Spiritual Discipline of Prayer

“In the early morning, while it was still dark, Jesus got up, left the house, and went away to a secluded place, and was praying there.” (Mark 1:35) NASB 95

This verse challenges our Christian life by teaching us the importance of prayer. Just think about it: the sinless Jesus Christ needed a time to pray. We must examine our own lives and ask ourselves, " How is my prayer life"? For Jesus, prayer is more than a habit; it is an essential need, an opportunity to spend quality time with the Father. It is intentional and is of first importance in His daily activities. It was not something that He would try to fit into his schedule. It was first on His schedule. He chose a private place so there would be no distractions. In our modern day, there are many distractions. Social media, Television, and many other things. If we are to follow Jesus’ example, we must find a place to remove all distractions when we pray. We must put God first. We must treat Him as He is of first importance.

When we focus on Him and rely on Him, then we make wise choices. If we neglect time with God, we fall back into our own thinking. Our own self-sufficiency; then we make mistakes. A weak prayer life causes us to depend more on ourselves, our own thinking, and less time listening to God. Our prayer life is directly related to our spiritual maturity.

Just before this verse, we see Jesus busy with teaching, preaching, healing, and casting out demons, and there were still many more to minister to. But even Jesus needed some time away. Time to rest in the presence of God the Father. Many of us as Christians are very busy. Many times, we do not take time to rest. There is always a need, so we are always doing ministry. Many pastors develop health problems due to overworking and stress. Many pastors leave the ministry due to the demands. So, we need to see that Jesus also needed to get away from the crowds even when there were still many needs not ministered to, so we also need to take some time away.

I ask each of us to consider our own prayer lives and make quality time for God. I also ask our Pastors to take time to rest, take time away from constant ministry work, and renew your health, both spiritual and physical. Just as Jesus did. I ask our Church members to encourage our Pastors. Help them in their work, as we are all working for the Kingdom of God together.

God Bless You!

Scott Kinnick – CBC Ex. Board

Weekly Prayer Point

Our Father in Heaven, Your name is Holy! We ask for Your kingdom and Your will to be done here on this earth. We thank You for sanctification, the work of Your Holy Spirit! Oh, how wonderful it is to hear Your voice drawing us to repentance! What a wretched state it would be to be hardened to Your gentle voice calling us to see our sin. That sin wounds for such a short time, then afterwards that sweet peace comforts our soul and envelops us in unspeakable joy! Strengthen us to hear Your word, Your voice, and to grasp this gift of repentance. Teach us to hate what You hate and, in response, love what You love! Thank You, Father, for the gift of repentance which cleanses us and brings us to wholeness in You! We confess that we cannot sanctify ourselves. The things that we would do, we cannot, or we try to do them in vain. Work through us, Lord, and sharpen our understanding to know that our sanctification is at Your hand. This knowledge is too great to comprehend! Sanctify us in the truth. Wash us, Lord, in Your word and cleanse our daily walk with You!

Please pray for these congregations and pastors:

- Cibitoke Congregation in Burundi, Africa and Pastor Bukobero Pierre
- Clifton Mills Congregation in Bruceton Mills, WV and Pastor Michael Bernard
- Collinsville Congregation in Collinsville, VA and Pastor Roy McVey
- Columbia Furnace Congregation in Edinburg, VA and Pastors Bill Fitchett and Buster Doman

CBC Prayer Committee