

10 Ways to Pray Continually

Put simply, prayer is a conversation with God. It is also so much more than that: it's a connection to the very one who breathed life into us. If we want to know who God is and the secrets to life that only He has, we must learn to pray without ceasing.

Pray without ceasing? That seems a bit extreme, doesn't it? What could such a command mean?

One day, Jesus told His disciples a story to show that they should always pray and never give up. (Luke 18:1)

Be merciful to me, O Lord, for I am calling on You constantly. (Psalm 86:3)

Rejoice in hope, be patient in tribulation, be constant in prayer. (Romans 12:12)

Pray in the Spirit at all times and on every occasion … (Ephesians 6:18)

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. (Philippians 4:6)

Devote yourselves to prayer, being watchful and thankful. (Colossians 4:2)

Be joyful always. Pray without ceasing … (1 Thessalonians 5:16-17)

Because He bends down to listen, I will pray as long as I have breath! (Psalm 116:2)

To pray continually is to reorient from task to presence, leaning into a quiet and tender closeness with God. It is less about constant communication than about God's abiding presence. *Seek the Lord and His strength; seek His presence continually.* (1 Chronicles 16:11)

WHAT DOES PRAYING CONTINUALLY LOOK LIKE PRACTICALLY?

When life gets challenging, when grief starts nipping at my heels, when there has been too much emotion for too many days, my coping strategy is to step outside. Though I don't pray with words at those times, my heart longs for God's presence. I sometimes wonder if God simply delights in us when we delight in His creation, if it fills His heart when we come with no agenda, questions, doubts, or frustrations, not wanting or needing anything beyond His presence. (Cindee Snider Re)

Prayer is recognizing that daily life is ennobled and made gracious when we place ourselves in God's hands.
(Dr. Melinda Quivik)

PRAY CONTINUALLY – TALK TO GOD EVERY CHANCE YOU GET

1. **Pray when you wake.** "Pray without ceasing, say all you can to God, and lay all your difficulties before Him. He'll take away your tears and make a way where there seems to be none. Wake up and do it!" (Israelmore Ayivor)
2. **Pray as you brush your teeth.** Pray the words of Psalm 19:14: *May the words of my mouth and the meditation of my heart be pleasing in your sight, Lord, my Rock, and my Redeemer.*
3. **Pray when you eat.** Thank God for nourishing your soul as you nourish your body.
4. **Pray as you clean.** As you dust, vacuum, or organize, thank God for the gift of a safe place to live.
5. **Pray while giving thanks.** Thank God for the gifts all around you – another day, your home, pets, loved ones, friends, food, water, electricity, heat, His Word, your doctors, your church. Not sure where to start? Close your eyes. When you open them, thank God for the first five things you see.
6. **Pray as you move.** Use the time you spend walking, climbing stairs, or exercising to pray for those in need. Discover some fun "how-to" tips about movement and prayer (chronic-joy.org/StepRepPray).
7. **Pray as you drive.** Pray as you wait at a traffic light, for a train, or in the carpool line.
8. **Pray through your day.** Pray as you fold the laundry, wash the dishes, make the bed, answer emails, pay the bills, prepare meals, take your meds, or empty the trash.
9. **Pray as you wait.** Pray while you wait at the grocery store or drive-thru; pray for the cashier or those behind you.
10. **Pray as you fall asleep.** Thank God for the day, your bed, a soft pillow, and a sound night's sleep.

A PLACE OF FELLOWSHIP AND DELIGHT

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. God desires to abide with us, to be in quiet and tender closeness with us, to grant us His presence, and to rejoice over us with singing (Zephaniah 3:17). Let's enter His presence with great delight, faithful prayer, and abundant gratitude!