

Lifestyle Praying

By Thetus Tenney

The two building blocks of the Christian life are prayer and the Word. These building blocks are the source of all spiritual sustenance, guidance, and help. Prayer and the study and use of God's Word are not simply spiritual activities; they are the skeletal structure of spiritual living.

Prayer, in its many forms, has been explored for us by outstanding teachers. It is explored by us as we diligently apply ourselves to the noble art of praying. Intercession, supplication, thanksgiving—the forms and patterns of all prayers fit into the life of prayer, but prayer as a lifestyle is what we need the most.

There should be special and consistent times set apart for praying. The daily time dedicated to conversing with God, the weekly prayer meeting, and the other designated times of prayer should furnish us with the structure of prayer. But we are missing something when we do not “*pray without ceasing*,” are not “*instant in prayer*,” “*praying always*,” or “*at every remembrance*.”

The Holy Spirit dwelling within us is a constant companion; therefore, we should always be conscious of our communication with the abiding presence of God. Lifestyle praying—making all day, every day, a running conversation with God—helps us bring “*every thought into captivity*.”

Lifestyle praying embraces intercessions as we give vent to deep-seated burdens. An awareness of personal needs, such as guidance and patience, brings us into supplication. Recognition of all the blessings in daily life fills our heart, mouth, and days with thanksgiving.

Lifestyle praying—making prayer our spiritual breath—sensitizes our response to His ability, until praise lifts Him high, ruling over all the time and events of our everyday living.

Personal devotion time is enriched by mixing prayer, the Word, and meditation. In this way you talk to God, learn from His Word, and listen with your spiritual ears for Him to share His mind with you. Scripture teaches us that faith comes by hearing the Word of God.

A marvelous and amazing thing happens in our spirit as we mix the Word with prayer. It is powerful to quote verses of Scripture in prayers as the apostles did in Acts 4.

Practicing the presence of God releases the power gained in private devotions. “Even when we are not making actual addresses to God, we must have habitual inclination towards Him” (Matthew Henry).

When I consciously live aware of God in me, prayer is the attitude of my heart, not just a proper Christian exercise. *“This is the day which the LORD hath made; we will rejoice and be glad in it”* (Psalm 118:24). *“My tongue shall speak of thy righteousness and of thy praise all the day long”* (Psalm 35:28). *“Seek the LORD, and his strength; seek his presence continually”* (Psalm 105:4, ESV).

Living with Kingdom consciousness erases the line of secular and sacred. Truly, your life is a ministry, and where you are is a mission. *“Of the increase of his government and peace there shall be no end”* (Isaiah 9:7).

With lifestyle praying, consistent Bible study, and meditation, you will be able to relate God’s Word, will, and provision to all of life as you discipline yourself to the consciousness of His indwelling presence. *“Christ in you....”*