

Pray without Ceasing

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Good morning, everyone. Glad you could join us this morning. Have you ever thought about some of the things that we just do automatically all day long without even thinking about them? Like blinking, right, you don't have to think when you blink your eyes. It just happens. Sometimes maybe if you get some wind in your eyes. And your eyes are a little dry, you blink little extra. Maybe you get a piece of dirt in your eyes and you blink a little bit more trying to get it out. And we don't think about it. It just happens. We blink our eyes. What else do we do that we don't think about too much? What about breathing? Right? We kind of breathe all day long. And we don't think about breathing. We just breathe. And if we're running around with our friends, maybe we get a little winded there and we're exercising and we breathe a little harder. You know? [sound of heavy breathing] Because we've been running, And we calm down and our breathing slows down, go to sleep, our breathing is even slower. And so we don't think about it. It just happens, we breathe. Do you know how long you can hold your breath for? If you think a big breath. How long can you hold your breath for? Maybe that's something fun you can do this afternoon with your parents asking them to get out their cell phone and their timer. And time how long you can hold your breath and see who can hold their breath the longest. I used to be pretty good at that. I did a lot of swimming. But I don't know I haven't done that in a while. But, you know, we don't think about our breathing too much. It just happens. We do it without stopping. I mean, if we stopped breathing it be kind of a bad thing, right?

And you know, the Bible tells us to do something without thinking. And First Thessalonians 5:17 The apostle Paul tells us pray without ceasing. Now, do you know what the word ceasing means? It's kind of a big word. Yeah, means stopping, to cease means to stop. And so pray without stopping. That's kind of weird. It's gonna be hard to pray all day long. walk around with your hands folded in your eyes closed. And how would you get anything done all day long. You couldn't walk anywhere you'd bump into things. Mom and dad couldn't drive the car with their eyes closed. You couldn't go to work, you couldn't go to school, it'd be hard to play with your friends and you couldn't eat, couldn't make food. I mean, how do you pray without ceasing?

Well, maybe that's not exactly what he meant. What if we imagine Jesus as being our friend and being right there next to us and with us. And so we could just talk to him all day long. And when something happens, that makes us scared, or makes us worried or makes us happy, We just say, Jesus, thank you. That made me happy. Thank you for that. Or just that makes me scared. Please be with me. That makes me sad. Jesus help me to not be sad. Whatever the case may be, what happens if we walk outside and we see something beautiful? A butterfly or a hummingbird? Maybe we think Jesus, thank you for that. Look how beautiful that was. Or maybe we need something, we need some help with something. Jesus I have to take a big test at school today. Help me with my test. And this probably doesn't happen at your house. But maybe it happens in other people's houses. Mom or Dad lose their car keys. And everybody's looking for the car keys. Where are the keys?! Who took the keys?! Did you take the keys?? they blame you. You were playing with the keys, you're like, I didn't touch the keys. It's not me. They blame the dog,

the dog took the keys. Maybe that's a time to say, Jesus, please help us find the keys. And after you find the keys, maybe you can say Jesus, thank you so much for helping us to find the keys. And pretty soon, you're just talking to Jesus, like he's right there with you every day because he is right there with you.

And it doesn't become so much about folding your hands and closing your eyes. But just having a conversation with your friend. And it can go on all day long because he's there with you. You don't have to talk to him every minute of every second. But you just continue to talk all day long. And this takes a little work. This takes a little effort to be able to do this, but I think you guys can do this. And then we can follow what the Bible says to pray without ceasing. Alright, Let's bow our heads and close our eyes and have a little word of prayer. Heavenly Father Thank you so much for these children that are listening to this story today. We ask that you be with them. Help them to master the art of praying without ceasing. prompt them and remind them and help them remember, when would be a good time to pray, to talk, to say thank you, to say be with me, to say Please help me. Lord, you're always there with us. Help us never forget that. Help us to always be talking to you. Thank you so much for all you do. And please bring us back again. Jesus name. Amen.

Thank you so much for listening. We'll see you next time.