



# Links Players

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## Keep Up the Conversation

*...pray without ceasing.... (1 Thessalonians 5:17)*

From what I can tell, the conversation between a tour player and a caddy is ongoing. The American Psychological Association ran a small survey asking caddies about their role in tournament play. Three themes were identified: 1) It's more than carrying a bag. 2) Caddy-ing is a people thing. 3) Confidence is a two-way street. Translation: 1) the role is important; 2) it involves a re-relationship; 3) the relationship practically impacts both caddy and player.

When the Apostle Paul suggested that believers should pray without ceasing, he had a similar relational dynamic in mind. Paul urges believers to stay in constant contact with God through prayer.

It is easy to understand why a player converses with his Caddy. The caddy knows the course and the player's particular swing, shot shape, and club distances. The caddy is always aware of any developing weather and changing conditions. He is an expert on his player. He is a loyal strategist and counselor, an encourager in the face of every challenge.

If God the Father is constantly present with us in Spirit, He plays a similar role in our lives. How might we keep lines of communication open each day with the Holy Spirit? With all the resources available to us, wouldn't it be foolish to ignore the Holy Spirit?

Richard Lovelace, in his book *The Dynamics of Spiritual Life*, suggests that we must be proactive in our relationship with the Holy Spirit:

We should make a deliberate effort at the outset of every day to recognize the person of the Holy Spirit, to move into the light concerning his presence in our consciousness, to open our minds, and to share all our thoughts and plans as we gaze by faith into the face of God.

We should continue to walk throughout the day in a relationship of communication and communion with the Spirit mediated through our knowledge of the Word, relying upon every office of the Holy Spirit's role as counselor mentioned in Scripture... We should look to him as teacher, guide, sanctifier, giver of assurance concerning our sonship and standing before God, helper in prayer, and one who directs and empowers our witness.

Author Pamela Palmer suggests seven practical ways we can apply 1 Thessalonians 5:1 to our daily lives:

**Set Regular Prayer Times:** While praying without ceasing doesn't mean you are always on your knees, it helps to establish regular times for focused prayer.

**Utilize Short, Silent Prayers:** Offer brief, silent prayers throughout the day, which implies quick, inner prayers. These can be as simple as expressing gratitude or seeking guidance in a moment of need.

**Use Trigger Prayers:** Associate certain activities or events with prayers. For instance, when you see an am-bulance, pray for the person in need. When you sit down to a meal, give thanks.

**Create a Prayer List:** Maintain a prayer list or journal to remember specific requests and people to pray for. This helps ensure you regularly bring your concerns before God.

**Pray as You Work:** Engage in prayer while perform-ing daily tasks. Whether it's cooking, cleaning, or working, use these moments to silently converse with God and seek His presence.

**Memorize and Recite Scripture:** Memorize verses that are meaningful to you and recite them throughout the day. This not only helps you internalize God's Word but also serves as a form of prayer.

**Practice Mindfulness:** Develop a habit of mindful-ness, where you remain aware of God's presence in your daily life. Acknowledge Him in all you do, seeking His guidance and thanking Him for His blessings.

Praying continually can change the outcome of a day, a week, a month, and a year. The Holy Spirit is with us and is always accessible. We need only recognize him moment to moment and keep up the conversation. We must pray without ceasing.

**Prayer: Where can I go from your Spirit? Where can I flee from your presence? (Psalm 139). I acknowledge that you are with me always.**

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Boo Arnold

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