

## Pray Without Ceasing!

It's easy to become burdened by the weight of the world's problems. There are problems all around us being amplified by the news and social media. How do we handle such a barrage of problems and information? How do we keep from being overwhelmed and from experiencing sensory overload? How do we keep our minds fixed on Him?

We could turn off the news and unplug from social media, but we know that is not our first recourse, nor is it our desire. We want to know what's going on around us. We need to be informed and connected but information and connectivity can leave us feeling, exhausted and hopeless, and sometimes fearful. What can we do? How can we affect the world around us in a positive way?

Pray! Pray, without ceasing. Yet praying without ceasing can seem to be burdensome as well, nevertheless, Paul entreats us to, "pray constantly, give thanks for everything, for this is God's will for you in Christ Jesus." I Thessalonians 5:17-18

Prayer accomplishes several outcomes:

- We acknowledge that we need God's help
- Allows us to take action without taking on the burden
- Invites God into the situation
- Allows us to relinquish control to God
- Allows us to be part of the solution without draining our energy
- Allows us to give thanks in advance for the solution
- Allow us to seek God's will in any given situation

So next time you hear a siren, pray. Pray that those responding to the incident or accident will get there safely and in time. Pray for those needing help in the midst of a crisis. The next time you see someone pulled over by the policemen, pray. Pray that everyone makes it home safely.

The next time someone shares their problem with you, pray. Pray right then, that God will solve their problem. The next time you see a homeless person, wandering in despair, pray. Pray for God's blessings and comfort. Pray that all of their needs will be met in a loving way.

The next time, you hear something disturbing on the news, don't turn off the TV, pray. Pray for God's intervention and will in the situation. Then begin to express gratitude for God hearing and answering your prayer. Thank Him for stepping in, taking control, and bringing His will to bear on the situation.

This posture of ceaseless reminds me of an old spiritual song that says, "take your burdens to the Lord, leave them there." Yes, once you get God involved through prayer, leave your burden with Him. There is great comfort in knowing we can call on Him and he will answer. Psalm 91:15

When problems seem to be endless, praying without ceasing is the  
*best* thing we can do.

Pray! Pray! Pray!

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