



# Pray Without Ceasing

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## FULLNESS

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*"Could you not watch with Me one hour? Watch and pray." Matthew 26:40-41*  
*"Pray without ceasing." 1 Thessalonians 5:17*

Most Christians think they either "pray without ceasing," or on the other hand, they pray one hour for an uninterrupted, extended time of prayer. They don't do both, thinking, "I can't do both. I'm lucky if I do one or the other." Not true. This is not an "either/or," it's a "both/and."

It is absolutely possible for you to both consistently pray one hour and to pray without ceasing. They go hand-in-hand, fuel each other, and flow seamlessly back and forth. The reason you can pray an hour and also pray without ceasing is because both habits are fueled by the same power source—the Holy Spirit!

In 1 Thessalonians 5:19 Paul writes, "Do not put out the Spirit's fire." No sooner does Paul exhort the believers to pray without ceasing than he proceeds to immediately tell them how—"do not put out the Spirit's fire!" Just allow the indwelling, praying Holy Spirit to mobilize continuous prayer inside you.

In Matthew 26:40-41 Jesus says, "Could you not watch with Me one hour? Watch and pray." When Christ spoke these words to the disciples, He fully expected them to be able to follow through and pray one hour. The only reason they were unsuccessful is because they had not yet received the praying Holy Spirit. These same disciples, who were unable to pray for one hour, forty days later would be able to pray for ten days straight. Think about it— the first sin God led the disciples to repent from was the sin of prayerlessness and unbelief. Repentance from prayerlessness got them into the Upper Room and repentance from prayerlessness will get **you** into the Upper Room too.

### **A. How to Consistently Spend an Hour With God**

*"Could you not watch with Me one hour? Watch and pray." Matthew 26:40-41*

**1. Make an appointment.** Give God the best hour of your day. Schedule one hour with God virtually every day this week.

*"I will give them joy in My house of prayer." Isaiah 56:7*

*"Could you not watch with Me one hour? Watch and pray." Matthew 26:40-41*

**2. Bring two tools—your Bible and your Prayer Journal.**

☐ Bible - Your Bible is your prayer book. Through it God speaks to you and He wants us to take His promises and pray them back to Him.

*"Open my eyes that I may see wonderful things in your law." Psalm 119:18*

*"May your unfailing love come to me, O LORD, your salvation according to your promise." Psalm 119:41*

☐ Prayer Journal- Each day take time to write down what you hear God saying and where you see Him working. Prophetic journaling is a creative discipline of listening to the Holy Spirit and writing down the things He says to you.

**3. Receive.** Extend your hands to receive a fresh infilling of the Holy Spirit.

*"Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit." Eph. 5:18*

*"Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus. Do not put out the Spirit's fire; do not treat prophecies with contempt. Test everything.*

*Hold on to the good. Avoid every kind of evil." 1 Thessalonians 5:16-22*

*"One thing I ask of the LORD, this is what I seek: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to seek him in his temple." Psalm 27:4*

**4. Use a prayer structure—The Lord's Prayer Pattern.**

*"He said to them, 'When you pray, say "Father, hallowed be your name, your kingdom come. Give us each day our daily bread. Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation.'" Luke 11:2-4*

The Lord's Prayer Pattern

1. Relationship "Our Father in heaven."

2. Worship "Hallowed be your name."

3. Lordship "Your kingdom come."

4. Sonship "Give us forgive us."

5. Fellowship "As we forgive."

6. Leadership "Lead us deliver us."

7. Ownership "For yours is the kingdom power glory."

**5. Put on the whole armor of God and resist the evil one.**

*"Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints." Ephesians 6:14-18*

*"Submit yourselves, then, to God. Resist the devil, and he will flee from you." James 4:7*

**6. Listen.** Listen to what the Holy Spirit says to you. Look for the prayer assignments He gives to you.

*"The Sovereign Lord has given me a well-instructed tongue, to know the word that sustains the weary. He wakens me morning by morning, wakens my ear to listen like one being instructed. The Sovereign Lord has opened my ears; I have not been rebellious, I have not turned away." Isaiah 50:4-5*

**7. Intercede for God's Assignment.** Pray for the prayer-targets God reveals to you each day.

*"I looked for a man among them who would build up the wall and stand before me in the gap on behalf of the land so I would not have to destroy it, but I found none." Ezekiel 22:30*

*"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God." Philippians 4:6*

## **B. How to Pray Without Ceasing**

Just as there are specific steps to take in order to pray one hour, there are also specific steps to take that will make it possible for you to pray without ceasing.

**1. Be filled with the Holy Spirit.** The key to praying without ceasing is being continually filled by the indwelling praying Holy Spirit.

*"Do not put out the Spirit's fire." 1 Thessalonians 5:19*

**2. Rejoice always.** On either side of the command to pray without ceasing are the two primary helpers—rejoice always and give thanks in all circumstances. God wants to develop the grace of rejoicing always in your life; when He does He will empower you pray without ceasing.

*"Rejoice always." 1 Thessalonians 5:16*

*"Rejoice in the Lord always. Again I say, rejoice." Philippians 4:4*

**3. Give thanks in all circumstances.** While it is humanly impossible to give thanks in all circumstances, it is not impossible in the Holy Spirit. As you give thanks in all circumstances, it will become far easier for you to pray without ceasing.

*"Give thanks in all circumstances, for this is the will of God in Christ Jesus." 1 Thessalonians 5:18*

*"Continue steadfast in prayer, being watchful and thankful." Colossians 4:2*

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