

HOW TO PRAY ALWAYS

Ephesians 6:18 says, " Pray in the power of the Holy Spirit on every occasion and pray for God's people always." Always? How can we understand this scripture without weakening the meaning? Can we really pray all day? Well, as committed Christians, we should surely work at it. Each will have to work out their own approach, so here are some suggestions to get you started.

1. You have to want to do it more than you want to do some other things.
2. You need to Love God above all else. You need to have a close personal relationship with Jesus, and you need to be full of the Holy Spirit. How's That for Trinity in action?
3. You need to start each day with a set aside time of prayer. This should include both praise and intercession for God's people. It will be difficult to pray all day without this start. Likewise it is difficult to have a powerful prayer time unless it comes from a lifestyle of prayer. Meaningful morning prayer will stay with you all day.
4. Learn to repent quickly after every little wrongdoing. All sin puts us out of that close walk with the Lord. Even our sin can be a reminder to pray.
5. Forgive others quickly after any irritation. Any hard feelings tend to get between us and our fellowship with God. Let the Blood of Jesus wash them away as soon as they come.
6. Offer your day to the Lord each morning so everything you do is joined with the merits of Jesus and becomes a prayer.
7. Guard your thought life. Learn to keep your mind clean. Nothing in the Devil's tool box keeps us from constant fellowship with Jesus as much as impure thoughts and desires. These thoughts do come, but in the power of the Holy Spirit we can shut them off the second they arrive.
8. Walk in the Word. Make Scripture an intimate part of your day. Know enough Bible passages to fit the situations of your day. Memorize some verses and repeat them often during the day.
9. Get into the habit of simply talking to the Lord about everything going on in your day. He is interested.
10. Listen to the Lord and let Him guide you all day long. The more obedient you become to this, the more you will hear Him. Start by being obedient even if you are not absolutely sure. Do this at the risk of even feeling slightly foolish, as long as it's harmless. God will love you for it.
11. Keep tongues at the tip of your tongue. Silently or aloud, use your prayer language at least every hour, if not oftener.
12. Remember; when you feel least like praying is when you need it most.
13. Look for chances to do God's work; to help someone, to witness, to counsel, to listen, to intercede.
14. Create a Christian environment to live and work in. Christian background music or radio, Pictures, posters, banners, religious jewelry, a cross in your pocket. Such symbols and reminders help set the mood.
15. Try to be with someone who talks about the Lord for a while each day.
16. Let a good song dance in your head all day.
17. Do an extra good job of whatever you do for the honor and glory of God.
18. Avoid when possible, situations that draw you away from the Lord, such as violent TV, overpowering music, even mild porn, bad language, jokes, etc.
19. Use ejaculatory prayers throughout the day. "thank you Jesus", "Praise the Lord", "My Lord and my God", "Lord have mercy on me a sinner", etc.

20. Repeat the Jesus Prayer for ten minutes or once around the rosary, and then let it echo in your spirit the rest of the day. "Lord Jesus Christ, son of the living God, have mercy on me a sinner."
21. Remember, fasting helps make your commitments real.
22. Ask God's help in staying in touch throughout the day. without His help it can't be done. Pray for the grace of constant prayer.
23. Use all your activities as symbols in prayer. For example, when you pour a glass of milk for a child, say, "let this be how he is filled with God's love," When you drive a nail meditate on the cross. What prayer could come to mind when you change spark plugs in your car? When you brush your teeth?
24. Smile. Practice being cheerful to everyone. In everything, give thanks.
25. Let Jesus be alive in you in the power of the Holy Spirit. Walk in an awareness of this miracle.
26. Avoid any near occasion of sin. If you go to a tempting occasion on purpose, the Holy Spirit stays home.
27. Try occasionally to spend a whole day or a good part of a day in active prayer, alone somewhere.
28. Meditate, read and study about prayer, and the prayer methods of the Saints. (but don't get hung up on methods)
29. Don't become discouraged when you fail to pray always. Keep working on it. It's a lifelong process.
30. If you have pain and suffering in your life and this is offered with Jesus, your commitment to, "pray always," is more sure because every ache can call you to prayer.
31. Mass and sacraments keep the grace of God active in your life.
32. Try different techniques that suit your style. Try one or two minutes of prayer and praise by the clock before every new activity during your day. Or try making prayer reminders of items and events in your day, like getting a drink of water, going through a door picking up a pencil, etc.