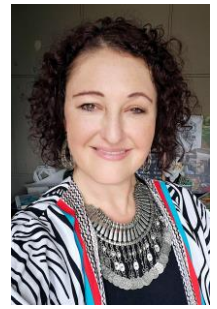




Do You Pray Constantly?

By Evelyn Monteiro



Did you know that the Bible instructs us to pray without ceasing? That sounds exhausting, but the truth is, the Word is telling us to have God on our mind all the time, in everything we do. We are supposed to pray over EVERYTHING. Romans 12:12 *“constantly rejoicing in hope (because of our confidence in Christ), steadfast and patient in distress, devoted to prayer (continually seeking wisdom, guidance, and strength).”* The ONLY way to remain consistent in life, no matter what happens around you, is to be consistent in prayer! You CAN have joy even in the midst of trouble. You CAN have peace no matter the storm. You CAN have patience in the midst of distress because you pray! You should be CONSTANTLY and CONTINUALLY be seeking wisdom from Heaven, guidance from the Holy Spirit and strength to face your challenges. It may sound strange to you, but this is an actual habit you have to train yourself to do. In my early 20’s I started teaching myself the habit to be in constant prayer because we can get so busy, that we are not walking with the Lord. I used to have reminders to pray on my phone daily, every 30

minutes my phone would remind me to take a moment to pray. I once heard a preacher say: I don’t pray for 30 minutes, but there’s no 30 minutes where I’m not praying! Meaning, he is constantly in an attitude of prayer! I did this reminder for 1 year and it programmed my brain to get to the place where I pray constantly! When I’m walking to the car, I’m praying – when I’m standing in a que, I’m praying – when I’m cooking, I’m praying – when I’m doing grocery shopping, I’m praying! PRAYING OVER EVERYTHING MAKES ME READY FOR ANYTHING! The Bible says in 1 Thes 5:16-18 that you should be UNCEASING and PERSISTENT in prayer, in EVERY situation, no matter what the circumstances are, you should be thankful and CONTINUALLY give thanks to God! This verse says that it’s God’s will that we do this! It’s an instruction from the Word! And we must obey! It’s not silly to pray over everything! Because the “small” things are the very things that satan will use to gain access. Religious prayer is to pray a certain prayer at a certain time. Relationship with God is fellowship – meaning – you consult Him in everything you do. How many times were you not in a

situation where you needed the right words to say, even *how* you say it? Perhaps, if you were in an attitude of prayer, you would have known exactly what to say. What about unexpected problems and you didn’t know what to do? perhaps, if you were in an attitude of prayer, you would have remained calm and acted in wisdom instead of reacting in emotion. Philippians 4:6 says we must not be anxious about anything, but pray over everything. If you are not applying this habit in your life yet, it’s time to step it up! Use this teaching as your starting point to pray without ceasing. Put on reminders on your phone, increase your prayer time in the morning or evening, do whatever is necessary to increase your prayer life. When you pray a lot, the Bible tells us we are vigilant. Did you know this? Colossians 4:2 *“be persistent and devoted to prayer, being alert and focused in your prayer life with an attitude of thanksgiving.”* You will be someone who is focused, alert, you will know what God is saying and what is busy going on in your life, because you are constant in prayer! Make that change now!