Today:
We are going to practice unceasing prayer. Remember the following steps Dr. Bekker gave us to "prime the pump":

- Center yourself
  (Psalm 131)
- Pray the Scriptures
  (Psalm 1)
- Rest in the Word that you've been praying
  (Psalm 119:11)
- Be silent in God's presence
  (Psalm 46:10)
- Thanksgiving
  (Psalm 30:4)

If you don't know which Scripture to pray, you might want to choose one of the above references, or two lines from either Psalm 63 or Psalm 145.

Weekly Activity:
Choose a short piece of Scripture that connects with you and copy it onto a 3x5 card. Carry it around in your pocket this week to remind you to use it. Then find 10 minutes once or twice a day to sit in a comfortable, quiet place. Be still and release any distractions, recalling that the Father welcomes time with you. Picture Him listening to you, and pray your Scripture back to Him several times. If other thoughts arise, you may choose to pray them, but if you feel yourself re-entering preoccupation with activities of the day, return to you Scripture and pray it several more times to draw you back into the calm of the Father’s presence.

Quietness and contemplation may seem odd to you, so don’t judge what you’re doing prematurely or harshly. After doing this for a week, write down what you’ve experienced and share some of those experiences in the response section for this page.