

# 5. Pray all day long

### 1 Thessalonians 5:12-24

12 Now we ask you, brothers, to respect those who work hard among you, who are over you in the Lord and who admonish you. 13 Hold them in the highest regard in love because of their work. Live in peace with each other. 14 And we urge you, brothers, warn those who are idle, encourage the timid, help the weak, be patient with everyone. 15 Make sure that nobody pays back wrong for wrong, but always try to be kind to each other and to everyone else. 16 Be joyful always; 17 **pray continually**; 18 give thanks in all circumstances, for this is God's will for you in Christ Jesus. 19 Do not put out the Spirit's fire; 20 do not treat prophecies with contempt. 21 Test everything. Hold on to the good. 22 Avoid every kind of evil. 23 May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. 24 The one who calls you is faithful and he will do it.

# 1. Stay in tune with God all day

# Keep your personal relationships straight

#### ▲ Employ proper respect for the pastors

1 Thessalonians 5:12 Now we ask you, brothers, to respect those who work hard among you, who are over you in the Lord and who admonish you. 13 Hold them in the highest regard in love because of their work.

#### ▲ Enjoy peaceful, patient, positive relationships with people

1 Thessalonians 5:13 Live in peace with each other. 14 And we urge you, brothers, warn those who are idle, encourage the timid, help the weak, be patient with everyone. 15 Make sure that nobody pays back wrong for wrong, but always try to be kind to each other and to everyone else.

## Keep your practical routines steady

#### ▲ Rejoice regularly

1 Thessalonians 5:16 Be joyful always;

#### ▲ Thank throughout

1 Thessalonians 5:18 give thanks in all circumstances, for this is God's will for you in Christ Jesus.

#### Stay sensitive to the Spirit

1 Thessalonians 5:19 Do not put out the Spirit's fire; 20 do not treat prophecies with contempt. 21 Test everything. Hold on to the good.

#### ▲ Be blameless in your behavior

1 Thessalonians 5:22 Avoid every kind of evil. 23 May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. 24 The one who calls you is faithful and he will do it.

#### ▲ Pray persistently

1 Thessalonians 5:17 pray continually;

# 2. Stay in touch with God all day

# Pray in your room for the day

#### ▲ Close the door

Matthew 6:6 When you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.

#### ▲ Commence the day

Psalm 5:3 In the morning, O LORD, you hear my voice; in the morning I lay my requests before you and wait in expectation.

Psalm 59:16 I will sing of your strength, in the morning I will sing of your love; for you are my fortress, my refuge in times of trouble.

Mark 1:35 Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

#### ▲ Commit to the daily discipline

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

Daniel 6:10 Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.

### ▼ Pray for the rest of your day

#### Whisper requests

Nehemiah 2:4 The king said to me, "What is it you want?" Then I prayed to the God of heaven, 5 and I answered the king,

#### Watch for windows and retreats

Luke 5:16 Jesus often withdrew to lonely places and prayed.

Isaiah 38:2 Hezekiah turned his face to the wall and prayed to the LORD,

#### Worship relentlessly

Ephesians 5:19 Sing and make music in your heart to the Lord, 20 always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ. Psalm 35:28 My tongue will speak of your righteousness and of your praises all day long.

Psalm 119:164 Seven times a day I praise you for your righteous laws.