

“Pray Without Ceasing”

...for this is God's will for you in Christ Jesus.

1 Thessalonians 5:17,18



Introduction

Every Christian, every Christ follower's greatest desire should be to find themselves in the centre of God's will. While this can include every aspect of our lives, it also includes other areas that we may not always think about or even embrace. Last week we discovered that God's will for our lives includes *rejoicing all the time* despite whatever situation we find ourselves in. This week, God's will is about *praying without ceasing*. It's about that personal, intimate connection with God that should be an integral part of our lives like eating, sleeping, working - indeed - even breathing.

What does that kind of prayer look like? What can we do to foster that kind of relationship with God?

Ice Breaker: Watch this video on line: <https://www.youtube.com/watch?v=2eG68VSfu-k> (if you're able) and share one thing that encourages you about growing your own prayer life. The video takes 12 mins. You may wish to view just first 1 or 2 testimonies.

Share:

- If we are going to have any hope of knowing God's good and perfect will for our lives, we need to have our mind transformed (Romans 12:2).
 - How do you go about doing that?
 - Why might this be important to understanding verses like “Pray without ceasing” as part of God's will for our lives?
- To pray without ceasing is a tall order for many people. What are your personal struggles with prayer?
- Jesus taught us to set aside times of prayer on a regular basis (Matthew 6:6) and He modelled it in his own life (Mark 1:35-39; Luke 6:12-13). What works against your own efforts to set aside times for prayer? Is it desire or something else?
- How can one move from discipline in prayer to passion in prayer where you need and desire to meet with God daily. How can your group help in developing this kind of holy habit?
- When it comes to being devoted in prayer (Colossians 4:12) many people believe that they are not wired like that! The psalmists saw their need to lean towards God (Psalm 119:36-37). What do you need to “lean” away from in order to “lean” towards God in prayer?
- What do you need prayer for right now? Get your group to pray with you and commit to praying for you this week.

Bottom Line:

Praying without ceasing doesn't require super human strength, or some divine discipline. You don't have to be a “pray-er” as such, but just have a need and desire to be with Jesus. This is God's will for us, because it is in this relationship that He gives us His agenda for how we live our lives. To not pray is to not breath spiritually speaking.

Now What?

- Memorise: “Pray without ceasing” 1 Thessalonians 5:17
- Put a time for prayer in your diary or a reminder in your phone and set aside that time. Begin with 5 mins if you are not used to long times of prayer and build on that.
- Begin each day with a short **prayer of praise** and bring V 16 & 17 together. What better way to begin your day!