

# Pray, Pray and Pray Some More

## 2 Thessalonians 5:16-18

2026

1 Thessalonians 5:16-18 NIV

16 Rejoice always, 17 pray continually, 18 give thanks in all circumstances; for this is God's will for you in Christ Jesus.

### **What does it mean to pray without ceasing?**

- At the very least, it's praying with a regular rhythm in daily life.
- Prayer becomes important enough to schedule it- praying with a plan.
- It might be a duty sometimes, but disciplined, regular prayer pushes through to joy, delight and privilege.

### **It can also include scripted prayer**

- Often adds depth and breadth to prayers
- Keeps prayers from being wish lists focused on me me me!

### **Praying Scripture is powerful in praying without ceasing**

- Journal to insure you pray verses in context as they were inspired
- Craft prayers that go through the text, phrase by phrase
- You can do it with 1 Thessalonians 5:16-18

### **For most of us, the problem isn't truly "how to"; that how to includes:**

- asking, seeking and knocking
- worship
- wisdom and discernment
- blessings on people
- conversion of the non-Christians
- building up the Church
- supernatural intervention
- confession

### **If prayer is a personal experience of your theology,**

- Perhaps a lack of experience in prayer is due to a lack of sound or informed theology.
- When you pray, how are you thinking about God? How are you appealing to him?
- What if prayer is a personal experience of my theology?

Prayer isn't about convincing God I'm right; it's shaping my will to be like God's heart.

Do you agree and how might that change your prayer life?

### **Pray with joy and thanksgiving**

“Joy is a deep, abiding sense and the confident expectation that God is with me, that God is for me, and that our sovereign God is working everything together for my good and his great glory.”  
we are all natural complainers

Ingratitude is a poison that infects our souls and causes us to turn away from prayer.

Make sure you cultivate a heart of gratitude, and express it to God in words and actions.

### **Pray without ceasing**

- regularly, as much as you can
- frequent and moment by moment petition, praises, thanks and confessions
- don't cease praying, don't give up on prayer

A prayer God always answers with yes is “Save me, be my Lord, forgive my sins.”

Write a prayer to use regularly

Pray a Scripture all week

Get to know God through the Bible

Pray now and without ceasing!