

NEVER STOP PRAYING

A prayer lesson on making prayer a way of life

PURPOSE STATEMENT

Prayer isn't meant to be a once-a-day ritual — it's meant to be a way of life. This lesson helps participants see what 1 Thessalonians 5:16–18 teaches about praying continually, discover that a life of prayer is God's own will for them, and grow in confidence to make prayer a constant conversation with God.

NOTE TO THE FACILITATOR

Teach each point, then pause to discuss before moving on. This lesson works in a large group, a small class, or one-on-one. For tips on leading the prayer activity well and an optional group game, see the companion post at redeemedblog.com. The TWI Prayer Guide worksheet is available there too.

FOCUS

- 1. What's a habit you do so often it's become second nature — almost without thinking?**
- 2. Who is someone you find yourself talking to throughout the day, not just once? Why them?**

STUDY

PAUSE HERE

Here's the big idea we're building toward: prayer isn't meant to be a once-a-day ritual — it's meant to be a constant conversation with a God who is always near. And it's not just a nice idea; it's God's will for us.

Before we read our passage, let's ground ourselves in its context. First Thessalonians is a letter in the New Testament, written by the apostle Paul to a young church in the city of Thessalonica, where new believers were facing real pressure for their faith. Paul writes to encourage and strengthen them, and near the end of the letter he gives several short, practical commands for everyday Christian life. Three of them, packed into a single sentence, tell us how to stay close to God: rejoice always, pray without ceasing, give thanks in all circumstances.

READ PHILIPPIANS 4:6–7

POINT 1 • THIS IS GOD'S WILL FOR YOU

1. According to verse 18, what is God's will for us?

PAUSE HERE

Many people spend a lot of energy wondering what God's will for their life is. Here, part of it is stated plainly: to rejoice, to pray, and to give thanks. And notice who it's for — "the will of God in Christ Jesus for you." This isn't reserved for the especially spiritual. Prayer isn't an optional extra for the super-devout; it's part of God's good design for every one of His children.

2. God's commands are always for our good. Why do you think a life of prayer is part of His will — how is it good for us?

3. Does knowing prayer is God's will change the way you think about it? How?

POINT 2 • PRAY WITHOUT CEASING

4. What does verse 17 tell us to do — and how often?

PAUSE HERE

"Pray without ceasing" doesn't mean saying words nonstop or living in a chapel. It means keeping an ongoing conversation with God all through the day — turning to Him in the small moments, the hard moments, and the good ones. Prayer becomes less a scheduled event and more a running dialogue with a Father who is always near.

5. What do you think it actually looks like to "pray without ceasing" in an ordinary day?

6. What moments in your day could become little conversations with God?

POINT 3 • JESUS SHOWS US A LIFE OF PRAYER

7. Think about all the different moments we see Jesus praying — before feeding the five thousand (Matthew 14:19), while blessing the children (Matthew 19:13), for His disciples and all who would follow Him (John 17), and even from the cross (Luke 23:34). What does that pattern show us about His prayer life?

PAUSE HERE

Jesus is the greatest example of what it means to pray without ceasing. Prayer wasn't a scheduled slot in His day — it was woven through everything: feeding a hungry crowd and blessing little children, interceding for His followers and crying out from the cross. And notice — constant prayer doesn't mean only slipping away to a quiet place (though Jesus did that too); it means staying in conversation with the Father through every kind of moment, in every circumstance. If the Son of God lived in that constant dependence on His Father, how much more do we need to?

- 8. Jesus was the Son of God — why do you think He still made prayer such a constant part of His life?**
- 9. How constant is prayer in your own life right now — is it more of a scheduled event, or an ongoing conversation?**

APPLICATION

PAUSE HERE

Let's bring it together. Prayer isn't reserved for the especially spiritual — it's God's will for every one of us, and it's for our good. It's meant to be less a scheduled event and more a constant conversation with a God who is always near. And Jesus showed us it can be done: He wove prayer through every part of His life, depending on the Father in every kind of moment. A prayer life like that grows stronger with practice, and in a few minutes we'll learn a simple model for prayer — one you can carry with you and use anytime. But first, take a moment to consider what a life of constant prayer could look like for you.

- 1. Based on the Scripture we read today, how does God want us to view prayer?**
- 2. What is one way you will grow in your prayer life this week?**

PRAY TOGETHER

Carve out time to pray as a group. Praying out loud can feel intimidating at first, but the more we do it, the more natural it becomes. Consider using the TWI method — praying in three parts: Thanksgiving, Worship, and Intercession. You can find the TWI handout at redeemedblog.com on the Leader Resources page.