**Pray without Ceasing**

1 Thessalonians 5:16-18; Ephesians 6:18

**1 Thessalonians 5:16 (ESV)**Rejoice always,

**1 Thessalonians 5:17 (ESV)**pray without ceasing,

**1 Thessalonians 5:18 (ESV)**give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

**Ephesians 6:18 (ESV)**praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints,

“All you need to do to learn to pray is to pray.” — Missionary Wesley Duewel.

**How to fill your life with prayer …**

1. **Maintain a constant attitude of prayer.**

**1 Thessalonians 5:17 (ESV)**Pray without ceasing.

**Matthew 6:7 (ESV)**“And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words.”

1. **Pursue a daily discipline of prayer.**

**Ephesians 6:18 (ESV)**Praying at all times in the Spirit, with all prayer and supplication.

**Psalm 55:17 (ESV)**Evening and morning and at noon I utter my complaint and moan, and He hears my voice.

**Daniel 6:10 (ESV)**When Daniel knew that the document had been signed, he went to his house where he had windows in his upper chamber open toward Jerusalem. He got down on his knees three times a day and prayed and gave thanks before his God, as he had done previously.

**“Praying throughout Your Day” (put list up all at once)**

***In the morning*** *— Adore and praise God.*

***Driving/commuting time*** *— Give your day to the Lord.*

***Before any meal*** — *Thank God for providing. Pray for nation, leaders, pastors, prayer list.*

***Every time you think of or hug your spouse, children, or grandchildren*** *— Pray a blessing on them.*

***During any crisis*** *— Retrain yourself to pray first.*

***At night*** — *Focus on examination and confession.*

1. **Take every opportunity for prayer.**

**Ephesians 6:18 (ESV)**To that end, keep alert with all perseverance, making supplication for all the saints.

**Luke 21:36 (ESV)**“But stay awake at all times, praying that you may have strength to escape all these things that are going to take place, and to stand before the Son of Man.”

**What can we pray for?**

***Healing for the sick.***

**James 5:14-15 (ESV)**Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven.

***Wisdom.***

**James 1:5 (ESV)**If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.

***Greater faith.***

**Matthew 17:20 (ESV)**“For truly, I say to you, if you have faith like a grain of mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move, and nothing will be impossible for you.”

***Relationships.***

**1 Peter 4:8 (ESV)**Above all, keep loving one another earnestly, since love covers a multitude of sins.

***Open doors to share the gospel.***

**Ephesians 6:19 (ESV)**That words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel.

***Open hearts to receive the gospel.***

**Acts 16:14 (ESV)**One who heard us was a woman named Lydia, from the city of Thyatira, a seller of purple goods, who was a worshiper of God. The Lord opened her heart to pay attention to what was said by Paul.

***Anything and everything!***

**Philippians 4:6-7 (NLT)**Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

“We should always be sensitive to the needs around us, never becoming too accustomed to the things that cry out for our intercession, like someone who lives in a big city and no longer hears the noises around him.” — Jim and Cathy Maxim, *21 Days of Breakthrough Prayer*