

# Pray Without Ceasing

by Andrew Murray

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*Andrew Murray emphasizes the importance of both continual and intercessory prayer as essential to a healthy spiritual life.*

**Scripture:** Matthew 7:7, Luke 18:1, John 15:16, Romans 12:12, Ephesians 6:18, Philippians 4:6-7, Colossians 4:2, 1 Thessalonians 5:17, Hebrews 4:16, James 5:16

**Topics:** "Intercession", "Continuous Prayer"

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## Description

Andrew Murray emphasizes the importance of praying without ceasing, illustrating that just as natural functions like breathing and loving are continuous, so should our prayer life be when empowered by the Holy Spirit. He explains that this concept encompasses both dedicated times of prayer and a constant spirit of prayerfulness throughout the day. Murray encourages believers to intercede for others, highlighting that true spiritual life flourishes when we focus on bearing fruit for others rather than solely for ourselves. He advises starting with dedicated prayer time and assures that even if one feels weak in prayer, the Holy Spirit will guide and strengthen them. Ultimately, Murray calls for a commitment to prayer as a vital aspect of a healthy spiritual life.

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## Transcript

Who can do this? How can one do it who is surrounded by the cares of daily life? How can a mother love her child without ceasing? How can the eyelid without ceasing hold itself ready to protect the eye? How can I breathe and feel and hear without ceasing? Because all these are the functions of a healthy, natural life. And so, if the spiritual life be healthy, under the full power of the Holy Spirit, praying without ceasing will be natural. Pray Without Ceasing. - Does it refer to continual acts of prayer, in which we are to persevere till we obtain, or to the spirit of prayerfulness that should animate us all the day? It includes both. The example of our Lord Jesus shows us this. We have to enter our closet for special seasons of prayer; we are at times to persevere there in importunate prayer. We are also all the day to walk in God's presence, with the whole heart set upon heavenly things. Without set times of prayer, the spirit of prayer will be dull and feeble. Without the continual prayerfulness, the set times will not avail.

Does that refer to prayer for ourselves or others? To both. It is because many confine it to themselves that they fail so in practicing it. It is only when the branch gives itself to bear fruit, more fruit, much fruit, that it can live a healthy life, and expect a rich inflow of sap. The death of Christ brought Him to the place of everlasting intercession. Your death with Him to sin and self sets you free from the care of self, and

elevates you to the dignity of intercessor - one who can get life and blessing from God for others. Know your calling; begin this your work. Give yourself wholly to it, and before you know it you will be finding something of this "Praying always" within you.

How can I learn it? The best way of learning to do a thing - in fact the only way - is to do it. Begin by setting apart some time every day, say ten or fifteen minutes, in which you say to God and to yourself, that you come to Him now as an intercessor for others. Let it be after your morning or evening prayer, or any other time. If you cannot secure the same time every day, do not be troubled. Only see that you do your work. Christ chose you and appointed you to pray for others. If at first you do not feel any special urgency or faith or power in your prayers, do not let that hinder you. Quietly tell your Lord Jesus of your feebleness; believe that the Holy Spirit is in you to teach you to pray, and be assured that if you begin, God will help you. God cannot help you unless you begin and keep on.

How do I know what to pray for? If once you begin, and think of all the needs around you, you will soon find enough. But to help you, this little book is issued with subjects and hints for prayer for a month. It is meant that we should use it month by month, until we know more fully how to follow the Spirit's leading, and have learned, if need be, to make our own list of subjects, and then can dispense with it. In regard to the use of these helps, a few words may be needed.

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