

1: HOW DO WE PRAY CONTINUALLY?

How do we live a life that is more than just praying when we feel we are under pressure or when want to see God show up in a specific situation, how do we grow a lifestyle of continuous prayer.?

2: WHEN DO YOU PRAY THE LEAST?

This is not a guilt trip just an observation. There are times when we don't pray as much as we should, why do you think this is?

WE PRAY WHEN THERE IS PRESSURE BUT DON'T ALWAYS PRAY WHEN LIFE IS A PLEASURE.

DEUTERONOMY 8: 10-14

"When you have eaten and are satisfied, praise the Lord your God for the good land he has given you. Be careful that you do not forget the Lord your God, failing to observe his commands, his laws and his decrees that I am giving you this day. Otherwise, when you eat and are satisfied, when you build fine houses and settle down, and when your herds and flocks grow large and your silver and gold increase and all you have is multiplied, then your heart will become proud and you will forget the Lord your God, who brought you out of Egypt, out of the land of slavery."

We have to be careful we don't forget the Lord when life is good!

READ ALOUD 1 THESSALONIANS 5: 16 -18

We are placed as a continual praying presence here on this earth, praying continually is as much a way of life as a moment in time.

We need **DELIBERATE, INTENTIONAL** and **FOCUSSED PRAYER** in our normal lives.

A puritan non conformist scholar and pastor called Joseph Alleine, who was imprisoned on a number of occasions in the 1600's for his faith said this:

"though I am apt to be unsettled and quickly set of the hinges, yet, methinks, I am like a bird out of the nest., I am never quiet till I am in my old way of communion with God; like the needle in the compass, that is restless till it be turned towards the pole. I can say, through grace, with the church, 'with my soul have I desired thee in the night, and with my spirit within me have I sought thee early' My heart is early and late with God; 'tis the business and delight of my life to seek Him."

'TIS THE BUSINESS AND DELIGHT OF MY LIFE TO SEEK HIM.

Praying continually would mean we make it the business and delight of our lives to seek Him.

READ ROMANS 12: 1 – 2 (The Message Version)

Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering.

PETE GREIG would say that two of the greatest tools in placing your everyday life before God and living a more prayerful everyday rhythm would be an **ALARM CLOCK** and a **REMOTE CONTROL** that if we exercised more discipline we would see greater development in our prayer lives.

As a group discuss ways in which you can make prayer a greater part of your everyday ordinary life.

REFLECT

Next time you go out socially with some friends why not pray for 15 minutes before you go? Likewise with work, the gym or even church!

PRAY

Father God, help us as we seek to live in a way whereby we are constantly in communion with you, we want to make it the business and delight of our lives to seek you. Lord forgive us when we forget about you and only turn to you when faced with challenges lord we want to pray to you when it goes well with us. **For the sake of Your Kingdom, Amen**