

Prayer Is Like Breathing

By FLOODGATES Team

How often do you think about prayer? Take a moment to think about it. When was the last time you thought about breathing? Do you remind yourself daily to pray? Do you stop every so often and say am I breathing? We breathe in and out about 22,000 times a day. We are powered by breathing. Breathing is done naturally and every moment to keep us alive.

“Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ.”

1 Thessalonians 5:16-18

We should pray continuously in all circumstances. Let’s rejoice about every opportunity we have and pray without ceasing. The reality is we should constantly be praying. Prayer is simply just conversation with God. Don’t give up on prayer. Pray daily and pray continually. Find a place and time and pray to your Father. Just like the air we breathe fills our lungs and keeps us alive, prayer is to fill our lives.

Praying is like breathing.