

WATCHFUL AND THANKFUL PRAYERS

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“Continue steadfastly in prayer, being watchful in it with thanksgiving.” (Colossians 4:2)

The apostle Paul gives the above instruction to the Christians at the church at Colossae. Watchful and thankful prayers were very important for their faith and strength. It is just as important for us today. Think about your own prayers as we look closer at this apostolic command.

Continue Steadfastly in Prayer

Prayer should be a constant activity in our lives. There may be times when we always pray (such as before eating, before we go to sleep, when we wake up, etc.) and there are special times when we feel the need to pray (such as before an important decision, before a medical procedure, etc.). Steadfast prayer is a habitual practice of prayer. Jesus taught that “men always ought to pray and not lose heart” (Lk. 18:1). We are to pray “without ceasing” or without neglecting it due to lack of faith (1 Thess. 5:17). Lack of prayer gives an advantage to Satan and His evil temptations.

Being Watchful in It

Watchfulness is being mentally attentive and alert, not weary and distracted. Worldly concerns can certainly tire and distract us from the spiritual dangers around us. The steadfast practice of prayer helps keep us alert and focused on the most important things in life. Keep praying and watching out for yourself and others!

With Thanksgiving

Prayer is a time to give thanks for the many blessings that God has given us. Taking time to count our many blessings is not just something we sing about. It should be a daily source of joy and contentment. Giving thanks is a special activity of the Christian who knows God is the source of all good gifts (1 Thess. 5:18; 1 Chron. 16:34). Paul wrote, “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God” (Phil. 4:6).

Be watchful and thankful every day as you pray to your heavenly Father who gives you richly all things to enjoy.