

FA12. Praying Regularly & Continually.

We are to pray regularly and continually.

FA12a: *We are to pray regularly.*

FA12b: *We are to pray continually.*

This precept is derived from His Word (blessed is He):

Key New Testament Scriptures

Ephesians 6:18

as you pray at all times, with all kinds of prayers and requests, in the Spirit, vigilantly and persistently, for all God's people.

1 Thessalonians 5:17 (CJB)

Pray regularly. (1Th 5:17)

1 Thessalonians 5:17 (NKJ)

.. pray without ceasing (1Th 5:17)

Additional New Testament Scriptures

Matthew 7:7-8, 11

Colossians 4:2

James 4:2

Related New Testament Mitzvot

FA01 Being Persistent, Steadfast, & Alert in Our Prayers & Petitions

FA09 Giving Thanks in Everything

FA30 Praying Often and Fervently

FA41 Praying Vigilantly

Supportive Tanakh Scriptures

Deuteronomy 9:25-26

So I fell down before ADONAI for those forty days and nights; and I lay there; because ADONAI had said he would destroy you. I prayed to ADONAI; I said, 'Adonai ELOHIM! Don't destroy your people, your inheritance! You redeemed them through your greatness, you brought them out of Egypt with a strong hand!

Joshua 1:8

Yes, keep this book of the Torah on your lips, and meditate on it day and night, so that you will take care to act according to everything written in it. Then your undertakings will prosper, and you will succeed.

Psalms 88:1 (NKJ)

O LORD, God of my salvation, I have cried out day and night before You.

Comment

1 Thessalonians 5:17 in the NKJ version tells us to “pray without ceasing,” whereas the CJB tells us to “pray regularly.” They are different in that praying regularly infers praying often and pursuant to some kind of schedule, whereas praying without ceasing infers praying continually throughout the day without stopping. Clearly, the latter is difficult (perhaps even impossible) to achieve while going about the activities of our lives, unless its meaning is to be uttering or thinking in tongues or be in continuous relationship with God in the midst of other activities. I have therefore opted to state this *Mitzvah* #FA12 “We are to pray regularly and continually.”

Related Mitzvot in Volumes 1 & 2

G08 Serving, Worshiping, Praising, & Praying to God.

G17 Being Continuous, Persistent, & Fervent in Prayer