

These questions are for the January 4, 2026, message, “Pray without ceasing.” Please read the sermon passage (1 Thess 5:14-24) out loud.

Passage Outline

1. What does it mean to “pray without ceasing”?
 - a. Constantly ready to ask (“Help, Lord!”) and trust (whatever the result) the Lord.
 - b. Pray often and repeatedly.
 - c. Develop a life of dependence upon God. This usually means waiting.
 - d. Don’t give up on praying. Don’t turn to your own desires.
2. What should we pray for?
 - a. PAST: thank God for Kingdom advancement (1:7-8; 2:13; 3:7; 4:1; 5:18).
 - b. FUTURE: hope in God for future grace (1:10; 2:17-20; 3:13; 4:16-18; 5:23-24).
 - c. PRESENT: everything.
 - i. Big Kingdom goals like holiness and discipleship (Matt 6:9-14)
 - ii. Regular, everyday things like decisions, food and job stuff.
3. Practical goals:
 - a. Humility: Be a prayer intercessor, praying for others (try the Prayer Mate app).
 - b. Transformation: prayer exists to bend your will to God’s (not vice versa).
 - c. Dependence: planned praying sets you up to be more spontaneous.

Life Group Discussion Questions

1. Based on #1, above: Discuss where you are strong and weak in terms of “praying without ceasing.” In what ways are you most inconsistent? In what ways do you see growth? We discussed three hurdles to praying: self-sufficiency, blindness and ineffectiveness. Which one of these is the biggest problem for you?
2. Based on #2, above: In the past 12 months, we have experienced great lows and highs. Thanking God in prayer means we can see the highs (and even small Kingdom advancement) clearly. Can you give honest thanks to God right now?
3. Based on #2, above: In the next 12 months, God is “working for your good according to His promises” (our definition of “hope”). Give a specific example of something that you are praying for with hope.
4. Based on #3, above: Philippians 2:1-11 implores us to act and pray for unity by counting the needs of others as more important than our own. Download the “Prayer Mate app” and develop a list of friends and family for whom you are interceding. Name two separate friends that God is laying on your heart today. What will you pray for them?