



THE LORD'S FLOCK GROWTH DIGEST

PASTORAL GROWTH SERIES

TOO BUSY NOT TO PRAY

P.U.S.H (Pray Until Something Happens) Series - 3
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Many of us are so busy, and it seems hard to find time to pray as we ought. We justify our lack of prayer through excuses: we are too busy, too tired, too sick, or we just don't feel like doing it. When faced with circumstances beyond our control, we are also inclined to take matters into our own hands, the prime cause of our busyness. However, we need to follow the example of Jesus with regard to prayer; the busier we are, the more we need to pray.

1. To pray is a necessity to be constantly united with God.

1.1 Jesus is a great example of the necessity of prayer. He was a very busy man. He was consistently followed by crowds for teaching, healing, and other miracles.

1.2 Despite His busyness, He always took the time to pray. His ministry began with prayer; He prayed before important decisions; He prayed in the midst of His ministry; and He prayed when faced with difficult situations.

1.3 He also went on solitude regularly to pray.
(Mt. 14: 13, 19,23; Mt. 4: 1-2; Mk. 1: 35; Lk. 5: 16, 9: 18 11:1).

2. To succumb to the control of the world's demands makes us think we are too busy to pray.

2.1 Stress is unbelievably high when we encounter situations in life that are beyond our control: the pandemic, sickness, death of a loved one, and business on the verge of bankruptcy with mounting debts, among others.

2.2 Instead of trying to control the uncontrollable, or managing the unmanageable, we need to focus on our relationship with God.

2.3 We should not attempt to solve our problems on our own but turn to God to pray despite our schedule.

3. To restore focus, we should pray.

3.1 At times, when we have exhausted our resources and our emotions trying to cope with problems, we fail to replenish ourselves and build our resources.

3.2 The Lord rejuvenates us when we spend time with Him in prayer. When the tasks before us are huge and overwhelming, we need to restore focus through prayer so that we can be strengthened and receive wisdom from God.

3.3 Jesus visited Mary and Martha. Mary sat at the Lord's feet, listening to Jesus, whereas Martha was busy with all the preparations. Mary and Martha both loved Jesus. However, Jesus commended Mary. He did not say that Martha was wrong (Lk. 10:38-42).

3.4 Jesus asked Martha to set her priorities right. In the same way, we too must not be distracted with so much work, to the extent that no time is left for prayer because of a hectic schedule. Still, we need to set our priorities right and make time for prayer.

CONCLUSION: Prayer is one of the most important aspects of our life. If we want to serve our family well, we need to pray. If we want our jobs and businesses to run smoothly, we need to pray. If we want our respective ministries to succeed, we need to pray. If our schedule seems chaotic and we are too busy, we cannot afford not to pray.

REFLECTION: Are you too busy to pray or are you too busy not to pray? Make a commitment to make prayer and your connection with God your highest priority.

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