

September 6, 2020



Most of us include quiet time for prayer each day but how do we pray **continuously** as the apostle Paul encouraged us? One way is through

“Split-second prayers”

These are **quick, impromptu thoughts** we express directly from our **heart** to the heart of God throughout the day, often times **without audible words**.

We can **begin** these brief prayers from the moment that we open our eyes in the morning. **“Thank you, Lord, for a new day.”** Or when driving to work **“Lord, bless my day.”** Or, when going to a staff meeting, **“God, give me wisdom to facilitate or participate in this meeting.”** Or, when I meet a co-worker who shares about his/her sick parent, **“Lord, heal his/her parent and strengthen my co-worker.”** **It’s amazing how many prayers can flow continuously throughout the day!**

It doesn’t require elaborate, lengthy sentences to reach the heart of God, a **little** lifting of the heart suffices; a little remembrance of God, one act of inward worship are prayers which, however **short**, are nevertheless acceptable to God.

The **split-second prayer** connects us with God when we or others need it most. The blind man by the Jericho Road cried out, “Jesus, Son of David, have mercy upon me.” The father with a sick child prayed, “I believe, help my unbelief.”

Maintaining a **prayerful mindset** helps us to stay in tune with God. As we make instant supplication for His will in our life or in the lives of others, we **invite** His intervention into the moment, thus receiving His blessing.

God bless you.

P.S. Looking for some volunteers to use split-second prayers and let me know the difference it makes in your life.