

*Pray*  
**BOLDLY**



A woman with long dark hair, wearing a black t-shirt, is shown in profile from the chest up. She has her right hand raised to her face, with her fingers resting against her cheek and chin, appearing to be in deep thought or listening intently. The background is dark and out of focus, suggesting an indoor setting. The text 'Pray BOLDLY' is visible on her t-shirt.

**Staying in Touch**  
**1 Thessalonians 5:16-18**

*Pray*  
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1 Thessalonians 5:16-18 (ESV)

<sup>16</sup>Rejoice always, <sup>17</sup>pray without ceasing,  
<sup>18</sup>give thanks in all circumstances; for this is  
the will of God in Christ Jesus for you.

*Pray*  
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A woman with long dark hair, wearing a black t-shirt, is shown in profile from the chest up. She has her right hand raised to her face, with her fingers resting against her cheek and chin, suggesting a state of deep thought or prayer. The background is dark and out of focus, with a soft light source creating a gentle glow around her. The t-shirt she is wearing has the words 'Pray BOLDLY' printed on it in a glowing, neon-like font.

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**1 Thessalonians 5:16-18**

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# How to Pray without Ceasing

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# 1: Foster an Attitude of Dependence on God

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## John 15:4-5 (ESV)

<sup>4</sup>Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me.

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## John 15:4-5 (ESV)

<sup>5</sup>I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.

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## Mark 2:23-28 (ESV)

<sup>23</sup>One Sabbath he was going through the grainfields, and as they made their way, his disciples began to pluck heads of grain.

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## Mark 2:23-28 (ESV)

<sup>24</sup>And the Pharisees were saying to him,  
“Look, why are they doing what is not lawful  
on the Sabbath?”

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## Mark 2:23-28 (ESV)

<sup>25</sup>And he said to them, “Have you never read what David did, when he was in need and was hungry, he and those who were with him:



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## Mark 2:23-28 (ESV)

<sup>26</sup>how he entered the house of God, in the time of Abiathar the high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and also gave it to those who were with him?”

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## Mark 2:23-28 (ESV)

<sup>27</sup>And he said to them, “The Sabbath was made for man, not man for the Sabbath.



*Pray*  
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## Mark 2:23-28 (ESV)

<sup>28</sup>“So the Son of Man is lord even of the Sabbath.”



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## 2: Plan Times of Prayer

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## Luke 5:16 (ESV)

<sup>16</sup>But he would withdraw to desolate places and pray.



*Pray*  
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## Acts 3:1 (ESV)

<sup>1</sup>Now Peter and John were going up to the temple at the hour of prayer, the ninth hour.



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## Acts 16:16 (ESV)

<sup>16</sup>As we were going to the place of prayer, we were met by a slave girl who had a spirit of divination and brought her owners much gain by fortune-telling.



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## Acts 10:9 (ESV)

⁹The next day, as they were on their journey and approaching the city, Peter went up on the housetop about the sixth hour to pray.

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# 3: Don't Give Up

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## Ephesians 6:18 (ESV)

<sup>18</sup>praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints,

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## Luke 18:1 (ESV)

<sup>1</sup>And he told them a parable to the effect that they ought always to pray and not lose heart.

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**Staying in Touch**  
**1 Thessalonians 5:16-18**

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