

UNSTRUCTURED PRAYERS

Although guides, activities and structures can help teach us to pray or create a discipline of prayer; at its core, prayer is simply an expression our relationship with God which is intended to be ongoing, free flowing and increasingly natural.

In fact, [1 Thessalonians 5:17](#) encourages us to “pray without ceasing...for this is the will of God.”

God wants to relate to you at all times and in all ways. So here are some ideas to help you experience a less structured, more natural and hopefully (mostly) unceasing approach to prayer.

Prayer as Conversation

Maybe you’ve never prayed before or grown up thinking that prayer is restricted to reciting very specific words or ideas; however, prayer can be as simple as talking to God in the same way you would talk to a friend. Whether spoken out loud or expressed quietly in your heart and mind, we believe that God is always listening and that you are welcome to speak to him, raw and unedited.

Feel free to express your thoughts, feelings, desires, questions, gratitude, fears and concerns. Then, like quality time spent with a friend, try listening to what God wants to say as well.

God in the Everyday

One unstructured discipline to help you pray without ceasing is to allow the events and activities of your day to guide your prayers. When you get up in the morning, say a prayer asking God to be with you in your day. When you sit down for a meal, say a prayer of thanks for what God has provided. When you pass people on the street or at school or at the office, say a prayer for them and what they might be facing. When you turn on the news or scroll social media, say a prayer for things going on around our world.

Try turning your entire day into brief prayers and interactions with God.

For inspiration about turning your everyday worries and anxieties into prayers, check out our message on living a [“Peace-Full”](#) life based on [Philippians 4:6-7](#).

Journaling, Poetry, Music, Art

Not all of us are most comfortable speaking or using words to express ourselves. Some of us are more visual. Some are more creative. Some of us need something tactile to help us express the things we are feeling or wrestling with on the inside.

The beauty of prayer and relating to God is that it is not restricted to just bowing your head, closing your eyes and saying words out loud or thinking them in your head.

For you, prayer may be better expressed through writing in a journal – like an open diary before God. Or by expressing your heart through poetry, like in so many of the [Psalms](#). Or by turning on some [worship music](#) to pray along with the lyrics, or maybe through playing, singing and writing songs of your own. For others, your prayers might be best spoken through visual arts, whether painting, sculpting or digital design.

When it comes to learning to pray without ceasing, don’t be afraid to use whatever method best expresses the honest longings and aspirations of your heart.