

WHEN LIFE GETS BUSY ... PRAY

29 January 2025



THE LORD'S FLOCK GROW DIGEST

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Life is busy. It is not slowing down; it is speeding up! And more often, prayer is pushed to the background. But what if we change our perspective on prayer? It is not that we are too busy to pray, but that we are too busy NOT to pray. The busy seasons of our lives should not be an excuse that keeps us from spending purposeful time in prayer. Instead, the BUSYNESS is the reason we should pray all the more. The gift of prayer is not only helpful but essential.

1. **"TOO BUSY TO PRAY."** That is the mark of Christians living in a fast-paced, high-powered world. They strive to embrace a very demanding season of life, a constant state of urgency, an overcrowded schedule, which make their lives too busy for prayer.
2. **"TOO BUSY NOT TO PRAY"**. If we are indeed too busy, we have no other choice but to pray so we can prevent our lives from spinning out of control or from losing God-directed intentions. The more we get busy, the more we should pray.
3. **LET GOD BE IN CONTROL.** When we are too busy, or are faced with tremendous challenges, life feels out of control just like what Jesus encountered in the Gospel of Matthew Chapter 14:1-33. He interrupted all those "out-of-control" experiences and sought His father in prayer who is in control of everything, of every circumstance.
4. **JESUS PRAYED DURING OUT OF CONTROL EXPERIENCES.**

4.1 The arrest and death of John the Baptist. In the face of this uncontrollable circumstance, Jesus withdrew to a deserted place by Himself and prayed (Mt. 14:1-5).

4.2 Feeding of the Five Thousand. Jesus' disciples wanted to send home the crowd of overwhelming number and abdicate responsibility for them. Yet Jesus did the enormous task of feeding the five thousand in partnership with God (Mt. 14:13-21).

4.3 Jesus asked His disciples to take Him by the boat to the other side to go and pray. Jesus set an absolute priority: His time alone with God. He had been immensely busy but He was TOO BUSY NOT TO PRAY (Mt. 14:22-23).

4.4 Jesus walked on the water. This depicts a life that is replenished by prayer and revitalized by a relationship with the living God (Mt. 14:25-33).

5. **THE STORY OF MARY AND MARTHA.** Martha works hard to welcome Jesus to her home but her sister Mary simply sits at His feet and listens. Both of them serve but Mary understands the priority and necessity of choosing to be in the best place – and this is in prayer (Luke 10:36-42).

Conclusion:

When busyness crowds into our schedules, when the stress is unbelievably high and our lives are suddenly thrown out of control, we should imitate Jesus. In the midst of His busyness and in the face of uncontrollable circumstances, He chose fellowship with God as His priority. We must take time to be still and intentionally spend time with God in solitude and prayer. Hence, we are **NOT** too busy to pray; rather we are too busy and stressed that we cannot afford **NOT** to pray!

Reflections:

1. How often do you let busyness justify your prayerlessness?
2. How has Jesus' example changed your perspective of prioritizing solitude and prayer?

Prayer: *Heavenly Father, in our most fatigued and stressful times, please send us Your calming Spirit. Lighten our hearts and give us the grace to always seek you in prayer, to feel Your Holy presence in busy and hectic times. Be the One in control so that we can overcome overwhelming challenges. In Jesus' Name. AMEN!*

SCRIBES MINISTRY:

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Tags: #Prayer, #Intercession