

**WARM UP |** Brother Lawrence (c. 1614 –1691) served as a lay brother in a Carmelite monastery in Paris. As a young man he was a soldier, then later in his life he entered the priory in Paris as a lay brother. In this role, he spent almost all of the rest of his life working in both the priory’s kitchen and as a repairer of sandals. However Brother Lawrence had a reputation for experiencing profound peace, with visitors hearing about his repeated efforts to keep his attention on God, no matter what chores or tasks were occupying him. Eventually this continual seeking of God became effortless and filled him with peace and joy during his work and rest. The wisdom he passed on would later become the basis for a book *The Practice of the Presence of God*.

**READ |** 1 Thessalonians 5:16-18

**BACKGROUND |**

The Greek word “without ceasing” means continuous action. Therefore, “praying without ceasing” means to pray continuously.

How is this possible though? With screaming deadlines and stressful jobs, how can we possibly “pray without ceasing” while dealing effectively with the rest of our lives?

Praying without ceasing means having an ever-open heart to the Lord’s leading. In a practical way this means small ongoing prayers of thanksgiving, praise and request throughout the day. This type of ongoing prayer allows us to be open to the leading of the Spirit when He urges us to pray for something or someone. Over time your life then becomes a “living prayer” and you are rewarded with more peace and a deeper relationship with the Lord.



**QUESTIONS |**

- 1 Why is praying without ceasing important to developing a deep spiritual life?
- 2 What are the benefits of this type of prayer?

**3** What are practical ways you can practise praying without ceasing:

With your family?

At work?

On the sports field?

At church?

In your community?

Any other areas?

**CONSIDER THIS |**

*Praying without ceasing should not take the place of regular Bible reading and time alone in prayer with God. Regular ‘quiet times’ are fundamental in a growing Christian’s life, and develop the foundation for our spiritual existence and faith.*

*During our busy lives, we can’t always ‘burst into tongues’, or stop and kneel in the middle of our office or building site, but our heart attitude can still be “praying without ceasing” and welcoming God into every situation.*



**MY RESPONSE AS A PROMISE KEEPER |**

**What do I need to apply from what I have learned from this study?**

**IT’S TIME FOR PRAYER |**

**WRAP UP |**

As a group, discuss how you can support and be accountable to each other in this new and exciting challenge. Pray together, “Lord open our hearts and help us to include You in every decision and situation in our lives.”