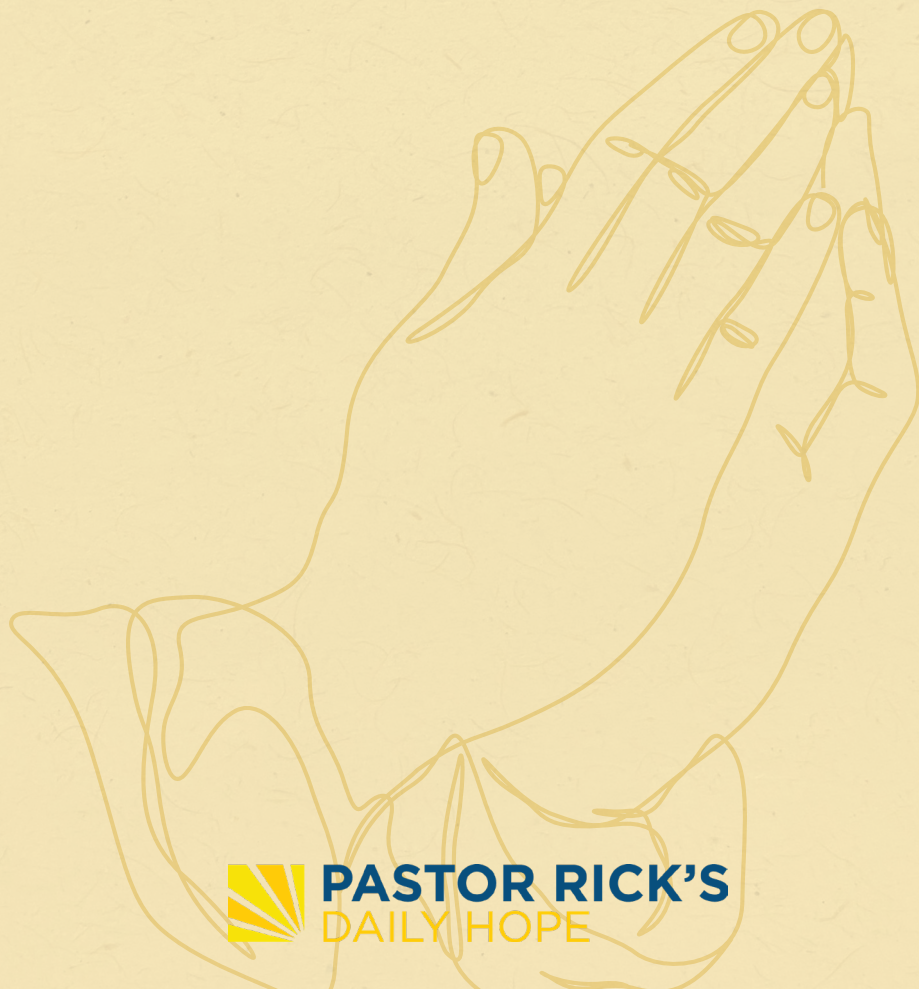


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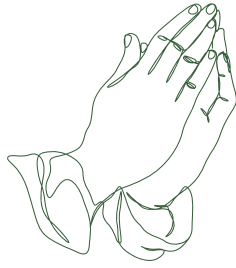
**ENDLESS
PRAYER:**

A Journey of Faith



**HOW
TO PRAY**
without Ceasing





The apostle Paul wrote many of the books of the New Testament. And one thing that is clear in all of those books is this: Paul prayed all the time. Throughout his books, he says things like, I'm always praying. I'm continually praying. I'm constantly praying. I'm praying without ceasing. I never stop praying for you. He was always, always praying.

How can you have that kind of prayer life? How can you continually pray?

Ephesians 6:18 gives directions for praying without ceasing:
“Pray in the Spirit at all times with all kinds of prayers, asking for everything you need. To do this you must always be ready and never give up. Always pray for all of God’s people” (NCV).

In that one verse, Paul gives seven instructions:

“Pray in the Spirit . . .”

Let God lead you. When the Holy Spirit brings a person or idea to mind, stop and pray about them.

“at all times . . .”

There is never a bad time to pray. You can pray anytime, anywhere. You can pray all the time.

“with all kinds of prayers . . .”

There's not just one right way to pray. There are lots of kinds of prayers, depending on your emotions and circumstances. If you want a good example of different kinds of prayers, look at the book of Psalms. Psalms includes complaining prayers, crying-out prayers, comforting prayers, clarifying prayers, courageous prayers, confessing prayers, and celebrating prayers. You can even read the Psalms to God, making those prayers your own.

“asking for everything you need.”

There is no subject off-limits. There is nothing that you cannot pray about. If you're interested in it, God's interested in it. You can pray about physical issues, mental issues, financial issues, sexual issues, relational issues, career issues, or political issues. Pray about whatever you're interested in. Pray about everything.

“To do this you must always be ready . . .”

If you're going to pray all the time, then you have to always be ready—you've got to have a plan. Spontaneous prayers are great, but you need to plan some prayers too and think through when and where you want to pray—and what you want to pray about.

“and never give up.”

Never giving up simply means that you never stop praying.

“Always pray for all of God's people.”

That simply means that you're supposed to pray for everyone. And to do that, you'll need to pray throughout your day.

Start putting into practice these seven instructions and before long you'll find that, just like Paul, praying without ceasing will become part of your normal routine.

**A PATTERN
FOR PRAYING**
*throughout
Your Day*



First Thessalonians 5:17 says, *“Never stop praying”* (NLT). In other words, pray all the time! One way to pray all the time is to schedule prayer times throughout the day. It’s not a new idea. The Bible tells us about Daniel: *“He knelt down in prayer three times a day”* (Daniel 6:10 CEV). And the author of Psalm 119 wrote, *“Seven times a day I praise you”* (Psalm 119:164 NIV).

There are some simple ways you too can pray throughout your day. Whether you have 30 seconds or five minutes or more, it’s a simple pattern you can use in any stage of life.

1. Get up with gratitude.

Every day when you wake up, you get to choose your attitude—so choose gratitude! You might keep a gratitude list by your bedside, add to it each morning, and read over what you’ve been grateful for in the past. You can make a playlist of songs of gratitude and start your day worshiping. James 1:17 says, *“Whatever is good and perfect is a gift coming down to us from God our Father”* (NLT). Set the tone for your day by choosing gratitude.

2. Bless God’s name at breakfast.

When you bless someone, you honor, respect, and adore them. In the Bible, God has about 100 names in Hebrew and Greek. Each represents a character quality of God. The Bible calls God Abba, which is a name for a loving father. It calls him Jehovah Rapha, which means he’s a God who heals. And it calls him El Shaddai, almighty God. When you bless God’s name, you remind yourself of who he is and you’re able to relax and trust that God will take care of the details of your day. Psalm 9:10 says, *“Those who know your name trust in you, for you, O LORD, do not abandon those who search for you”* (NLT).

3. At midmorning remember what matters most.

Take a deep breath, pause, and align yourself with God’s purpose and plans for your life. Matthew 6:33 says, *“Seek first God’s kingdom and what God wants. Then all your other needs will be met as well”* (NCV). God has a plan for the whole world, and he has a plan for your life too. Remembering that truth in the middle of the morning will help you have the right perspective on your day’s work and help you put God’s agenda first.

4. List your needs at lunch.

Philippians 4:6-7 says, *“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus”* (NLT). By lunchtime, the burdens of your day can be piling up, so you need to take time to feed your soul, not just your body. You can do this by talking to God about what you need and about what other people need. And you can trust that he’ll answer: *“Jesus has the power of God, by which he has given us everything we need to live and to serve God”* (2 Peter 1:3 NCV).

5. Ask for forgiveness in the afternoon.

By the afternoon most days, you’ve had time to let some bad attitudes and actions—sins—build up. Taking out the garbage doesn’t take a long time, but it keeps your house from stinking. In the same way, you need to take out the garbage in your soul every day. Instead of letting sin pile up, you need to confess it and ask for forgiveness. You need to do what David did: *“Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting”* (Psalm 139:23-24 KJV). In the afternoon, just take a few minutes to ask God, “Lord, is there anything in my life I need to clean out? Is there any sin?” When he brings something to mind, confess it and ask for forgiveness.

6. In the evening, ask for help making wise decisions.

Whether you go to work or school or spend the day caregiving, you’re probably tired by the time evening rolls around. It can be easy to take your fatigue out on the people around you or to make bad choices about how you spend your time. Instead, ask for God’s help in resisting temptation and making wise decisions. The Bible promises that he’ll help you: *“God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure”* (1 Corinthians 10:13 NLT).

7. End your day with an encouraging truth.

As you get ready for bed, take time to read God’s promises in Scripture. You’ll be reminded that he’s in control and that he’ll win in the end. As Corrie Ten Boom said, “If you look at the world you’ll be distressed. If you look within, you’ll be depressed. If you look at Christ, you’ll be at rest.” End your day looking at God’s promises, and you’ll likely rest a whole lot easier.



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