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ONE NATION UNDER GOD Devotional

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Pray Without Ceasing

Pray continually. 1 Thessalonians 5:17

Reflections

Have you ever stopped to consider how many things we do constantly without even having to think about them? Breathing, moving, seeing, feeling, thinking, reacting, and the list goes on and on. Have you ever considered that prayer could be on that list? It's possible because we can cultivate a spirit that is focused on communication with God, keeping our hearts attuned to Him.

Although translations vary slightly, 1 Thessalonians 5:17 tells us to pray without ceasing, pray continually,

Challenge

Psalm 33:12

Keep track of your schedule for a week and determine how much more time you could actually be in fellowship with God.

For Discussion

How could you use various times during each day to be in a or pray at all times. The word in the original Greek language for "without ceasing" means "constantly recurring." In other words, we can't be on our knees all day, but we can spend the moments of our days with recurring prayer.

We should continuously be aware of God's presence in our lives, which should create a desire to intersperse our days by fellowshipping with Him. That means even allowing our everyday tasks to become times of prayer. For example, praying for each of your family members as you fold their laundry ... thanking God for providing the meal you just enjoyed as you clean up afterward ... praying for your child's sports teammates and families as you drive your child to soccer practice. As you wait in line—or in traffic—turn those situations into your personal prayer closet; transform that wasted time into something meaningful by praying for others or personal concerns. Praying without ceasing reminds us of the nearness of God and that He is our constant companion.

Sometimes our prayer time will be spent simply listening and resting in His presence. Remember that the best conversations are like a two-way street; you won't hear anything if you never stop to listen.

When is the last time you prayed during your workaday world? Do you waste opportunities to pray that are right in front of you? God is waiting for you

constant attitude of prayer?



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to fellowship with Him though prayer—and you have the time to do so each day if you will simply look for it.

Prayer

Lord, may I be reminded that I can spend much more time each day in your presence by practicing the discipline of constant prayer.

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