

## **Quick Word of Prayer**

### **Ready:**

*“Never stop praying.”* – 1 Thessalonians 5:17

### **Set**

We say it all the time: “Let’s have a quick word of prayer.” The underlying message here is, “Before we get to the important stuff, let’s rush through the God stuff.” But connecting with God can’t be rushed. Prayer isn’t something to hurry through to get to the work. Prayer *is* the work!

We often have a “quick word of prayer” in the locker room, at church or at home, but prayer was never intended to be confined to a pre-game blessing or the start of a meal. It’s a nonstop conversation. It needs to be the driving force in our lives because it’s our greatest weapon against the enemy and our greatest connection to the Father.

In 1 Thessalonians 5:17, Paul encourages us to pray without ceasing. He tells us to keep the lines of communication with God open at all times and to live a life of prayer. Jesus modeled and encouraged that by frequently getting away to pray, telling us to stay connected to Father and to ask for things in His name.

If we really want to live and compete at our potential, we must learn to pray. Prayer is what makes us, molds us and matures us. It helps us handle every situation on the field and off with spiritual maturity and grace. But it won’t change us if we rush through it without regard for what we’re praying.

Instead of praying real quick, let’s be quick to pray and watch Him work in and through us.

### **Go**

1. How would you define your prayers?
2. How would you *want* to define your prayers?
3. How can you be quick to pray without pray quickly?

### **Workout**

Ephesians 6:18

Philippians 4:6-7

### Overtime

“Father, forgive me for praying quickly when I should be praying constantly. Help me to be quick to pray without hurrying through prayer. I don’t want to dishonor You by always rushing when I speak with You. Teach me to pray, Lord. In Jesus’ name I pray. Amen.”

### Bible Reference:

Ephesians 6:18

Philippians 4:6-7



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