

Worship Discussion and Reflection Questions

Sermon: How to Pray Without Ceasing

Scripture: 1 Thessalonians 5:12-24

¹² We ask you, brothers, to respect those who labor among you and are over you in the Lord and admonish you, ¹³ and to esteem them very highly in love because of their work. Be at peace among yourselves. ¹⁴ And we urge you, brothers, admonish the idle, ¹⁵ encourage the fainthearted, help the weak, be patient with them all. ¹⁵ See that no one repays anyone evil for evil, but always seek to do good to one another and to everyone. ¹⁶ Rejoice always, ¹⁷ pray without ceasing, ¹⁸ give thanks in all circumstances; for this is the will of God in Christ Jesus for you. ¹⁹ Do not quench the Spirit. ²⁰ Do not despise prophecies, ²¹ but test everything; hold fast what is good. ²² Abstain from every form of evil.

²³ Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. ²⁴ He who calls you is faithful; he will surely do it.

Questions:

1. When you hear the encouragement to “pray without ceasing” what goes through your mind? Do you think of prayer as more of a command or an invitation?
2. How does seeing prayer as a gift to be received, a privilege, and a delight change how you approach talking to God?
3. In Pete Grieg’s book, [*How to Pray: A Simple Guide for Normal People*](#), he includes this encouragement in prayer: “Keep it simple, keep it real, and keep it up.” Consider how this simple statement can help you in daily prayer.
4. Have you ever gotten stuck when it comes to prayer? It can be really difficult. What have you learned about your tendencies with those struggles? What have you learned about getting un-stuck?
5. What do you make of *contemplative prayer*, or as Richard Foster describes it, “loving attentiveness to God?” How will you practice it this week?

Guided Prayer:

Father, what a gift and a privilege it is to come to You in prayer. We want to know You more deeply, to experience communion with You, and to know Your will for our lives. Help us to remain in Your love. Guide us, Holy Spirit, in all that we do. Compel us to seek You more and more regularly so that prayer becomes our first instinct, not our last resort. Teach us to savor being with You. Lead us in the way everlasting. In Jesus’ Name. Amen.

Praying for you!

Pastor Chris