**Lessons from a Lockdown**

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**Day 60**

**Ephesians 6:18-24**

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people. Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.

Tychicus, the dear brother and faithful servant in the Lord, will tell you everything, so that you also may know how I am and what I am doing. I am sending him to you for this very purpose, that you may know how we are, and that he may encourage you.

Peace to the brothers and sisters, and love with faith from God the Father and the Lord Jesus Christ. Grace to all who love our Lord Jesus Christ with an undying love.

***Questions for Personal Reflection:***

1. Am I praying in the Spirit? Am I praying often enough and in different ways?
2. On what occasions am I motivated to pray? On what other occasions should I also be praying?
3. Am I alert in my prayers? How can I be more alert?
4. Have I been consistently praying for other people? Am I praying for the leaders of the church? Why?
5. Am I still focused on preaching the gospel during this time? In what ways do I need to be more fearless?

***Insight:***

We need to pray in the Spirit. When we pray, we can’t just let words flow from our mouths without thinking. We must pray from our hearts. We must pray with the intention of being connected to God. It is this connection with God that matters and not the words. Sometimes “[w]e do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans (Ro 8:26).” Are we connecting with God when we pray?

We should pray on all occasions. Normally, people only pray when they are troubled. Talking to God is a last resort. But as Christians, God is our first resort in all situations. We pray when we are happy and when we are sad. We pray when we fail and when we are victorious. We pray when we are doing well spiritually and when we are not. We pray in the morning and we pray at night. We pray when we are alone and we pray in groups. We can talk to God anytime, anywhere. It’s like being given a mobile phone (always with a full battery and with an unlimited plan) with which we can talk to God. Are we taking advantage of this privilege?

There are many ways we can pray, so there are different kinds of prayer. We can pray silently or out loud. We can have long overnight prayers or short one breath prayers. We can pray while fasting or while feasting. We can pray with our face on the floor (Nu 16:22) or looking up to heaven (Jn 17:1). We can pray standing up (Gen 24:12-14), sitting down or kneeling (1 Ki 8:54). The moment we wake up we can utter a quick prayer so we start the day with God and ask him to help us get ready to face that day. We can also thank him for a brand-new day. During our quiet time prayer we can praise and thank him; confess our sins, ask for forgiveness and forgive others; and lay out before him our prayer requests. Throughout the day we can talk to God as we do our tasks. When we get tired, frustrated or upset we can pause what we are doing find a quiet place and talk to God about how we are feeling. When something great happens we can stop and thank God. When we are about to make a crucial decision or do something important, we can have a prayer asking God for guidance. We can pray with the people in our homes or with Christians online. Before we go to sleep, we can pray to thank God for the day. There are so many reasons and so many ways to pray.

In order to pray, we need to be alert. We need to be awake and ready to pray all the time. We should not allow our minds to drift or get distracted when we pray. So we need to prepare our minds to pray. We need to consider whether our late-night activities are worth more than having an inspiring morning prayer. We need to think whether watching videos, playing games on our phone or computers or exposing our minds to social media will help us focus on prayer or not. If we have to choose between entertainment or prayer, what will we choose? We should schedule and choose our activities in such a way that maximizes our opportunities and capacity to pray.

We need to consistently pray for other people. Our prayer life is much better when we are not just focused on our needs. Let’s pray for each other. Let’s pray for those who lead us and those what we lead. Paul was humble enough to ask for prayers. Let’s us also be humble to ask people to pray for us. When we do, let’s also ask others what we can pray for them.

Paul mentioned twice that he wanted to preach fearlessly. Our fears are the only thing stopping us from sharing the gospel with others. What are we afraid of? Paul was still focused on sharing his faith even while he was in chains. How about us? After several weeks into this pandemic how are we doing in our evangelism? During this pandemic, people are more aware of their mortality and need for God. So we need to use every opportunity we have to talk to people about God. If Paul could share gospel while in prison, we too can share the gospel even from our homes.

Let us continue to pray and preach during this lockdown.