

## **Quick Word of Prayer**

### **Ready:**

“Never stop praying.” - 2 Thessalonians 5:17

### **Set**

We say it all the time. It has become part of our lingo, and we don't realize we are saying it. Most church meetings begin with these words: *Let's have a quick word of prayer.* I believe these seven words grieve God's heart, because He desires a lasting conversation—not lip service.

The underlying message is, “Before we get to the important stuff, let's rush through the God stuff.” It becomes a rote habit that bypasses our heart. It helps us look spiritual, but lacks power. Connecting with God can't be rushed. God must think, “*There they go again! I wish they wouldn't think of Me as a ritual or a rabbit's foot that they can rub for good luck before they start their meeting.*”

***Prayer isn't something to rush through to get to the work.  
Prayer is the work!***

***It happens everywhere.*** We have a quick word of prayer in the locker room, church, and home. It has permeated our entire Christian culture, especially the world of sports. I am still waiting for the pastor to get up on a Sunday morning and say, “We have so many needs, concerns, and opportunities that we need God to intercede. So let's have a long word of prayer.”

Martin Luther was once asked what his plans for the following day were, and he answered: “Work, work, from early until late. In fact, I have so much to do that I shall spend the first three hours in prayer.” The busier he got, the more he prayed. In today's world, that is counterintuitive. When we get busy, we reduce or eliminate our time with the Lord. Maybe that is why we are okay with a quick word of prayer. We have short prayers privately, so it becomes publicly acceptable. But prayer was never intended to be confined to a pre-game blessing or to start a meeting. It's an all-day deal.

*“We are to ‘keep the receiver off the hook’ and be in touch with God so that  
our praying is part of a long conversation that is not broken.”*  
- Warren Wiersbe

***Prayer needs to be the driving force in our lives.*** It's our greatest weapon. We need to move from mini prayers to mighty prayers, short prayers to long prayers, occasional prayers to often prayers and shallow prayers to deep prayers.

***Prayer makes us.  
Prayer molds us.  
Prayer matures us.***

**Continuous, Non-Stop Prayer.** In 2 Thessalonians 5:17, Paul encourages us to pray without ceasing. He tells us to keep the lines of communication with the Father open at all times in every circumstance. Paul's encouragement is for us to have a life of prayer. Jesus frequently got away to pray; He told us to stay connected to the vine where we get every nutrient for life.

Our lives should be one continuous prayer. Remember, we shouldn't just pray for the work. Prayer is the work. Great prayer matures a leader, and a great leader matures in prayer.

**Be quick to pray...not pray quickly. Let's have along word of prayer!**

**Go**

1. Why is quick prayer a part of the sports world?
2. How would you define your prayers in a word or two? How would you want to define your prayers?
3. As an athlete or coach, how can you be quick to pray but not pray quickly?

**Workout** Ephesians 6:18 Philippians 4:6-7

**Overtime** "Father, please forgive me for praying quickly when I should be praying constantly. Help me to always be quick to pray but not to rush through prayer. I don't want to dishonor You by always rushing when I speak with You. Long conversations with You help me to understand Your heart. Quick prayers prevent my relationship with You from growing. Teach me Lord to pray. In Jesus' name, Amen."

**Bible Reference:**

2 Thessalonians 5



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