

## **SOP: Staying Alert in Prayer**

### **Colossians 4:2**

Devote yourselves to prayer; keeping alert in it with an attitude of thanksgiving.

Drowsiness: a state of being sleepy, lethargic; spiritual laziness/lack of diligence/moral laxity

### **Sleepiness in Scripture**

- To be lazy, unmotivated and oblivious
- Spiritual lethargy
- Dullness/disinterest (S.of S.5:1-6)
- When we no longer hear/pay attention to the prompting of the Spirit (1 Sam 3:1-3)
- Prov 19:15:(Laziness casts into a deep sleep, and an idle man will suffer hunger)
- Prov 6:9-11(How long will you lie down O sluggard—poverty will come in...)
- Matthew 26:41 (Keep watching and praying, that you may not enter into temptation; the spirit is willing, but the flesh is weak.

### **Give Heed to the Warnings**

#### **Ephesians 5:14**

- Prophets continually exhort to spiritual awakening (Isaiah 52:1-2-awake/shake yourself from the dust)
- Carousing and drunkenness produce lethargy and dissipation

### **Don't become Distracted**

- A lack of true attentiveness to God hinders forward movement of the church
- Comfort can distract from mission

### **I Thessalonians 5:4-8**

#### **Romans 13:11**

### **Pay Attention to the Right Details**

- Sleepiness/lethargy—leads to loss of focus (carousing/drunkeness/anxiety lead to depression and lethargy)
- Keeping watch will only help if you know what you are looking for

### **To Fight Spiritual Lethargy**

- Magnify the Lord
- Fix your mind
- Return to your first love—rehearse and remember (remember from where you have fallen- Rev 2:5)
- Kindle afresh the gift within you
- Understand your identity and purpose (pay attention to the state of your stewardship)
- Ephesians 6:18
- I Peter 5:8-9

### **Keep the Main thing the Main thing**

#### **Psalm 108:1-5**