

4.2 Pray Unceasingly

Bible Verse: Pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus. – **1Thessalonians 5:17-18**

Proclaim: *Let us not be anxious, but pray to God with a thankful heart.*

Truth: God has said: Do not be anxious about anything, but in all things present our requests to Him through prayer and thanksgiving. And depend on the Holy Spirit so as to pray unceasingly.

Main Lesson Points:

- **God attached importance to prayer** – Joh 16:24, Luk 11:9-13
- **Different kinds of prayers** – Eph 6:18, 1 Tim 2:1-2
- **The blessings of praying unceasingly** – Dan 10:12
- **Praying in the Spirit** – Rom 8:26-27

Scripture:
Daniel 10:1-21

Interesting Questions:

(Choose 1 or more to discuss)

- **When normally do you pray?**
- **Do you find praying a difficult thing to do?**
- **What exactly is prayer? (Matthew 6: 6-14)**

A 24/7 Connection:

Who can you contact at all times, no matter what the day or hour? Who can you connect to without fees, a cell phone or even an email address? God. He's always waiting and wanting to connect with you. He loves to hear your voice. Won't you take the time each day to connect with Him?

Think:

How can we pray unceasingly?

Pray:

Use the space below to write a prayer asking for God's help in keeping a prayerful heart always:

Act: See God in all things. Allow the Holy Spirit to use things and the people around you to remind you of Him always, and to pray to Him unceasingly.