

## ***We Are Called To Be In Constant Prayer***

That does not mean we are just to send up an unceasing stream of “I need” requests or even a constant outpouring of thanks for what God has done for “me” – though sharing needs and giving thanks should be part of our prayer life.

Prayer should also include something else. Prayer is how we stay in touch with God by **listening** to his leading, and **seeking his guidance** for living our lives. These parts of prayer, we should be doing constantly!

Praying constantly, includes keep our eyes and ears open to the world around us. God may guide us to our calling through everyday encounters.

Pray for the grumpy person on the sidewalk, or the screaming child who (along with the voice of an angry parent), can be heard all over the store. Pray when a siren sounds. Pray over the news of a flood, famine, shooting, conflict, etc. Pray for the people involved, and for opportunities to help them where you can. Always give thanks for good news.

Also pray for discernment, patience, an open mind, and empathy when divisive issues arise, or apparently unresolvable problems bring misery to people near or far away. Does God have in mind ways in which you can make a difference?

There is a world out there which we are both responsible for and dependent upon. When our comfort or stubbornness is contributing to suffering for others, pray for help to change. Do not forget, others share our stubbornness and desire for comfort since all of us share a common human nature.

It is likely that efforts to make a difference and bring peace will only work if they are rooted in prayer.

### **Remember In Prayer:**

- **Migrants & Refugees** – especially those who are exploited by smugglers. Remember those facing the excessive heat.
- **Victims of Gun Violence** – Pray for everyone affected by gun violence. 27,048 people have died in gun violence this year, including 1,042 children. An additional 2,719 children have been injured.
- **All those dealing with natural disasters. Among them:** excessive heat in much of the world. As well as drought, fires, flooding, earthquakes, storms.
- **Countries Dealing with Major Political and/or Economic Upheaval** including Sri Lanka, Venezuela, the Philippines, South Africa, Nigeria, South Sudan, Myanmar, Democratic Republic of Congo, Columbia, Syria, Afghanistan. . .
- **Ukraine where the war continues** as does hunger & the risk of epidemic disease because of the devastation.
- **The continuing COVID Pandemic.** Case numbers are growing again in the U.S. Cases in Ohio have been climbing since May. Last week saw the first slight drop in Ohio cases since May. Even so, 75% of Ohio’s counties now have high transmission rates. Masks are recommended in these counties. Long COVID is a continuing problem for everyone who gets COVID, even a light case. Be in prayer for the sick & their caregivers. Remember those who are continuing their study of the virus to understand its impact of people over the long term. Its impact on the brain is a particular concern.



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