

## Chapter 10



# PRAY WITHOUT CEASING

Psalm 55:17

“Evening and morning and at noon I will pray, and cry aloud, and He shall hear my voice.”

### Foundation For Prayer

It is written in the Bible that we should pray without ceasing; which indicates the importance of a purposeful daily prayer life for each and every one of us.

1 Thessalonians 5: 16-18 states, “Be joyful always; pray continually; give thanks in all circumstances; for this is God's will for you in Christ Jesus.”

To Mary Josephine Pascall, prayer holds the key to unlocking the gates of heaven; thus, the reason for this chapter. It is critical to note these words were written at her request, as a way of bringing others to their knees in a prayer of praise to God.

Even at age 91, Mary still follows the habit her mother, Ella, instilled in her life everyday regarding the importance of prayer. Her mother was consistent in laying the foundation for her daughter's prayer life by patiently kneeling with her at bedtime throughout her childhood. The prayer Mary and her mother always repeated together began with, “Now I lay me down to sleep.” Today, because Mary prays for others, she believes the words “Now I lay me down to sleep” mean that God wraps His mighty arms around more than just herself.

Consequently, every morning when Mary's eyes see the light of day, her voice is lifted up in prayer to her Best Friend; a conversation that continues from morning to evening as she moves around the nursing home in her wheel chair. Then, at bedtime, before her eyes are closed in sleep, she raises her voice to God in a prayer of thanksgiving for the guidance He has provided throughout the day; ending with “Thy will be done.”

Prayer was such an important part of our Savior's life that He took time and found solitary places to spend in communion with His Father. Mark 1: 35 serves as an example of this action by saying, "In the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed."

Again in Luke 6: 12 it reads, "Now it came to pass in those days that He went out to the mountain to pray, and continued all night in prayer to God."

### Mary's Advice

Even though Mary Josephine Pascall is now in the sunset of her earthly life and is no longer knee deep in the hurried steps of society, she is still extremely cognizant of the flurry of activity and hectic pace that surrounds her existence.

Therefore, due to the news media and daily contact with caregivers, she is acutely aware of the complexities faced by the human race today. When speaking about the future of people on this earth, her face resembles a patchwork quilt of worried emotions.

Although Mary recognizes the necessity of the array of communication systems in society, she is still extremely concerned by their impact on the emotional and spiritual health of the entire human race. She takes note of young and old alike walking around with cell phones appearing to be glued to their ears on a permanent basis. If they are not talking or sending a text message to someone, their eyes are checking the time in an effort to take advantage of every second. Also, just by simply glancing out her window, she can observe the fast pace and tailgating of cars as they speed by on the busy highway.

In short, Mary Josephine believes this society to be in desperate straits unless dramatic changes are made throughout the world. She also notices advertisements on TV regarding the latest equipment designed to keep individuals connected using the most current advancements in technology. These commercials make her wonder if people know that prayer is the only way to stay connected to God; the source for insurance called, "ETERNAL LIFE."

Mary Exclaimed, "People do a search on their computers and think they are experts on every subject. Events and happenings are analyzed on TV by a panel

of specialists, repeating themselves over and over. People are in such a hurry that stopping and figuring out the facts relating to the real issues of life is not even a possibility. Thus, apathy sets in regarding almost everything; a condition that allows a select few individuals to make the decisions for all.

Remembering back to childhood, Mary recalls a lady named Mrs. Henry who was known to walk from house to house being a servant to all. She literally became the hands and feet for Jesus. Mrs. Henry and many others came together as a united community and prayed for those facing problems and challenges.

Mary continued expressing her concerns by stating, “Time will pass unnoticed all too soon by people maintaining this hectic pace. Then what happens when the cell phone of life loses its juice because of illness or death? What will they have to say for themselves, then? It has been stated that the only thing we take with us from this life is the footsteps we leave behind for others to follow. Where will our footsteps lead the children of tomorrow? Will their lives be filled with a new and exciting hope for things to come? Will they know how to stay connected to their Heavenly Father; the life source for all eternity?”

As Mary's voice increased in volume, she stressed, “Unless people bow down on their knees and pray without ceasing, hope will not even be a fleeting possibility. We need to PRAY, PRAY, PRAY!”

After much thought as to the absence of prayer in the lives of others, Mary determined that many people are simply uncomfortable with the act of prayer itself. They feel shy about praying in front of others and are at a loss for words that express their feelings.

Mary continued, “Then, when they thumb through a “How To Pray” book or hear an important person deliver an eloquently spoken corporate prayer, this serves to substantiate their feelings of inadequacy and confirms their decisions to remain silent.”

### Conversation With God

In an effort to help people be comfortable with praying, she spoke in an animated manner by saying, “Honey, they need to remember that prayer is simply a conversation with God; a time to listen and speak with Him. If you do all the

talking and no listening, you will never learn about your Best Friend. When I pray each day, I start by offering praise and expressing my love to Him. Honey, He loves me even when I am unlovable. Can you beat that? Then, I shut my mouth and listen with my ears. Sometimes, ideas go through my head right then, or later when I am going about my business. At other times, people will say something directly to me that I know is a message from my Lord. Better yet, when I read my Bible, some words appear to jump right off the pages at me and almost give me a scare. However, I just end up laughing right out loud because I know it is just His way of talking to me!”

With a crescendo of excitement building, Mary's voice vibrated around the room as she exclaimed, “Think about being loved so much that your Heavenly Father takes the time to seek you out!” (At this point, Mary clicked her tongue and smacked her lips loudly as a show of gusto.)

Continuing, she explained, “Next dear heart, I ask God to forgive my mistakes. Now shut your mouth child and don't be telling me you are perfect, for I know better. Just fess up because He sees what you're doing both day and night. Don't be afraid because He loves you. Just like I felt when my poodle chewed on my socks. I didn't much like the holes, but it didn't stop me from loving that little ball of fur!”

“Last, I tell Him my problems and ask Him for advice. Honey, don't forget your friends because He wants to help them, too. Finally, I sing Him a song to make His day better!”

Mary Josephine Pascall has talked with her Heavenly Father so much that others easily spot their comfortable relationship. They have communicated with each other so frequently over the years that Jesus has become Mary's most intimate friend. Therefore, a day is not complete without having an intimate conversation with each other.

In conclusion, Mary makes one last point by stating, “Don't forget to tell people that God already recognizes the sound of their voices and how they pronounce words. So, tell them to pray to Him just like they're talking to me! Then, dear child, our Lord will answer in His own time, not theirs. Now don't be “givin” up. Have faith and wait. I'll be “prayin” for you.”

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**2 Chronicles 7: 14 adds support to Mary's advice by stating, "If people who are called by My name will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and will heal their land."**

**AMEN!**



**Mary Josephine Pascall bowed in prayer; a common sight others witness daily.  
A PRAYER WARRIOR TO BEHOLD!**