



PRAY WITHOUT CEASING

EMBRACING CONTINUOUS SPIRITUAL
CONNECTION AND DEVOTION!

SISTERS MANTRA

There's nothing too hard for
God.

I am a daughter of the King.

God sees me!

He has great plans for me!

I will strive to live as a
Christian should.

I will inspire and encourage
my sisters to do the same.



PREVIOUS LESSONS ON PRAYERS

P.R.A.Y Framework – Sis. Yoanda Basiey

Why We Doubt – Sis. Ravonda Conner

Keys to Effective Prayer – Sis. Jessica Tolbert

WHAT DOES 'PRAY
WITHOUT CEASING'
LOOK LIKE TO YOU?



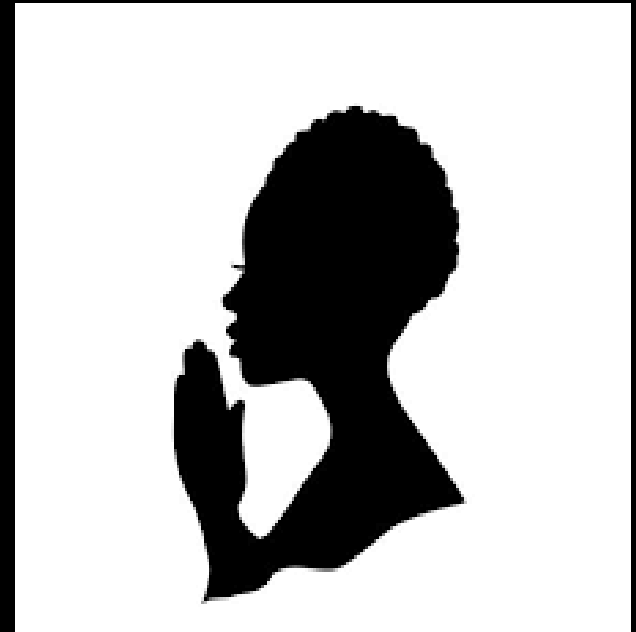
PRAY WITHOUT CEASING...
WHAT CHANGED FOR ME?

WHAT DOES IT MEAN TO PRAY WITHOUT CEASING?

Biblical Foundation

1 Thessalonians 5:17

- Prayer as ongoing communication with God
- Staying spiritually aware and connected
- Inviting God into every moment



WHY PRAYER MUST BE A LIFESTYLE?



Timothy & Michelle Jones,
Meijoly, Maeamour & Timothy Kce'

Scripture:
Philippians 4:6

Instead of anxiety, we bring everything to God in prayer.

WHY PRAYER MUST BE A LIFESTYLE CONT...?

- **Strengthens our relationship with God**
- **Keeps our hearts aligned with His will**
- **Builds spiritual resilience**
- **Invites God's guidance into daily decisions**

*Believe in what you
prayed for.*

DAILY PRAYER HABITS

DAILY HABITS FOR CONSISTENT PRAYER

Scripture: 2 Timothy 1:3

Be constantly in prayer night and day

- Morning Prayers
- Evening Prayers
- During Worship
- Expression of Gratitude
- Daily Tasks
- Prayer Groups



7 WAYS TO DEVELOP A HABIT OF PRAYER



1. Schedule Your Prayer Time



2. Make a Prayer List



3. Keep a Prayer Journal



Find an Accountability Partner



5. Pray Coming and Going



6. Pray Immediately



7. Pray Continually

OBSTACLES TO PRAYER

OBSTACLES TO CONSISTENT PRAYER

Ephesians 6:18

Prayer and request, pray at all times in the Spirit

Luke 18:1

Jesus parable was telling them at all times, they ought to pray and not become discouraged.

Common Prayer Obstacles

- Distractions,
- Busyness, and
- Self-doubt.

Prayer is more powerful
than your obstacles.

IN CONCLUSION

God desires a relationship with us

Prayer invites His presence into our daily lives

We grow stronger as we stay connected

Prayer is an invitation not a burden

Keep encouraging, praying and loving one another.

KEY TAKEAWAYS

Consistency and Intentionality-Consistent and intentional prayer forms the foundation of continuous spiritual connection and growth.

Overcoming Obstacles-Identifying challenges and using practical strategies helps develop sustainable prayer habits.

Biblical Support and Transformation- Biblical examples show that continual prayer is possible and leads to spiritual transformation.

Spiritual Benefits-A prayerful lifestyle strengthens faith, deepens intimacy with God, and brings peace and purpose



SCRIPTURES ON PRAYER

1 THESSALONIANS 5:16-17

LUKE 18:1

EPHESIANS 6:18

PHILIPPIANS 4:6

2 TIMOTHY 18:1

QUESTIONS? & COMMENTS
