

Pray Without Ceasing

1 Thess 5:17, Eph 6:18, and Luke 18:1, 7 are usually taken to mean pray regularly. However, the ideal is for Christians to live in the constant awareness of God's presence, to have a lifestyle of prayer. In order to form a new habit, you must be convinced that it is meaningful to you. Know clearly why you want to change. We can only work effectively at forming one new habit at a time. Consider it as an experiment in your spiritual life. You are doing it for God and other people, as well as yourself. Creating a new habit will mean that you do not need to use your will power to motivate you to pray. This is not just about replacing negative self-talk with positive scriptural affirmations, but replacing self-talk with prayer.

It takes time to learn a new habit (psychologists say 18-254 days, or an average of 66 days). Commit to a minimum time period and apply the following suggested helps.

1. Break up the task into easy small segments.
2. Use **Reminder**, **Routine** and **Reward**.
 - 1. Reminder.** This takes out the inconsistency of motivation. Use activities or habits you already do or have as triggers for the new behaviour.
 - 2. Routine.** Do the new behaviour without regard to good performance. Schedule making the activity a habit, don't miss doing it for very long. Use micro-commitment to get started.
 - 3. Reward.** Reward or encourage yourself, the Holy Spirit will encourage you, others will encourage you if you ask them. Put reminders in your environment. Make the new habit enjoyable.
3. Have a plan to handle obstacles and failures so they don't trip you up.
4. Create accountability. Have someone check on how you are going.

You are building a new identity. Prayer is not something that you do but a part of who you are, a child of God. The man/woman of prayer is a friend of God.

Week 1

- 1. Study** the following Scripture passages to help convince yourself that prayer is something that disciples of Christ should be doing: Heb 5:7; Luke 5:16; 6:12; Mark 1:35; 6:46; Matt 14:23.
- 2. Download** my short book in pdf format from the [Sicm website](#) (or from [Smashwords](#) for other formats). **Read** the first three chapters about the different types of prayer and understanding unanswered prayer.
- 3. Determine to pray** more often. If you don't already have a regular prayer time, set time aside for daily prayer as was the habit of Jesus. Pray before meals (Mt 14:19; Lk 24:30).

Week 2

- 1. Study** the following Scriptures on a lifestyle of prayer: 1 Thess 5:17; 1 Pet 4:7; Rom 12:12; Col 4:2.
- 2. Read** the next three chapters of *The Prayer Mission* about how to pray, obedience, and the life of prayer.
- 3.** In addition to your regular prayer time add other short prayer times throughout each day.

Week 3

- 1. Study** the following Scriptures on the work of the Holy Spirit in the lives of Christians: John 16:7-15; Acts 1:5, 8; 2:4; Rom. 8:9-11, 26; 1 Cor 12:4-11; 2 Cor 3:6, 18; Eph 1:13; 2:18; 5:18; 1 John 2:20, 27 .
- 2. Download** [The Practice of the Presence of God](#). **Read** the first part of the book, the "Conversations" with Brother Lawrence.
- 3.** Maintain your regular prayer times throughout the day.

Week 4

- 1. Study** the following Scriptures on persisting in prayer: Mark 14:37-38; Luke 11:5-13; 18:1-8; Col 4:2-4; Eph 6:18-20; Phil 4:6-7.
- 2. Read** the "Letters" of Brother Lawrence in *The Practice of the Presence of God*.
- 3.** Talk with the Holy Spirit in your regular prayer times. Try practising the presence of God.

Week 5

- 1. Study** the following Scriptures on Communion with God: John 14:16-23; Psalm 16; 1 John 1:3; Rev 3:20; Phil 2:1-5.
- 2. Download** and listen to Mark Virkler's *4 Keys to Hearing God's Voice* teaching on prayer journaling from [this webpage](#).
- 3.** Use a **prayer journal** in your main prayer time. Write down your prayer and the Holy Spirit's answers. Check the answers against Scripture.

Week 6

- 1. Meditate** on the following Scriptures on the character of Christ: 1 Peter 2:21-24; 2 Cor 8:9; Hebrews 12:2-4; Col 3:13; 1 John 3:3 & 7; Mk 10:45; Mt 9:36.
- 2. Download** and use Julie True's [A Stroll Along the Sea of Galilee](#) music video to set the atmosphere for your prayer journaling.
- 3.** Continue to use your **prayer journal** and have regular prayer times. Talk to God at other times about anything and everything.

Week 7

- 1. Meditate** on the following Scriptures on the character of God the Father: Psalm 37:28; 51:1; 2 Corinthians 1:3; 6:18; Ephesians 2:4-5; 1 John 3:1.
- 2.** Tell someone about your experiment in prayer. Ask the Holy Spirit what he thinks of your commitment to pray. Record the Holy Spirit's reply in your prayer journal.
- 3. Download** Andrew Murray's [Pray Without Ceasing](#) tract. Read the introduction in preparation to follow the 31-day prayer guide.
- 4.** Continue to use your **prayer journal** in your daily prayer time and pray at other times through the day and as matters arise.

Week 8

1. **Study** the following Scriptures on the use of spiritual gifts from the perspective of prayer ministry: Romans 12:6-8; 1 Corinthians 12:4-11, 27-31; 1 Peter 4:7-11.
2. Ask someone for permission to **pray** for them **for healing**.
3. Commence using Andrew Murray's *Pray Without Ceasing* **daily prayer guide**.
4. Continue **prayer journaling** in your regular prayer times. Talk with God throughout the day.

Week 9

1. The life of prayer reduces the temptation to sin as you become more aware you are living in the presence of a holy God. **Meditate** on 2 Chron 7:14; Mt 26:41; 1 Jn 1:7-9.
2. Continue to use Andrew Murray's [Pray Without Ceasing](#) guide and your prayer journal in your main prayer times.
3. **Pray** to God throughout the day as matters arise.

Week 10

1. **Study** these verses on mission: Mt 28:19; Mk 16:15; Lk 10:2; Jn 20:21; 1 Pet 2:9-10.
2. **Read** the last chapter of [The Prayer Mission](#) and continue to use Andrew Murray's [Pray Without Ceasing](#) guide and your prayer journal to spend time listening to God in your main prayer times.
3. **Pray without ceasing**. Conduct your life before God in the power of the Holy Spirit. Remember, hearing God's voice is a skill to be learnt. Keep practising this in the weeks to come.

Week 11 and beyond.

1. Continue to combine **prayer and Bible study**. Complete the daily prayer exercises in Andrew Murray's [Pray Without Ceasing](#) guide.
2. [Download](#) and read Andrew Murray's book *With Christ in the School of Prayer*. If you use this book in a small group discussion you can download the "[With Christ in the School of Prayer](#)" [Study Guide](#).
3. [Download](#) Andrew Murray's book *The Ministry of Intercessory Prayer*.
4. Visit Mark Virkler's website, www.cwgministries.org, for resources on how to hear God's voice, prayers that heal the heart, and interpreting your dreams.
5. [Download](#) How to Pray by R. A. Torrey on prayer and revival.
6. Enjoy a life of continuous prayer.