

5. Prayer – Praying Without Ceasing

Read John 20:22

Why would Jesus blow on the disciple's face? _____

Desire of Ages page 805

The Holy Spirit is the breath of spiritual life in the soul. The impartation of the Spirit is the impartation of the life of Christ. It imbues the receiver with the attributes of Christ.

What are some similarities between breath and the Holy Spirit?

How long can you hold your breath? *(Actually time yourself)*

_____ Minutes _____ Seconds

This exercise is a parable. What lessons does it teach you about the Holy Spirit? _____

How can you connect to The Holy Spirit? _____

Read 1 Thessalonians 5:17

How can you pray without stopping? _____

Read Psalms 63:6

What does it mean to meditate?

The Merriam-Webster dictionary defines 'meditate' as 'to focus one's _____'.

Using the definition of 'meditate' how can one pray without ceasing?

Being that meditation is a form of prayer, one way to 'pray without ceasing' is to 'meditate without ceasing.' In other words, it is keeping your mind _____ on God all throughout the day.

How can we keep focused on God throughout the day? _____

Read Psalms 4:4

Why should we direct the thoughts of our heart towards God? _____

How often do we think?

All the _____. We naturally think without ceasing.

Even your very thoughts, if directed towards God, can be a form of prayer.

So, if we direct all those constant thoughts that we have towards God, then we have a constant stream of prayer. It will become as natural as breathing.

Will you try praying without ceasing this week? _____