



GUIDED BIBLE STUDY

A New Habit of Talking With God

Speaker: Allen Cannon

Highlighted Scripture

- **1 Thessalonians 5:16-18 (KJV)**

"Rejoice evermore. Pray without ceasing. In every thing give thanks: for this is the will of God in Christ Jesus concerning you."

Paul calls believers to a continuing rhythm of joy, prayer, and gratitude in ordinary life—not merely to prayer during a crisis. "Pray without ceasing" does not require nonstop spoken words; it describes a life that keeps turning toward God throughout the day. This fits Allen's invitation to make talking with God an everyday relationship.

Discussion Questions

- When are you most likely to pray: during a crisis, in gratitude, in ordinary moments, or at another time? What does that pattern reveal about how you relate to God?
- Allen first approached prayer mainly as a way to ask for help. How can prayer become a relationship instead of only a request for a solution?
- What part of the mailbox story most challenges or encourages your current prayer life?
- How can you respond wisely when you believe God may be prompting you, while remaining humble and discerning?
- What would change in your week if talking with God became a regular habit rather than an emergency response?

Reflection Challenge

For the next seven days, make a brief, unhurried conversation with God part of an ordinary moment in your day. Come honestly, without waiting for a crisis and without measuring the prayer by whether circumstances change immediately. Let the goal be a growing relationship with God, not simply receiving an answer.

Ask yourself:

- Do I seek God's presence, or mainly the relief I hope He will provide?
- What pressure, disappointment, or gratitude do I need to speak honestly to God about today?
- What usually distracts me from regular prayer?
- How can I stay humble and discerning about thoughts or impressions I experience while praying?

Try this:

- Choose one dependable daily cue, such as your morning coffee, lunch break, commute, or bedtime, and use it as a reminder to pray.
- Begin with two quiet minutes: thank God for one specific gift, share one honest concern, and ask Him to shape your heart.
- Write one sentence after each prayer time about what you brought to God or what you need to remember.
- At the end of the week, notice whether regular prayer has changed your attention, trust, gratitude, or response to stress.

Remember

- Prayer is more than an emergency call; it is part of an everyday relationship with God.
- You can bring God your real fear, pressure, gratitude, and questions.
- The deepest gift of prayer is fellowship with God, not merely a changed circumstance.
- A powerful experience may encourage faith, but it should be held with humility and discernment.
- Small, consistent moments of prayer can grow into a lasting habit.
- Do not wait for life to start crashing around you before you talk with God.

Prayer

Heavenly Father,

Thank You for welcoming me to come to You honestly. Forgive me for the times I seek You only when I need an answer or relief. Teach me to value fellowship with You in ordinary moments as well as difficult ones.

Help me build a faithful habit of prayer. Give me humility and discernment as I listen, patience when circumstances do not change quickly, and trust that keeps turning toward You. Shape my heart so that prayer becomes a steady expression of love, dependence, gratitude, and faith.

In Jesus' name, Amen.