

A WEEK OF PRAYER: PRAYING CONTINUALLY

WHAT DOES IT MEAN TO PRAY CONTINUALLY? In 1 Thessalonians 5:17, the apostle Paul instructs followers of Jesus to do this very thing. There are many ways to develop practices of daily prayer that can bring us closer to Jesus on a continual basis. Here are seven ideas for you to try this week.

01

Pray each morning as you get out of bed: “In the morning, LORD, you hear my voice; in the morning I lay my requests before you and wait expectantly.” (Psalm 5:3)

02

Pray at noon: “I commit my way to the LORD, I trust in him and he will do this: He will make my righteous reward shine like the dawn, my vindication like the noonday sun. Be still before the LORD.” (Psalm 37:5-7a)

03

Pray at the close of your daily work: “He who began a good work in me will be faithful to complete it.” (Philippians 1:6)

04

Pray when you lie down to sleep: “In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety.” (Psalm 4:8)

05

Pray for your sponsored child or for another person in your life with great needs, whenever you see their photo. If you don't have a photo of them in your home, place their name somewhere where you'll see it often.

06

Praise God for small joys. Pause when you are enjoying a laugh with a friend, noticing a beautiful flower, or eating something delicious. Just say, “Thank you, God” in that moment.

07

As you've practiced praying continually this week, how has it changed your viewpoint? Do you notice God's presence more easily? Do you feel more rooted in truth? Pray that the Holy Spirit will grow your ability to connect with God throughout the day in prayer.



Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

-1 THESSALONIANS 5:16-18, NIV

