

## 10 Practical Suggestions to Cultivate a Life of Unceasing Prayer

*Pray Continually.* (1 Thessalonians 5:17)

**Romans 12:12c** *Be ... faithful in prayer.*

**Ephesians 6:18** *And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.*

**Philippians 4:6** *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*

**Colossians 4:2** *Devote yourselves to prayer, being watchful and thankful.*

### 1. Get a Quiet Place.

Matthew 6:6a: But when you pray, go into your room, close the door and pray to your Father, who is unseen.

### 2. Set Specific Times.

Psalms 55:17: Evening, morning and noon I cry out in distress, and he hears my voice.

### 3. Use the Bible when Praying.

Psalms 119:11: I have hidden your word in my heart that I might not sin against you.

### 4. Pray with Humility.

1 Peter 5:5b: God opposes the proud but shows favor to the humble.

### 5. Pray with Honesty.

Psalms 62:8: Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.

### 6. Be Specific in the Requests.

Matthew 6:9-13: <sup>9</sup>“This, then, is how you should pray: “Our Father in heaven, hallowed be your name, <sup>10</sup>your kingdom come, your will be done, on earth as it is in heaven. <sup>11</sup>Give us today our daily bread. <sup>12</sup>And forgive us our debts, as we also have forgiven our debtors. <sup>13</sup>And lead us not into temptation, but deliver us from the evil one.

### 7. Remove Distractions.

Matthew 6:33: But seek first his kingdom and his righteousness, and all these things will be given to you as well.

### 8. Pray with Others.

Acts 2:42: They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer.

### 9. Pray for Others.

1 Thessalonians 1:2: We always thank God for all of you and continually mention you in our prayers.

### 10. Pray not only to seek God's hand but also to seek God's face.

1 Chronicles 16:11: Look to the Lord and his strength; seek his face always.

## 10 Practical Suggestions to Cultivate a Life of Unceasing Prayer

*Pray Continually.* (1 Thessalonians 5:17)

**Romans 12:12c** *Be ... faithful in prayer.*

**Ephesians 6:18** *And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.*

**Philippians 4:6** *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*

**Colossians 4:2** *Devote yourselves to prayer, being watchful and thankful.*

### 1. Get a Quiet Place.

Matthew 6:6a: But when you pray, go into your room, close the door and pray to your Father, who is unseen.

### 2. Set Specific Times.

Psalms 55:17: Evening, morning and noon I cry out in distress, and he hears my voice.

### 3. Use the Bible when Praying.

Psalms 119:11: I have hidden your word in my heart that I might not sin against you.

### 4. Pray with Humility.

1 Peter 5:5b: God opposes the proud but shows favor to the humble.

### 5. Pray with Honesty.

Psalms 62:8: Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.

### 6. Be Specific in the Requests.

Matthew 6:9-13: <sup>9</sup>“This, then, is how you should pray: “Our Father in heaven, hallowed be your name, <sup>10</sup>your kingdom come, your will be done, on earth as it is in heaven. <sup>11</sup>Give us today our daily bread. <sup>12</sup>And forgive us our debts, as we also have forgiven our debtors. <sup>13</sup>And lead us not into temptation, but deliver us from the evil one.

### 7. Remove Distractions.

Matthew 6:33: But seek first his kingdom and his righteousness, and all these things will be given to you as well.

### 8. Pray with Others.

Acts 2:42: They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer.

### 9. Pray for Others.

1 Thessalonians 1:2: We always thank God for all of you and continually mention you in our prayers.

### 10. Pray not only to seek God's hand but also to seek God's face.

1 Chronicles 16:11: Look to the Lord and his strength; seek his face always.