

## Prayer and Thanksgiving

*Continue earnestly in prayer, being vigilant in it with thanksgiving; Colossians 4:2*

To live an effective Christian life we must fill our life with prayer and thanksgiving. An effective prayer life is not one that involves just a few minutes at the end of the day, but it requires continual attention. If I am cooking something on the stove that requires stirring constantly, I cannot stir it once and walk away. It will burn and be repulsive. Like the pan on the stove, our prayer life needs constant attention.

Our prayers must be earnest. That means we must be serious in our intent. Often people have a list of requests that have little meaning and are frivolous. Christ prayer in the Garden of Gethsemane sets an example. *“My soul is exceedingly sorrowful, even to death. . . .”*—Matthew 26:38.

We should pray with spiritual alertness. We should be vigilant and aware of what is going on. We need to be keenly mindful of the tricks of our adversary. If we are spiritually alert in our prayer life we will know when God is directing us.

We need to be especially conscious of the thankfulness in our lives which will permeate an effective prayer life. Thanksgiving is not just a day we set aside to be thankful, but it is an attitude of our heart. We need to show our gratitude to the Lord continually, earnestly, vigilantly and prayerfully? Our lives and attitude should be saturated with thanksgiving?