

Why Pray When You Can Worry?

"...pray continually..."
1 Thessalonians 5:17 NIV

A sad but true reality is that prayer is a spiritual exercise that Christians too often leave primarily to emergency situations. If the average believer spends 5 minutes nonstop in prayer daily that would be the most.

When it comes to prayer and fasting—well that is a scriptural mode of prayer that is not practiced by anyone of my acquaintance. Local Christian bookstores stock books on how to have an effective prayer time in just a few moments—for the average “busy” Christian.

I was shocked when a well meaning friend gave my wife a devotional book with the comment on the front cover that said something like the following, “How to have meaningful devotionals in 10 minutes a day!

Why do we relegate this most important spiritual discipline to “emergency situations”? Surely we grieve the Holy Spirit when we get through the average day

with no devotional time—or just a very few moments given to it.

People will spend time fussing and fuming over issues in life when that energy would be far more productively used in quiet meditation and prayer. We get upset when matters get out of hand in life—and panic prayer is the result.

Prayer is so simple. We can speak like little children to our loving Father. Prayer can also be a struggle—as we wrestle in prayer to gain our needed resources from the One with limitless amounts of blessing for every situation.

When Paul suggested we pray without ceasing, he did not mean we were to go around with our heads bowed and mumbling off petitions without stopping. What is meant here is to always have an attitude of prayer.

Never let idle moments crowd out opportunities to offer short words of praise,

thanksgiving, and petition. Such prayer referred to in the text include those very brief one or two sentences that spontaneously rise from our hearts and go directly to the throne room of heaven itself.

Do you have the habit of one sentence prayers sprinkled throughout your day? Are you often heard in heaven during the working hours of your life?

You need to cultivate such a way of praying without ceasing in order to be blessed by the Lord. He waits to hear from you. Come to Him and come now.

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