



## 21 Day Challenge Day 4

*Rejoice always, pray continually. Give thanks in all circumstances; for this is God's will for you in Christ Jesus*

*1 Thessalonians 5:16*

### ***How do I become a better me? By Praying, Always!***

*All during the day stuff happens. Stuff that will steal your joy, peace of mind and make you want to give up. But the Bible tells us to pray, continually, giving thanks is all things. God didn't tell us to give thanks FOR all things but IN all things. We must develop the attitude of prayer. It's that attitude that takes over and whispers up a prayer when you are stuck in traffic and you're already late for work. It's that attitude that takes over when nothing right is going on at work...it takes one sour person to steal your joy if you let them.*

*Prayer is our way of keeping God close. We have to take Him off the holy shelf that we have placed Him on, making Him unaccessible when we really need Him the most. We have a tendency to keep Him on the shelf until the big things come, like eviction, death, sickness and disease. He wants to be close enough to help us when we stump our big toe and the pain is unreal. He wants to be close enough to render aid when we get to the cash register and realize that the card doesn't have enough money on it.*

*We have another tendency to call all over town to get the prayer warriors busy, praying about our crisis situations. There is strength in numbers so by all means don't stop asking for prayer, however, don't neglect your own reaching out to Him. He needs us to trust Him enough to believe in the power of our own prayers. He will listen to us just like He listens to Sis. Rose, who can pray the shingles off the roof. When we develop that attitude of prayer, we are reaching out to Him all day long, through every situation.*