeit authority**

CARES, PLEASURES & RICHES

Luke 8:14 • Luke 21:34 • 1 Tim. 6:9–10
Temporal concerns choke spiritual life.

→ **Distraction**

LOVE OF THE WORLD

1 John 2:15–16 • James 4:4
Affections attach to a system opposed to God.

→ **Misplaced affection**

PERSECUTION & INTIMIDATION

Rev. 2:10 • Rev. 12:13, 17 • Dan. 7:25
Fear and pressure attack faithfulness.

→ **Coercion**

SPIRITUALISM

Deut. 18:10–12 • 1 Sam. 28 • Rev. 16:13–14
Counterfeit supernatural communication diverts from God.

→ **Spiritual counterfeit**

Satan does not always need to make a person openly reject God. Sometimes the objective is simply to keep the mind occupied with everything else.

STUDY NOTES

“Every Possible Device”

From biblical strategy to everyday channels that can engross the mind

“Satan well knows that all whom he can lead to neglect prayer and the searching of the Scriptures, will be overcome by his attacks. Therefore he invents every possible device to engross the mind...”

- The Great Controversy, 519.2



MODERN MEDIUMS THAT CAN BE EXPLOITED

ENTERTAINMENT music, movies, streaming, sports, gaming, constant amusement	DIGITAL LIFE social media, scrolling, notifications, algorithmic content, endless information
RELATIONSHIPS approval-seeking, peer pressure, unhealthy connections, relationships that displace God	CULTURE & IDENTITY status, celebrity, cultural expectations, tribal identity, worldly definitions of success
IDEOLOGICAL ALLEGIANCE political identity or alliances becoming supreme; nationalism replacing kingdom identity; false education or philosophies that crowd out revelation	COUNTERFEIT SPIRITUALITY false religion, deceptive spiritual practices, secret or competing spiritual allegiances, supernatural counterfeits
INNER DISTRACTIONS trauma, fear, shame, bitterness, anxiety, offense	LIFE PRESSURES work, money, ambition, possessions, busyness, constant activity

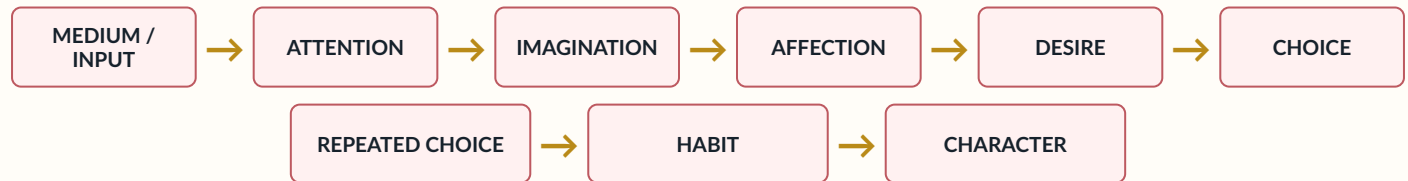
IMPORTANT QUALIFICATION

Not everything listed above is inherently sinful. Trauma is something suffered, not a moral fault. The issue is whether something is being used to continually occupy attention, dominate identity, distort truth, or prevent communion with God.

The Battle for the Mind

How saturation becomes formation

FORMATION CHAIN



Satan's objective is larger than producing one isolated wrong action. If he can continually occupy the mind, he can influence what the person increasingly values, desires, chooses, and becomes.

THE TWO CONTINUAL MINISTRIES

CHRIST'S CONTINUAL	SATAN'S CONTINUAL
Intercedes	Accuses
Remembers	Distracts
Provides	Deprives
Illuminates	Blinds
Gives truth	Deceives
Draws toward God	Diverts from God
Gives grace	Tempts
Restores	Degrades
Produces communion	Produces separation
Produces service	Produces selfishness

MIND AUDIT

What has been receiving the greatest share of my attention lately? What is that repeated attention producing in my affections and desires?

WRITE / REFLECT

When Satan's Continual Becomes Man's Continual

The unbelieving / rebellious response: continual evil orientation

"...every imagination of the thoughts of his heart was only evil continually."

- Genesis 6:5 (KJV)

[HEBREW: KOL-HAYOM] כָּל-הַיּוֹם - "all the day." Genesis 6:5 does NOT use tamid, but it is a powerful continuity text.

Genesis 6:5 [KOL-HAYOM]

Thoughts oriented toward evil "all the day." → **Continual evil imagination**

Proverbs 6:14 [BEKHOL-ETH]

The perverse heart devises evil "at every time." → **Continual mischief & discord**

Isaiah 65:3 [TAMID]

A people continually provoke God through rebellious worship. → **Continual rebellion & false worship**

Hosea 4:18 [OTHER EXPRESSION]

Persistent spiritual unfaithfulness. → **Continual apostasy**

REPEATED YIELDING



SETTLED ORIENTATION



CHARACTER

The third daily can therefore be seen negatively as well as positively. The continual influence of evil can become a settled human orientation until the enemy's principles are reproduced in thought, affection, conduct, and character.

WHAT PATTERNS DO I SEE SCRIPTURE WARNING ME ABOUT?

The Christ-Centered Tamid Life

What human life looks like when it continually responds to Christ

1 Chronicles 16:11 [TAMID]

“Seek His face continually.”

→ Continual Seeking

Psalm 34:1 [TAMID]

“His praise shall continually be in my mouth.”

→ Continual Praise

Psalm 71:3 [TAMID]

God is the refuge to which the believer continually resorts.

→ Continual Refuge

Psalm 71:14 [TAMID]

“I will hope continually.”

→ Continual Hope

Psalm 119:44 [TAMID]

“I will keep Thy law continually.”

→ Continual Obedience

Isaiah 58:11 [TAMID]

“The LORD shall guide thee continually.”

→ Continual Guidance

THE TAMID LIFE

The continual Christian life is not merely a life that avoids sin. It is a life actively occupied with God: seeking, praising, hoping, resorting, obeying, receiving guidance, praying, serving, and interceding.

WHICH OF THESE DO I MOST NEED TO CULTIVATE?

Seeking • Praise • Refuge • Hope • Obedience • Guidance

WRITE / REFLECT

The Same Principle in Other Biblical Languages

Continual devotion extends beyond the Hebrew word tamid

Daniel 6:20 [ARAMAIC: TEDIRA]

"Thy God, whom thou servest continually..." → **Continual Service**

Luke 24:53 [GREEK: DIA PANTOS]

The disciples were continually praising and blessing God. → **Continual Worship**

Acts 6:4 [GREEK: PROSKARTEREO]

The apostles gave themselves continually / steadfastly to prayer and the Word. → **Persistent Devotion**

Hebrews 13:15 [GREEK: DIA PANTOS]

Offer the sacrifice of praise continually. → **Continual Praise**

1 Thessalonians 5:17 [GREEK: ADIALEIPTOS]

"Pray without ceasing." → **Unceasing Prayer**

DIFFERENT WORDS - SAME GREAT PRINCIPLE

A LIFE CONTINUALLY ORIENTED TOWARD GOD.

"Continual" does not require that the believer perform one verbal religious action every second. It describes a life whose settled orientation repeatedly returns to God - the mind returns, the heart trusts, the will obeys, the mouth praises, and the hands serve.

WHAT WOULD "CONTINUALLY ORIENTED TOWARD GOD" LOOK LIKE IN MY ORDINARY DAY?

Beholding Forms an Image

Connect continual attention to prophetic character formation

"But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image..."

- 2 Corinthians 3:18 (KJV)

FORMATION PATH



What continually fills the mind is not merely informing us. It is forming us.

TWO NAMES • TWO IMAGES • TWO MYSTERIES

CHRIST SIDE

Revelation 14:1

The Father's name is written in the forehead.

→ **Divine allegiance & character**

Genesis 1:26-27 • Colossians 3:10

Humanity is created and renewed according to the Creator's image.

→ **Image of God**

1 Timothy 3:16

"The mystery of godliness."

→ **Godliness manifested**

COUNTERFEIT SIDE

Revelation 13:16-17 • 14:9-11

The mark/name of the beast identifies the opposing allegiance.

→ **Counterfeit allegiance**

Revelation 13:14-15

An image to the beast is formed.

→ **Beastly principles reproduced**

2 Thessalonians 2:7

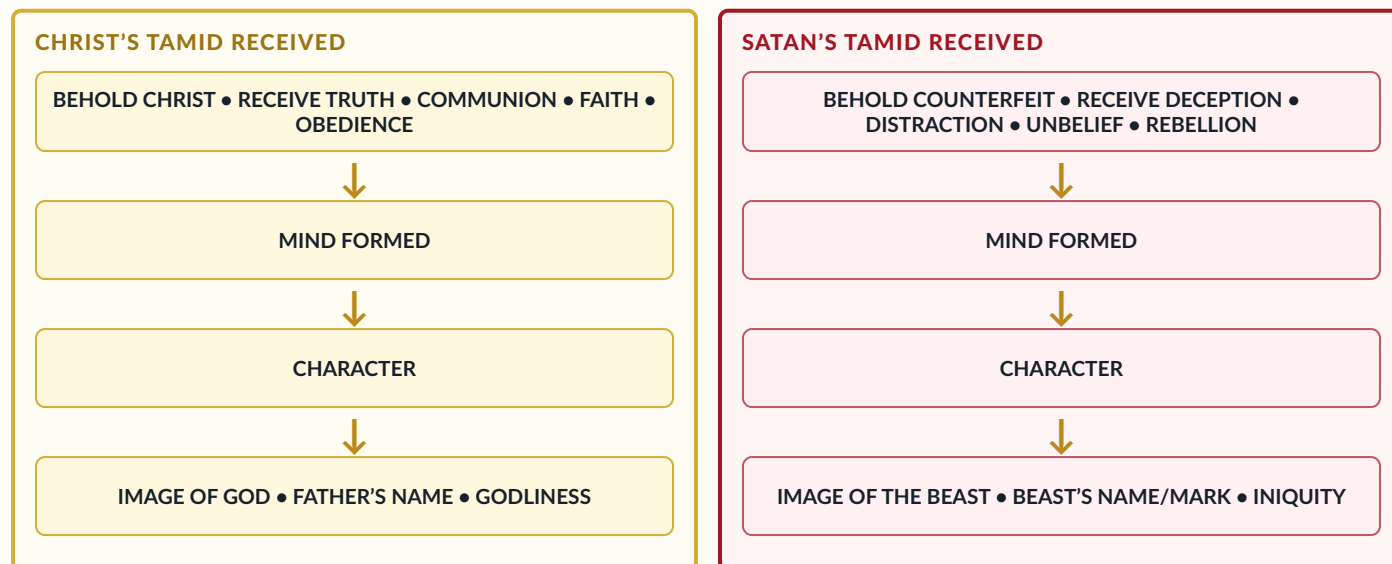
"The mystery of iniquity" is already working.

→ **Rebellion working within**

WHAT IS MY ATTENTION FORMING?

The Two Formations

Make the consequence of the three dailies unmistakable



The three dailies are ultimately about character formation. Continual influence does not terminate at information. It becomes formation; formation becomes character; character reveals image and allegiance.

PERSONAL FORMATION CHECK

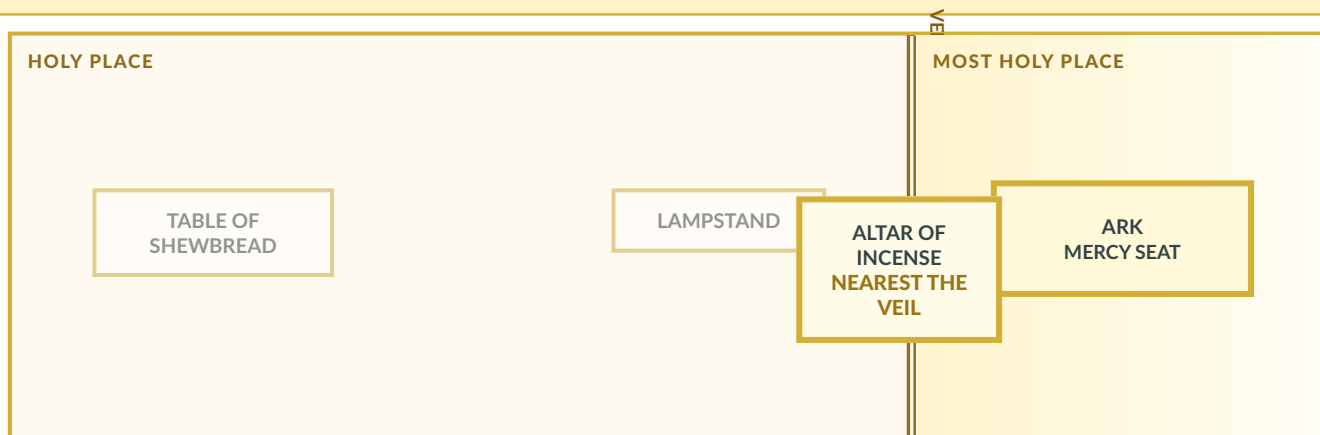
- What am I continually beholding?
- What ideas or voices most shape my view of God, myself, others, and the world?
- If my present patterns continue, what kind of person are they forming me into?
- What would I like Christ to reproduce more fully in me?

WRITE / REFLECT

Prayer at the Threshold of the Most Holy Place

Return to the sanctuary and now emphasize proximity

WHICH PIECE OF FURNITURE STOOD CLOSEST TO THE MOST HOLY PLACE?



Sanctuary Location: Exodus 30:6 places the altar of incense directly before the veil, before the ark, and before the mercy seat. Of all the Holy Place furniture, the altar of incense stood nearest the Most Holy Place.

Psalm 141:2 - "Let my prayer be set forth before thee as incense." → **Prayer ascends**

Revelation 5:8 - Incense represents the prayers of the saints. → **Prayer in heavenly worship**

Revelation 8:3-4 - Incense ascends with the prayers of the saints before God. → **Prayer before the throne**

Exodus 30:8 [TAMID] - Incense continually before the LORD. → **Continual Intercession**

Prayer and intercession bring us symbolically to the threshold of the immediate presence of God. The sanctuary places extraordinary weight on communion.

WHAT DOES THE LOCATION OF THE INCENSE ALTAR TEACH ME?

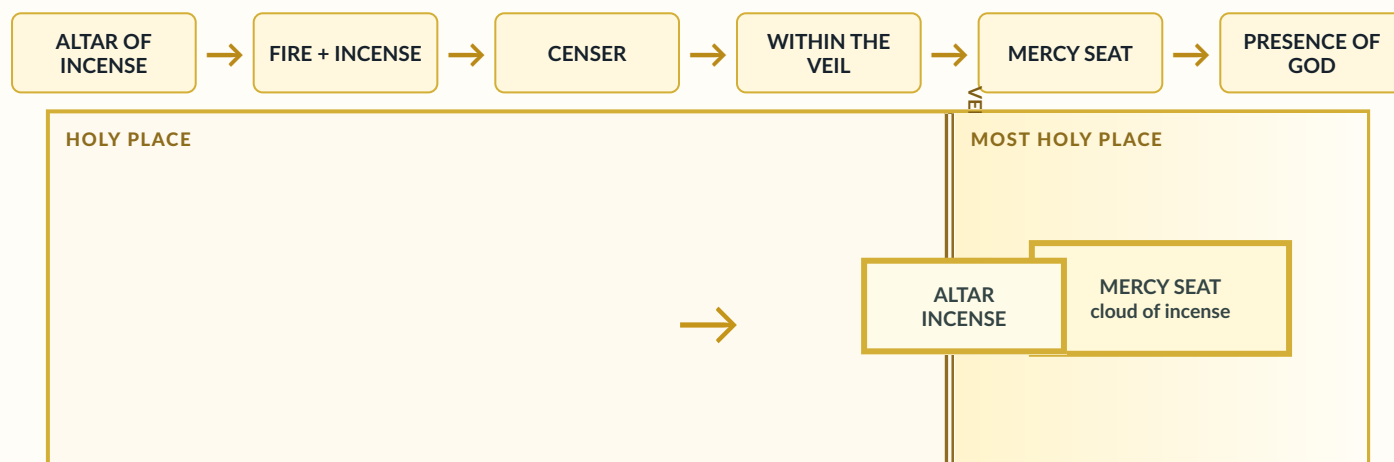
Incense Within the Veil

The Day of Atonement connection and the present call to prayer

“And he shall take a censer full of burning coals of fire from off the altar before the LORD, and his hands full of sweet incense... And he shall put the incense upon the fire before the LORD, that the cloud of the incense may cover the mercy seat...”

- Leviticus 16:12-13 (KJV)

THE MOVEMENT



DAY OF ATONEMENT APPLICATION

Within the Adventist sanctuary framework, we understand ourselves to be living in the antitypical Day of Atonement. Prayer and intercession therefore cannot be peripheral to the experience of God's final people. The symbol of intercession passes with the high priest into the Most Holy Place.

The people living during the work of the Most Holy Place should understand and participate in the ministry represented by the incense that entered within the veil.

PRAYER RESPONSE

- Is prayer central or peripheral in my present spiritual life?
- What needs to change if I am to live as someone conscious of Christ's present priestly ministry?

WRITE / REFLECT

Communion: The Secret of Power

Prayer as dependence, provision, direction, and power for service

“The Saviour’s life on earth was a life of communion with nature and with God. In this communion He revealed for us the secret of a life of power.”

- The Ministry of Healing, 51.1

CHRIST’S PATTERN

COMMUNION → RECEIVING → POWER → DIRECTION →
WORK / MINISTRY → FRUIT

OUR DANGER

WORK → MORE WORK → LESS PRAYER → LESS POWER →
FRUSTRATION → MORE SELF-EFFORT

THE THRONE OF GRACE - HEBREWS 4:16

Prayer brings us to the place of provision: obtain mercy • find grace • receive help.

Prayer is an act of dependence. It says: “What God has called me to do requires something I cannot manufacture.” Faith comes to the throne and receives what heaven provides.

REST CONNECTION

Depending more upon prayer and less upon self-effort is an expression of resting in the place of divine provision.

WHERE AM I WORKING WITHOUT FIRST RECEIVING?

Why Satan Fights Prayer

The enemy attacks prayer because he understands what happens at the mercy seat

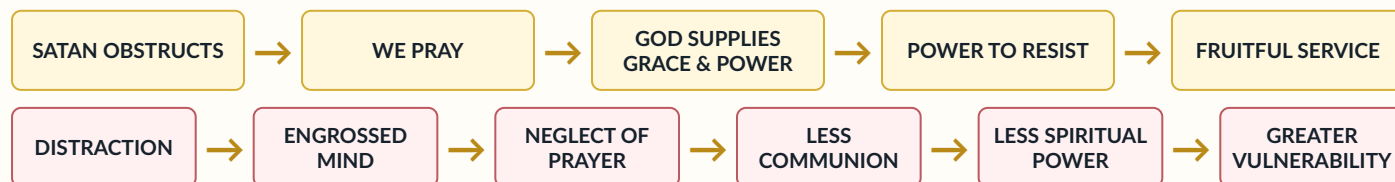
“There is a mighty power in prayer. Our great adversary is constantly seeking to keep the troubled soul away from God. An appeal to Heaven by the humblest saint is more to be dreaded by Satan than the decrees of cabinets or the mandates of kings.”

- In Heavenly Places, 82; Prayer, 89.3

WHY? PRAYER CONNECTS HUMAN WEAKNESS WITH DIVINE POWER.

“Without unceasing prayer and diligent watching, we are in danger of growing careless, and of deviating from the right path. The adversary seeks continually to obstruct the way to the mercy-seat, that we may not by earnest supplication and faith obtain grace and power to resist temptation.”

- Steps to Christ, 95; Prayer, 89.1



WHAT MOST OFTEN OBSTRUCTS MY WAY TO THE MERCY SEAT?

Name the distraction, pressure, emotion, habit, or belief that most commonly keeps you from prayer.

WRITE / REFLECT

Christ's Priestly Life Reproduced in Us

Prayer moves from self-maintenance to participation in Christ's ministry

"...not I, but Christ liveth in me..."

- Galatians 2:20 (KJV)

If Christ lives in me, what life is He living? Christ loves, serves, sacrifices, obeys - and intercedes.

PRIESTLY LIFE FLOW



PRAYER IS MORE THAN SELF-MAINTENANCE

As long as prayer is viewed only as a means of maintaining our own Christian life, we have not yet seen its full calling. Prayer is communion, dependence, spiritual warfare, reception of grace, and ministry for others.

As Christ's life is reproduced in the believer, His priestly ministry should increasingly be reproduced through the believer. His intercession becomes reflected in our intercession.

PRAYER IS NOT ONLY PREPARATION FOR MINISTRY. PRAYER IS MINISTRY.

MY INTERCESSION LIST - PEOPLE / NEEDS GOD IS PLACING ON MY HEART

Audit Your Continual

Diagnose what presently receives your attention, affection, and energy

WHAT HAS BECOME MY FUNCTIONAL “TAMID”?

- What receives the first attention of my day?
- Where does my mind instinctively go when I have free time?
- What consumes the greatest amount of my mental energy?
- What repeatedly controls my emotions?
- What do I continually watch, listen to, discuss, fear, or desire?
- What has the greatest influence over my imagination?
- What continually pulls me from communion with God?

POSSIBLE COUNTER-TAMIDS

Entertainment • Phone • Social Media • Politics • Relationships • Work • Money • Gaming • Constant Conversation • Fear • Unresolved Trauma • Bitterness • Ambition • False Spirituality • Other

DO NOT ONLY ASK

“Is this technically sinful?” Ask: “What is this doing to my capacity to seek the face of God?”

MY TOP 3 ATTENTION DRAINS / COUNTER-TAMIDS

WHAT EFFECT ARE THEY HAVING ON ME?

Replace, Don't Merely Remove

Create a Christ-centered alternative to the pattern you identify

REPLACEMENT FLOW



PRAYER • WORD • PRAISE • INTERCESSION → NEW CONTINUAL PATTERN

Vacuum spirituality usually fails. If we only remove a distraction without cultivating a better affection and practice, the old pattern often returns. The answer is not simply less distraction. It is more communion with Christ.

MY REPLACEMENT PLAN

WHAT I WILL LIMIT / REMOVE	WHAT I WILL PUT IN ITS PLACE	WHEN / HOW I WILL PRACTICE IT

7-DAY EXPERIMENT

Choose one counter-pattern and one Christ-centered replacement to practice deliberately for the next seven days. Record what changes in your attention, peace, desire, prayer, and spiritual sensitivity.

WHAT I NOTICED THIS WEEK

Build a Life of Continual Prayer

Turn the message into a sustainable daily rhythm

A PRACTICAL DAILY RHYTHM

MORNING - CONSECRATE

Begin before the world begins speaking. "Lord, I am Yours today."

THROUGHOUT THE DAY - RETURN

Practice short returns to God before decisions, between tasks, during temptation, during stress, and whenever someone comes to mind.

INTERCEDE

Carry specific people and needs before God.

BEFORE IMPORTANT WORK - SEEK

Greater responsibility should produce greater dependence, not less prayer.

EVENING - REVIEW

Where did I see God? Where was I distracted? Where do I need grace? Who should I carry before God tonight?

THE GOAL

Not merely longer prayers - a life that continually returns to God.

MY PERSONAL PRAYER RHYTHM

MORNING	
DURING THE DAY	
INTERCESSION FOCUS	
EVENING REVIEW	

The Prayer Book Club

Grow in the School of Prayer together

WE DON'T HAVE TO LEARN THIS ALONE.

A community committed to helping one another deepen communion with Christ and develop a life continually responding to His tamid.

WHAT WE WILL PURSUE TOGETHER

- deepen communion with Christ
- understand the ministry of prayer
- develop consistent prayer habits
- overcome patterns of distraction
- grow in intercession
- share answered prayers
- encourage one another
- study a prayer-focused book together
- develop a life continually responding to Christ's continual ministry

MORE THAN A BOOK CLUB

A school for learning the life of prayer.



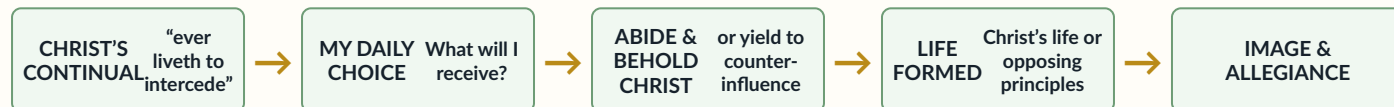
SCAN FOR THE STUDY HANDOUT / PRAYER
BOOK CLUB RESOURCES

connect.thelookandliveproject.com

Final Summary & Personal Commitment

Bring the entire study back to one decision

CHRIST IS CONTINUALLY INTERCEDING.
SATAN IS CONTINUALLY DISTRACTING.
YOU ARE CONTINUALLY BECOMING.



"...not I, but Christ liveth in me..."

- Galatians 2:20 (KJV)

WILL I CONTINUALLY COME TO THE ONE WHO IS CONTINUALLY WORKING FOR ME?

MY COMMITMENT

By God's grace, the continual I want to cultivate is:

WRITE YOUR COMMITMENT / PRAYER

Date

Signature / Initials

Notes & Prayer Journal

Continue processing after the study

WHAT GOD IMPRESSED ON ME - NOTES	PRAYERS / ANSWERS / TESTIMONIES
PEOPLE I AM COMMITTING TO INTERCEDE FOR	QUESTIONS I WANT TO STUDY FURTHER