

Transforming Daily
“... pray without ceasing ...”
1 Thessalonians 5:17

How am I to pray without ceasing? I have to sleep. I have to drive down the road, can't do that very well with my eyes closed (contrary to popular belief). It wouldn't be very safe for me to get down on my knees in the middle of a crowded mall, football stadium or ball park. People would be tripping and falling all over me. So how am I to pray without ceasing?

Paul wasn't necessarily talking about the posture of the body as much as the attitude of the spirit. Implied in the command to pray without ceasing, is that something might very well get in the way of the believer's prayer life. I don't have to tell you all the things that might distract the believer from prayer. As a matter of fact just about everything that was invented to save us time are the very things that rob us of our time. But again, ceaseless prayer is a matter of the heart.

For example how many times a day do you speak with your spouse, children, or close friends on the cell phone, by text message, through email, from imessage, in facebook or with any other electronic communication devices? If you're like me and my family (including church and school families), it is never ending. We are constantly asking each other, about plans, for advice, directions, general information, specific incidents and events of the day, current affairs and activities, etc. It heightens our awareness of and for each other. The constant contact, though sometimes inconvenient and untimely, strengthens our relationship, and boosts our personal confidence – we are assured that someone cares.

The believer is to develop the same kind of fellowship with God. Before we ask anyone for instruction, advice and direction for our lives we should bring it before God. If we're going to talk to anyone about someone else such as a "prayer request," we should bring it before God. Just as simple and as habitual as it is for us to dial that cell phone, text that message (some of you can do it with your eyes closed and driving down the road), email the recipient from your PC, it should be even more so communicating with God. I say communicating with God because a part of your prayer life with God ought to include Scripture reading and spiritual song singing.

Is it hard for you to pray? Is ceaseless prayer difficult for you because there is no prayer to begin with? Perhaps you need to stop what you're doing right now and make a prayer list. Familiarize yourself with it well so that you may pray without ceasing.