



“Rejoice always, pray without ceasing, give thanks in all circumstances....”(1 Thessalonians 5:16) You know what? There’s no *after that verse that says, “unless you’re really busy.”

The busier you are, the more opportunity you have for praying always. Why? Because each new activity you begin offers you new possibilities for praying. And the good news is, that you can do so without making any significant changes to your schedule or time commitments. It’s all about shifting your thought process and turning ordinary, everyday moments into prayer. By keeping your connection with God open (like radio playing in the background) you can talk to God as you go through your day.

WAYS TO PRAY WITHOUT CEASING:

1. Begin your day with gratitude prayers to God, telling God what you are thankful for (new day, health job, family...)
2. Incorporate prayer into everyday tasks. For example:
 - On your way to work, pray for all those you will be working with and expect to encounter during that day.
 - While you are preparing a meal, pray for each person who will share that meal with you.,
 - If you are waiting in line, pray for the cashier and all those in line with you. (At St. Mary’s when I walked the hallways, I would often pray for all those who had walked that hallway and all who would do so that day.)
3. Tell God what He already knows. God already knows what’s in your heart—but when you talk to God and offer your thoughts to Him, your relationship deepens. God delights in this. And who doesn’t want to delight God?
4. Pray while you wait. Turn your car into a prayer closet. At stop lights, pray for all those you see, all who are travelling or anyone who might have been in an accident.
5. Give up worrying. We waste too many minutes (hours?) doing just that. Next time something weighs heavy on your heart, envision yourself extending it up to God and letting Him hold it for you. Then relax and don’t take back the weight of the worry. (“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”) (Philippians 4:6)
6. Stop talking once in a while. Instead, just listen. The number (or quality) of words we use in prayer doesn’t matter, because prayer is about God, not about us. Contemplate the nearness of God. Become aware of His presence. Don’t monopolize the dialogue, but spend some of your time just being, simply sitting and resting in His presence. And keep in mind that the best conversations are two-sided, but you won’t hear anything if you never stop to listen. (“And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words.”) (Matthew 6:7).

Rejoice and pray without ceasing.