



FREE LIVE SESSION · NOTES

Build an altar that survives your schedule

DATE

Saturday 26 September 2026

TIME

10:00 – 11:30am WAT

TAUGHT BY

Wango Julia

But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.

MATTHEW 6:6 · KJV

The premise

Prayer plans rarely fail in week one. They fail in week three, when the novelty is gone and one bad night wrecks one morning. That is not a character problem. It is a design problem, and a design problem can be fixed.

“My voice shalt thou hear in the morning, O LORD; in the morning will I direct my prayer unto thee, and will look up.”

PSALM 5:3 · KJV

Notice how physical the verse is

A room. A door. A moment you went in. Jesus described a habit before He described a feeling — and a habit is built out of three ordinary things: a place, a time, and a plan for what happens once you are there.

He does not promise to feel something. He promises to show up and to arrange what he brings. That is the whole of it.

THE PRINCIPLE EVERYTHING TURNS ON

An altar you can keep on your worst week beats one you can only keep on your best.

BE HONEST — WRITE IT DOWN

How many prayer routines have I started this year, and how many am I still keeping?

How to use these notes. Four movements follow — take one a day, Sunday to Wednesday. The rest of the week is for keeping the altar you set up tonight. Wango Julia taught this session while Boris was away teaching in Lagos; he is back on Saturday 3 October.

01

MOVEMENT ONE

What an altar actually is

An altar is a place where someone gives a spirit permission to work on their behalf. A godly altar gives *God* that permission.

- God handed the earth to people to rule. That is why He works by invitation rather than intrusion — and why a place where you invite Him matters more than it looks.
- Under the old covenant something died on the altar. Under this one you climb onto it. The offering is your body, in a place, at a time you said you would be there.
- Mother Teresa: God does not begin by asking about your ability. He asks about your availability. That removes the main excuse.

“The altar is not furniture and it is not atmosphere. It is permission.”

I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

ROMANS 12:1 · KJV

02

MOVEMENT TWO

Key one — a location

One consecrated meeting place, returned to often enough that the place itself sharpens your awareness that God is there.

- It does not need to be a room. A chair, a corner, a mat, the same step outside. What matters is that it is the same one.
- Jacob took the stone he had slept on and set it up as a pillar. He turned a spot on the ground into a place he could come back to — that is all consecrating a location means.
- Boris keeps one particular spot in the living room at home. Nothing special about the furniture; everything about the return.

“Name the actual spot you will be in tomorrow morning. A plan you cannot picture is not a plan.”

And Jacob rose up early in the morning, and took the stone that he had put for his pillows, and set it up for a pillar, and poured oil upon the top of it.

GENESIS 28:18 · KJV

03

MOVEMENT THREE

Key two — a time

A specific, protected hour. Not “when I get a chance” — your body clock can learn a standing appointment, and it cannot learn that.

- Early morning suits most people: the house is quiet and nothing has claimed you yet. If you work nights, choose what fits your life.
- What cannot move is that it is fixed. Jesus kept an appointment — a time, a place, and a decision to go there.
- Prepare the night before: Bible and notepad out and open in the place, alarm set, phone charging in another room, and know before you sleep what you are reading.

And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed.

MARK 1:35 · KJV

“At five in the morning you have no willpower to spend on decisions. Every choice you made last night is one you no longer have to win.”

04

MOVEMENT FOUR

Key three — a structure

Without a plan the hour becomes babble and sleep, and then it becomes nothing. Six steps, in this order.

- 1 Arrive • Surrender**
Sit down in the place. Say what is actually in you this morning, including the reluctance.
- 2 Read • Respond**
Scripture, or something that draws you to God — then pray back what you just read. This is where prayer stops being generic.
- 3 Be still and listen**
The step everybody skips. Leave real silence in it.
- 4 Commit to obey**
One thing, today. An altar with no obedience attached quietly becomes a routine.

Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.

PSALM 46:10 · KJV

“Be still is a step in the plan, not the gap between the real parts.”

BEFORE NEXT SATURDAY

Set the altar up tonight, then keep it small enough to survive a bad week.

1

Tonight, before you sleep

Go and stand in the place. Set the alarm. Lay out the Bible and pen. Phone in another room.

2

Set a floor, not a target

Fifteen minutes you keep for a year beats two hours you keep for four days.

3

Run the six steps

Arrive · surrender · read · respond · be still · obey. Even on the mornings you feel nothing.

FOR THE ORDINARY
MORNING

*“Lord, I am here.
Speak.”*

Most mornings are routine, not goosebumps. Something is still being formed in you.

THE WEEK — TICK EVERY MORNING YOU KEPT THE APPOINTMENT, HOWEVER SHORT

SUN 27 01 What an altar is ☐	MON 28 02 A location ☐	TUE 29 03 A time ☐	WED 30 04 A structure ☐	THU 01 Cohort closes ☐	FRI 02 Cohort 1 · 6am ☐	SAT 03 Look back · 10am ☐
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THREE QUESTIONS TO SIT WITH

1 Name your altar. What exact place, and what exact time, will you meet with God every day this week?

2 Which part of the structure — arrive, surrender, read, respond, be still, obey — do you most tend to skip, and why?

3 What is the smallest daily prayer time you can commit to and actually keep, even in your worst week?

A PROMISE FOR THE WEEK

And let us not be weary in well doing: for in due season we shall reap, if we faint not.

Galatians 6:9 · KJV

IF THIS SESSION NAMED SOMETHING IN YOU

The Secret Place

Eight sessions on the first pillar of *The Jesus Blueprint* — intimacy with God. Today was Session 4. Cohort 1 walks through all eight together, live, with Boris.

9,900 FCFA

Cohort 1 is free

MEETS

Fridays, 6:00 – 7:00am WAT

RUNS

Nine Fridays, 2 October → 27 November 2026

INCLUDES

Live group coaching, a WhatsApp group throughout, a certificate at the end

PLACES

Fifty — registration closes 1 October, five days from today

THE EIGHT SESSIONS

- 1 Where real power begins
- 2 Your divine command center
- 3 Why intimacy comes before victory
- 4 Build a prayer altar that sticks **TODAY**
- 5 Stop giving God your leftovers
- 6 What to do when God feels silent
- 7 It's not about perfection — it's about coming back
- 8 The 7-day challenge

Take a free place

wangoboris.com/events →

Cannot make 6:00am on a Friday? Take the same eight sessions at your own pace — 9,900 FCFA or \$19, yours for good: selar.com/618498e378

Keep the appointment

Same day, same time, same room — the teaching changes, the appointment never moves.
Register for any of them at wangoboris.com/events and a reminder comes the evening before.



SATURDAY 3 OCTOBER · 10:00 – 11:30AM WAT

Your pain is God's invitation

The thing you would remove from your story if you could is often the thing you were given to carry to somebody else. Where healing actually starts.

Save your place — wangoboris.com/events/sat-2026-10-03



SATURDAY 10 OCTOBER · 10:00 – 11:30AM WAT

Your past is running your life right now

How old wounds quietly make today's decisions — in your marriage, your money, your work — and how to notice it happening.

Save your place — wangoboris.com/events/sat-2026-10-10

CLOSES THU 1 OCT

The Secret Place · Mentorship Programme · Cohort 1 is free

SAT 17 OCT

Forgiving someone who never said sorry

SAT 24 OCT

You are not what was done to you

SAT 31 OCT

Healed is not the finish line — whole is

CLOSES MON 2 NOV

From Pain to Purpose · Cohort 2

Keep growing between Saturdays

21-DAY TRACK · FIVE MINUTES A DAY

Alone With God

A 21-day journey into intimacy with God — and the simplest way to give your new altar something to read on the first twenty-one mornings.

wangoboris.com/tracks/alone-with-god

DAILY DEVOTIONAL

Today's Bread

A verse, a short reflection, a prayer and one thing to do — every morning. Decide tonight that this is what you are reading, and step three is already settled.

wangoboris.com/bread

THE BOOK

The Jesus Blueprint

All five pillars Jesus lived by — prayer, growth, work, relationships and rest. This session came from the first.

[On Amazon](#)

ASSESSMENT · ABOUT 8 MINUTES

The Blueprint Assessment

Measure your life against the five pillars Jesus lived by and see exactly which pillar needs attention first.

wangoboris.com/blueprint-assessment

FREE GUIDE · PDF

The 5 Kingdom Pillars

The quick-start guide to *The Jesus Blueprint*, with a free library of guides and workbooks beside it.

wangoboris.com/resources

COMMUNITY

Kingdom Builders on WhatsApp

The general group. Every session is announced there first, and the conversation carries on between Saturdays.

[Tap to join the group](#)



ABOUT

Wango Boris

Speaker, coach and consultant in Buea, Cameroon — equipping people spiritually, mentally and financially to fulfil their God-given purpose. Author of *The Jesus Blueprint*. This session was taught by Wango Julia while he was teaching in Lagos.

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