

FOR: Lighthouse Network
LENGTH: :60
Title: Decision-Making: Pray without Ceasing

INTRODUCTION:

Welcome to Life Change! I'm Christian Psychiatrist Dr. Karl Benzio.

BODY:

Paul gives the Thessalonians a seemingly impossible suggestion: pray without ceasing. Let's break this down. Prayer is communication with God. Communication can be verbal, but research shows 80 percent of communication is nonverbal. One of the five ways God communicates with us is His sovereign control over our circumstances. Our nonverbal communication back to Him is the decisions we make in those circumstances. Like the old adage says, "Talk is Cheap!" Your truthful communication isn't what you say; it's what you decide to do. The 80,000 decisions we make each day are how we continually communicate to God – prayer without ceasing.

CLOSE:

If you or a loved one is struggling, go to 844lifechange.org or call 844-Life-Change. And remember, Godly decisions determine your life, so choose well! (end on "up" note)
