



## Scriptures for Life

### *Don't Stop - 1 Thessalonians 5:17*

Welcome to Scriptures for Life with TorahFamily.org. Taking time to focus on the Father's way.

1 Thessalonians 5:17 pray continually;

Pray continually. What does that even mean? Do we have to stay on our knees 24/7? Of course not. However, it does mean we need to have an attitude of prayer at all times. Keeping a conversation constantly open with the Father throughout our day. No matter what we may be doing or where we're going, we should always have that line of communication open with Him.

Keeping Him first and foremost in our heart and mind throughout our day. Never letting something take precedence over our desire to be with Him. That's really what praying continually is all about. It's like having Him by your side all day and you not forgetting it.

Praying continually is constantly acknowledging His presence. That's what praying continually does. It's a never ending reminder that He is right there like a close friend. It keeps us in the state of mind where we never forget that just as He is there for us, we should be there for Him when He asks us to do something. Don't stop praying. Never stop praying.

Let this be a focus in your time of meditation throughout the day. Until next time, Shalom.