

Written by Jill Reese

## **1 Thessalonians 5:17** pray continually

I read a book a number of years ago. The author spoke of doing his gardening and chores while praying. Praying continuously throughout his day. I was intrigued by this idea and I thought well, I garden and I do chores, maybe I'll give it a go.

Initially, my prayers were few and far between. You know, the usual... mealtimes, before bed times, waking up in the morning times. As time has progressed my prayers have turned into behind-the-wheel-of-my-car prayers, blow-my-hair-dry prayers, and walking-on-the-treadmill prayers. I pray over the lawnmower before I try to start it and yes, I pray for a parking space at the mall. I pray for my family, my friends, and even people I don't know. I don't pray continually throughout my day, but it is a goal that I'm working towards.

Prayer- Thank you Lord for this day. Thank you for the sun and the moon and the stars in the sky. Thank you for being the one, true God. The God of Abraham and Moses; my God, my Father, my friend. I pray that I can be a better daughter and a better friend to you. I pray that our relationship deepens and that my love and trust in you Lord can only grow. Help me to bless others as you have blessed me. In Jesus's name. Amen.