

*Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you. (1 Thessalonians 5:16-18, NIV)*

## **Pray Continually**

Is your “prayer time” frustrating for you? Do you struggle with a wandering mind? The harder you try to pull in your wayward thoughts, the more they scatter in every direction!

If this is you, the solution can be simple: develop the habit of continual conversation with God. Whether at prayer or at work, turn your heart and mind to God. Thank Him. Praise Him. Ask for His help to do whatever needs to be done.

Don't just store up things to pray about. Talk to Him on the spot. As you learn to speak to Him throughout the day, your times of special prayer will become more easy and natural as well.

**Hymn: [Turn Your Thoughts to God](#)**

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