



I Thessalonians 5:16-20, Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you. Do not quench the Spirit. Do not despise prophecies.

Lesson 1

Lesson 2



"If you only pray when you're in trouble... you're in trouble."



The Three Exhortations:

To rejoice always is to pray without ceasing. To pray without ceasing is to give thanks in all circumstances.

In the Greek, "without ceasing" means constantly *or* without intermission.

Unceasing prayer is, in essence, continual dependence upon and communion with the Father.

Praying without ceasing is a lifestyle rather than a series of single acts.

We Always Ought to Pray



Luke 18:1-8, Then He spoke a parable to them, that men always ought to pray and not lose heart, saying: 'There was in a certain city a judge who did not fear God nor regard man. Now there was a widow in that city; and she came to him, saying, "Get justice for me from my adversary." And he would not for a while; but afterward he said within himself, "Though I do not fear God nor regard man, yet because this widow troubles me I will avenge her, lest by her continual coming she weary me."

Then the Lord said, 'Hear what the unjust judge said. And shall God not avenge His own elect who cry out day and night to Him, though He bears long with them? I tell you that He will avenge them speedily. Nevertheless, when the Son of Man comes, will He really find faith on the earth?"

Three
Applications to
Praying Without
Ceasing:





1. Continued Dependence



2. Continued Declaration



3. Continued Devotion

A Word About
Plotting Your
Prayer Life



1. Frequency How often do you pray?

2. Duration

How long is your average prayer?

3. Fervency

The intensity of a prayer.

Discipline in Prayer



Daniel 6:10, When Daniel knew that the document namely, that nobody can pray except to the king — 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. That was his pattern. He continued his pattern of disciplined, three-times-a-day prayer: praying and giving thanks before his God, as he had done previously.

Don't stop praying!

"The power of prayer is not found in the one who utters the prayers, but it is found in the God who hears them."