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Praying at All Times

6: 18

Praying at all times DIG: What should we pray for? Which one of the pieces of armor or weapons do you need to pay more attention to? What can you learn from Paul's prayers?

REFLECT: What degree of battle readiness would you give yourself? What can you do each day to better equip yourself with the armor that ADONAI has given you?

This is a one verse sermon on prayer.



The final weapon of our spiritual armor is **prayer**. **The apostle** points out that all kinds of **prayer** are essential for victory. This includes intercession for others as well as praises. Jewish **prayer** is largely for **blessing God**. **Bless ADONAI, O my soul! ADONAI, my God, You are great; You are clothed with glory and majesty, wrapped in light as with a robe. You spread out the heavens like a curtain (Psalm 104:1-2)**. No doubt **prayer**, our personal lifeline to **God**, is a necessary tool in our spiritual battle.

The Ephesians were exhorted to **pray in the Spirit**. **Rabbi Sha'ul**, under the inspiration of **the Ruach Ha'Kodesh**, describes **four different aspects of the believer's prayer life**.

The frequency of prayer: on all occasions means to be continually conscious of **ADONAI**, where everything we see and experience becomes a kind of **prayer**, lived in deep awareness of and surrender to our heavenly **Father (6:18a)**. To obey this command means

that, when we are tempted, we hold the temptation before **God** and ask for **His** help. When we experience something good and beautiful, we immediately thank **the Lord** for it. When we see evil around us, we **pray** that **Ha'Shem** will make it right and be willing to be used by Him to that end. When we meet someone who does not know **Messiah**, we **pray** for **God** to draw that person to **Himself** and to use us to be a faithful witness. When we encounter trouble, we turn to **YHVH** as our **Deliverer**. In other words, our life becomes a continually ascending **prayer**, a perpetual communing with our heavenly **Father**. To **pray on all occasions** sets our minds **on the things above, not the things that are on the earth (Colossians 3:2)**.

The variety of prayer: with all kinds of prayers (Greek: *proseuche*, meaning *general requests*) **and petitions** (Greek: *deesis*, meaning *requests that are specific*). The use of both words points to the idea that we are to be involved in a variety of **prayers (6:18b)**. We can pray publicly or privately; in loud cries, in soft whispers, or silently; deliberately and planned or spontaneously; while sitting, standing, kneeling, or even lying down; at home or at religious services, while working or traveling; with hands folded or raised; with eyes open or shut; with head bowed or erect. The B'rit Chadashah, like the TaNaKh, mentions many forms, circumstances, and postures for **prayer**, but recommends none. **Yeshua prayed** while standing, sitting, kneeling, and quite probably in other positions as well. We can **pray** wherever we are and in whatever situation we are in. **Therefore, Paul said: I want the men in every place to pray (First Timothy 2:8)**. For the faithful believer, **every place becomes a place of prayer**.

The manner of prayer: Whenever he **prays**, the believer should **be on the alert with all perseverance and petition (6:18c)**. **Yeshua** told **His apostles to watch and pray** (see the commentary on **The Life of Christ, to see link click Lb - The Garden of Gethsemane**). **Sha'ul** counseled **the Colossians to devote themselves to prayer (Colossians 4:2)**. The Greek word for **devote** (*proskartereo*) means *to be steadfast, constant, and persevering*. It is used of **Moshe's** faithful endurance when **he led the children of Isra'el** out of Egypt (**Hebrews 11:27**). To be devoted to **prayer** is to earnestly, courageously, and persistently bring everything in our lives to **ADONAI**. Unfortunately, most believers never get serious about **prayer** until a problem arises in their own life or the life of someone they love. Then they are inclined to **pray** intently, specifically, and persistently. Yet, that is the way believers should always **pray!** Sensitivity to the problems and needs of others, especially other believers who are facing trials or hardships, will lead us to **pray** for them **day and night (Second Timothy 1:3)**.

The object of prayer: Elsewhere **Sha'ul** **prays** for unbelievers, government officials and

for others, but here he focuses on **all the Lord's people (6:18d)**. **Praying** for oneself is just as important as **praying** for physical needs. But just as the Bible primarily tells us to **pray** about spiritual needs rather than physical needs, it primarily calls for us to **pray** for others rather than ourselves. Even when **he** was concerned about **his** own needs, **Paul** does not mention that **he** **prayed** for **himself**, but that **he** asked other believers to **pray** on **his** behalf (see [Cj - Personal Notes from the Rabbi](#)). The greatest thing we can do for another believer is **pray**, or that **he** can do for us, is to **pray**. That is the way **the Body of Messiah** grows spiritually as well as in love. When one member of **the Body** is weak, wounded, or cannot function, the other members compensate by supporting and helping strengthen it. **Samuel** said: **Far be it from me that I should sin against ADONAI by ceasing to pray for you (First Samuel 12:23)**. With **God's** own **Spirit** in indwell us and help us even when we do not know how to **pray (Rom 8:26)**, how much more do was as believers' **sin** against **God** when we fail to **pray** for **God's people**?²⁶⁸



The synagogue or church service is a great time for corporate **prayer**, but the spiritual battle rages predominantly outside religious services! We are encouraged to develop a habit of **prayer** during all our waking hours. **In the Jewish world, some have compared the wearing of the tefillin (phylacteries used during prayer) to the soldier's uniform in the army of God (Donin, page 151)**. It is not unlike the analogy of this passage written by **Rabbi Sha'ul**. **Prayer** is a challenge and takes attentiveness, but if we give daily **prayer** our full attention, we will be much more likely to succeed in the spiritual life as we stay closely connected to **our Father in Heaven** (see [The Life of Christ Dp - When You Pray, Go Into Your Room and Close the Door](#)).

We are in a spiritual battle, beyond the physical world. If we are to be **blessed** and **fulfilled** in our spiritual journey, as with **the Ephesians**, we must use the resources **ADONAI** has provided. Do we have **the belt of truth** making our work easier? Are we protecting our heart with **the breastplate of righteousness**? Are we walking in **the peace of the Good**

News? Do we have our heads covered with **the kippah of salvation**? Do we **pray on all occasions**? This fallen world is a battleground, but **ADONAI** has provided the tools for victory and **blessings**, as we stay close to our **Lord and Savior Yeshua the Messiah**.²⁶⁹

Dear Heavenly **Father**, Praise **You** for **Your** gracious gift of listening and answering our **prayers**. I stand in awe that **You** not only willingly gave **Your Son** to die in our place, knowing what a great cost he would have to pay of shame and pain (**Hebrews 12:2**); **You** also make a promise of commitment to live within those whom love **You**. **Yeshua answered and said to him: If anyone loves Me, he will keep My word. My Father will love him, and We will come to him and make Our dwelling with him (John 14:23)**. What a wonderful Heavenly **Father You** are!

I love to praise and worship **You**, for that brings me confidence that my Almighty, all-powerful, all-wise **Daddy** is there to help me. It is encouraging how **You** always come to help me when I call on **You**. **Your** strength and love is always there to carry me thru any situation. **You** may remove the problem or **You** may choose to walk with me in the situation, as **You** did with Paul. **I pleaded with the Lord three times about this, that it might leave me. But He said to me, "My grace is sufficient for you, for power is made perfect in weakness."** Therefore I will boast all the more gladly in my weaknesses, so that the power of Messiah may dwell in me. For Messiah's sake, then, I delight in weaknesses, in insults, in distresses, in persecutions, in calamities. For when I am weak, then I am strong (Second Cor 12:8-10).

Dear **Father, You** who are so holy, Almighty, All-wise and all-powerful, we bend the knee before **You** in humble worship. What a joy it is to have **You** eternally as my Awesome **Father!** I place into **Your** loving and Almighty hands, those of my family and several friends who have not yet trusted you as their **Savior**. They know about **You** and that **You** are loving, but they live to please themselves. Please given them a moment of spiritual clarity **so they may turn from darkness to light and from the power of Satan to God, that they may receive release from sins as well as a place among those who are made holy through trusting in You (Acts 26:18)**. In **Messiah's** holy name and power of **His** resurrection. Amen