

# Relentless

Day 16



## Today's Passage

2 Devote yourselves to prayer, being watchful and thankful. 3 And pray for us, too, that God may open a door for our message, so that we may proclaim the mystery of Christ, for which I am in chains. 4 Pray that I may proclaim it clearly, as I should.

**Colossians 4:2-4 NIV**

## Today's Thought

The third requirement for effective prayer is to approach God with an attitude of praise. "Devote yourselves to prayer, keeping alert in it with an attitude of thanksgiving" (Col. 4:2). Jesus Christ taught his disciples to pray, "Hallowed be Thy name" (Mat. 6:9). The believer who does not approach God with an attitude of praise and thanksgiving will be vulnerable to temptations such as jealousy, coveting, selfishness, grumbling, complaining, murmuring, and negative thinking. These sins can quickly hinder the believer's spiritual life. Approaching God with an attitude of praise and thanksgiving also focuses the believer's attention on God's power and authority. It increases the believer's faith that no problem is too big or too small for God to handle.

Boredom or lack of interest in prayer is often the result of a lack of praise and thanksgiving. It seems illogical, but giving praise and thanksgiving to God actually increases the believer's love, joy, peace, and contentment. In fact, the medicine for a believer who is angry and frustrated with the circumstances of this life is praising God. When the believer learns to praise God he will begin to see God's hand move mightily in his life. The following are some suggested reasons to praise God:

1. Praise God that Jesus Christ died on the cross, shed his blood, and rose from the dead to pay the penalty for your sins.
2. Praise God for the wonderful things that he has made on the earth and throughout the universe.
3. Praise God that he is sovereign and in control of every circumstance in your life, even when you feel confused, fearful, or uncertain.
4. Praise God for his kindness and mercy that he has extended to you.