

Pray First

Big Idea: We must pray continually

Pastor Brett Rush - Part 1

This week Pastor Brett kicked off our 21 Days of Prayer by unpacking 1 Thessalonians 5:17 “Never stop praying.” It’s not that we are to walk around continually with our heads bowed and our eyes closed. Rather, God is inviting us to see prayer as a way of living and breathing, a way of being connected to and communing with the Creator. Head up eyes open! The ever present, all knowing, God of the universe wants to talk with you. It’s all about shifting your thought process and turning everyday moments into prayer.

Here are 8 Practical ways to pray continually.

- 1. Begin with gratitude and thankfulness to God**
- 2. Incorporate prayer into everyday chores:** driving, folding laundry, washing dishes, showering, etc.
- 3. Tell God what He already knows.** Even though God already knows what you are going to say or think, He wants to hear from us! God delights in us like a parent delights in their children telling of their day.
- 4. Pray while you wait.** Lots of time is spent waiting in line: 2 years of your life! Pray for people in line, cashier, employees, farmers, truck drivers, etc.
- 5. When you mess up, admit it.** See 1 John 1:7-10 Something scary happens when we stop breathing – we die! When we stop praying, we are prone to believe the condemning lies of the enemy more than we believe the promises of our loving Savior. Never stop praying.
- 6. Give up worrying.** See Philippians 4:6 Worry is like a good rocking chair; it gives you something to do but doesn’t get us anywhere. Imagine someone carrying around a suitcase full of old junk and complain about their aching back. Put it down! LET GO! TRUST GOD. We are not made to worry! Ask God what your role is in the situation. Thank God for His involvement and direction.
- 7. Get real.** Many Old Testament leaders faced life and death situation. Some prayed and experienced God’s victory, others didn’t pray and experienced defeat.
- 8. Every once in a while, stop talking and just listen.** Psalm 46:10 says, “Be still.” Learn to recognize God’s voice by familiarizing yourself with what God has already said (in the Bible).

Discussion Questions

- Prayer – what are your first thoughts when you hear the word “prayer”? What formed your point of view?
- Which of the 8 practical ways to pray would you like to begin doing? Discuss this.
- Discuss why you believe going all in during the 21 Days of prayer will help you to experience God at a higher level.
- Explain your need for God then share how it looks to depend on Him. What practical steps need to be taken for you to rely on Him entirely?

Prayer Focus

Thank God for being a good Father who is attentive to your prayers and for being trustworthy and dependable. Pray and believe for God to move powerfully to bring revival to our nation, freedom to whatever area in which you are struggling, blessing where there is trouble, wisdom for any decisions you have coming up for your future, and victory over the enemy in every facet of your life.

Next Steps

Commit to participating in every Saturday prayer service during these 21 days. Stir up your faith, and expect God to move in your life in a powerful way.

Leader Tip

Personally invite someone who does not attend church to attend a service with you.