

“What does it mean to pray without ceasing”

Paul’s command in 1Thessalonians 5:17 “to pray without ceasing” can be confusing. Obviously, it doesn’t mean we are to have our head bowed, eyes closed posture all day long. Paul is not referring to non-stop talking, but rather an attitude of God-conscious and God-surrender that we carry with us all the time. Every waking moment is to be lived in an awareness that God is with us and that He is actively involved and engaged in our thoughts and actions.

When our thoughts turn to worry, fear, discouragement and anger, we are to consciously and quickly turn every thought into prayer and every prayer into thanksgiving. Paul commands us to stop being anxious and instead, “In everything, by prayer and petition, with thanksgiving, present your requests to God, Philippians 4:6. AS we go through the day, prayer should be our first response to every fearful situation, every anxious thought, and every undesired task that God commands. A lack of prayer will cause us to depend on ourselves instead of depending on God’s grace. Unceasing prayer is, in essence, continual dependence upon and communion with the father.

For Christians, prayer should be like breathing. You do not have to think to breathe because the atmosphere exerts pressure on your lungs and essentially forces you to breathe. When we are born into the family of God, we enter into a spiritual atmosphere where God’s presence & grace exert pressure, or influence, on our lives. Prayer is the normal response to that pressure. As believers, we have all entered the divine atmosphere to breathe the air of prayer!

*Ms Myrtle*