




## Never Stop

*This is why, since I heard about your faith in the Lord Jesus and your love for all the saints, I never stop giving thanks for you as I remember you in my prayers. ~ Ephesians 1:15-16*

### Discover the Context Ephesians 1:15-23

 What challenges await you when camp is over? They may not just be spiritual challenges. There may be some real obstacles ahead—transitions to navigate and decisions to make. Are you facing them with prayer? What is one practical thing you can do to help you pray more regularly?

 “If we think of prayer as the breath of our lungs and the blood from our hearts, we think rightly. The blood flows and the breathing continues—we are not conscious of it but it is always going on.”  
~ Oswald Chambers  
(1874-1917)

 “Lord Jesus, thank You for dying on the cross for my sins and not giving up on me. Help me to be a person of prayer. Help me to pray continuously so that I am always in Your presence. Amen.”

I absolutely love the end-of-week olympic games. You know, that team building thing that takes all afternoon and includes the pool noodle javelin, cup stacking, and the raw egg relay. It always ends with the three-legged race. I think that’s a camp rule. And so the whole team gathers around these last two campers struggling to coordinate their baby steps toward the finish line.

They fall down. A lot. Everyone yells. A lot.

This is part of what makes it climactic. The whole team is yelling, “Don’t quit! You can do it! Keep going!”

Sometimes I picture the great cloud of witnesses (Hebrews 12:1) surrounding me and yelling, “Don’t stop! Keep heading in the right direction!” And specifically, I need encouragement to never stop praying.

Maybe you do too.

Praying is hard work. Way harder than the three-legged race. I get lazy. My guilt keeps me away from Christ. I get busy. Worldliness chokes out my spiritual appetite. And sometimes I just wonder if it really makes any difference at all.

This is where the Apostle Paul helps. He brings our focus back to faith in the Lord Jesus. When we remember what really matters most, our hearts are stirred to pray more consistently and fervently. When we stumble and fall in our prayer life, we remember Jesus Christ who came before us as our suffering Savior. We see Him dying on the cross for our laziness and busyness. We see His undying love and feel the weight of His perfect righteousness. In that moment His voice stands out, “Never stop!” And we fall to our knees with fresh vigor to pour out our souls to Him in prayer.

That’s when it hits me. The challenges and joys never stop whether at camp, at school, or at home. So neither should my prayers. [JCR]