

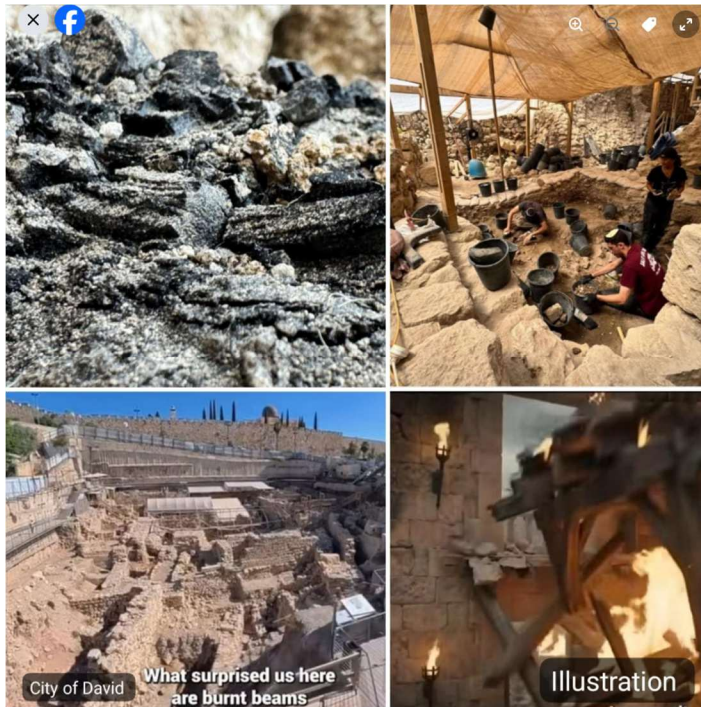
August 1, 2026
1 Thes 5.17
Pray Unceasingly



ISRAEL: 
THE ONLY COUNTRY THAT
BEARS THE SAME NAME,
SPEAKS THE SAME LANGUAGE,
HOLDS THE SAME FAITH,
AND INHABITS THE SAME LAND
AS IT DID 3,000 YEARS AGO.

I'm a math guy. Rounding?

Evidence ...



[<https://www.facebook.com/photo?fbid=1438062731491229&set=a.319778523319661>]

THIS WEEK, Israeli archaeologists discovered a 2,600-year-old charred wooden beam in the City of David, buried beneath a collapsed Byzantine house. Remarkably, the sycamore wood still preserves visible growth rings. According to carbon-14 dating, the beam dates to around 586 BC—the time of the destruction of the First Temple.

[<https://www.casualenglishbible.com/resource/solomons-jerusalem-add-on/>]





The City of David in Yeshua's time, 2nd Temple



PRAY
UNCEASINGLY
Rabbi Shmuel Wolkenfeld

August 1, 2026 | 18th of Av, 5786
י"ח באב תשפ"ו

OR HAOLAM
MESSIANIC SYNAGOGUE

Pray unceasingly 1 Thes. 5.17

- 1. Word analysis
- 2. Types of private prayer
- 3. Types of group prayer
- 4. Some historic interpretations

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4. Some historic interpretations

What does this MEAN??

adialeiptōs

proseuchesthe

ἀδιαλείπτως προσεύχεσθε

unceasingly

pray

ἀδιαλείπτως, adverb, without intermission,
incessantly, assiduously

This Pauline adverb expresses an activity that is marked by continual, uninterrupted regularity. It points to a pattern so steady and frequent that the **breaks are negligible**, conveying a life rhythm characterized by consistency rather than sporadic bursts.



John Wesley on horseback. He travelled between four and five thousand miles a year.

[My personal lunchtime mentor in 1970]

“He was a hard but unskillful rider; and his seat was as ungraceful as it appeared uneasy, with a book in his hand and his hands up to his head.” His habit of reading may have made him appear ungraceful.

[I would read books driving the Interstate.]

<https://wesley.nnu.edu/?id=95>

“In June, 1750, he mentions he started at four o’clock that morning, and was not in bed till twelve. He had been nearly twenty hours in the saddle.

“It is estimated that John Wesley traveled around 250,000 miles and preached over 40,000 sermons in a span of 66 years.”

[A stuffy English scholar, but with a burning heart for Yeshua.]

Analogy to David Ben Gurion ... left behind little possession, but the nation of Israel.

Wesley left behind little estate, but the Methodist Movement.]

Wesley’s comments on “Pray unceasingly”

“Our Lord has purchased joy, as well as righteousness for us. It is the very design of the Good News that, being saved from guilt, we should be happy in the love of Messiah. Prayer may be said to be the breath of our spiritual life.

“He that lives cannot possibly cease breathing. So much as we really enjoy the presence of G-d, so much prayer and praise do we offer up without ceasing or else our rejoicing is but delusion.

“Thanksgiving is inseparable from true prayer; it is almost essentially connected with it. He that always prays is ever giving praise, **whether in ease or pain, both for prosperity and for the greatest adversity**. He blesses G-d for all things, looks on them as coming from Him, and receives them only for His sake; not choosing nor refusing, liking nor disliking, anything, but only as is agreeable or disagreeable to His perfect will.”

Ro 1.9 For God is my witness, whom I serve with my spirit in the Good News of His Son. How **unceasingly** I make mention of you.

1 Thes 1.2-4 We give thanks to God always for you all, making mention of you in our prayers, remembering **without ceasing** your work of faith, labor of love, and patience of hope in Adonenu,

our Lord Yeshua HaMashiakh in the sight of our God and Father, knowing, beloved brethren, your election by God.

¹ Thes 2.13 For this reason, we also thank God constantly that when you received the word of God which you heard from us, you accepted it not as the word of men, but as it truly is—the word of God, which does its work in you who believe.

- prayer as priestly ministry that never clocks out.
- prayer as prophetic ministry charging the believers to remain alert for the Lord's return by sustaining an open line of communion with Him.

Phil 4. 5-7 Rejoice in the Lord always—again I will say, rejoice! Let your gentleness be known to all people. The Lord is near. Do not be anxious about anything—but in everything, by prayer and petition with thanksgiving,
[Can you pray if you are a victim?]

Phil 4. 5-7 let your requests be made known to God. And the shalom of God, which surpasses all understanding, will guard your hearts and your minds in Messiah Yeshua.



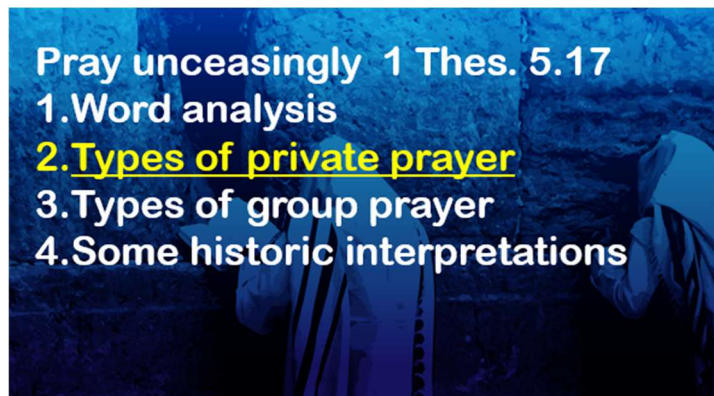
Puddleglum the Marshwiggles is my favorite C.S. Lewis *Chronicles of Narnia* character. He is gloomy and pessimistic and described by other characters as a "wet blanket," although by his account other Marshwiggles are gloomier still.

He is a caricature of pessimism and a bastion of gloomy fortitude
I will carry on for Yeshua, although life is generally miserable.

Context

- Prayer is part of a partnership of faith: pray, go, encourage, give, organizational support.
- ^{Phil 1.8} You are all sharing with me in this privileged work.
- Moshe held up his hands, Aharon and Hur helped him, Yehoshua fought
- ¹ Thes 5.16-20 Always be joyful. Pray constantly. In everything give thanks, for this is what God wants from you who are united with the Messiah Yeshua. Don't quench the Spirit, don't despise inspired messages.

[This is to be the tenor of our lives, our flavor, our "smell." Not crisis and chaos.]



Personal prayer

T'hilim /Ps 63.1-2 O God, You are my God; early will I seek You; My soul thirsts for You; My flesh longs for You In a dry and thirsty land Where there is no water. So I have looked for You in the sanctuary, To see Your power and Your glory.

'āša ḥă-re-kā 'at-tāh, 'ê-lî 'ě-lō-hîm
 אֲשַׁחֲרֶךָ אַתָּה אֵלֵי אֱלֹהִים
 I seek after You You [are] my God O God

שַׁחַר Shakhar

dawn, daybreak, sunrise ,first light, first thing in the morning, early morning, sunup

properly, to dawn, i.e. (figuratively) be (up) early at any task (with the implication of earnestness); by extension, to search for (with painstaking) – (do something) betimes, enquire early, rise (seek) betimes, seek diligently) early, in the morning).

[I'm always up before Dawn.

But I do my calisthenics first: pushups, etc. Before I can really think about the pain, it's over.]

Michael Wolf at Messiah Conf:

“Marty Chernoff hammered us with the importance of a personal quiet time . An hour/day?

David Chernoff challenged us with 3 hours / day!”

Mtt 26.40 He returned to the talmidim and found them sleeping. He said to Kefa, “Were you so weak that you couldn’t stay awake with me for even an hour?

Do you spend one hour/ day?

- How to spend an hour in prayer?

1. Pray scripture and claim promises.

Yn 15.7-8 “If you remain united with me, and my words with you, then ask whatever you want, and it will happen for you. This is how my Father is glorified — in your bearing much fruit; this is how you will prove to be my talmidim.”

2. Sing scriptures, particularly as Solu and Miqedem and others sing them. Easier to memorize.

3. Prayer list:

- Each name briefly envision
- Each issue briefly envision

[“At the Name of Yeshua every knee shall bow” It’s joy now to do so in love. It will be terror to do so mandated.”]



My personal prayer list, with 13 screens like this to scroll through.

How to spend an hour in prayer?

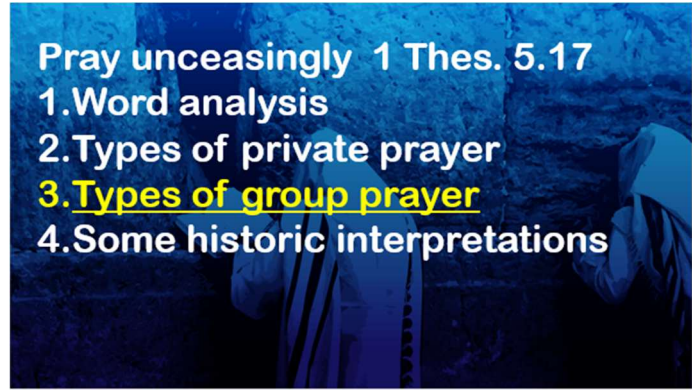
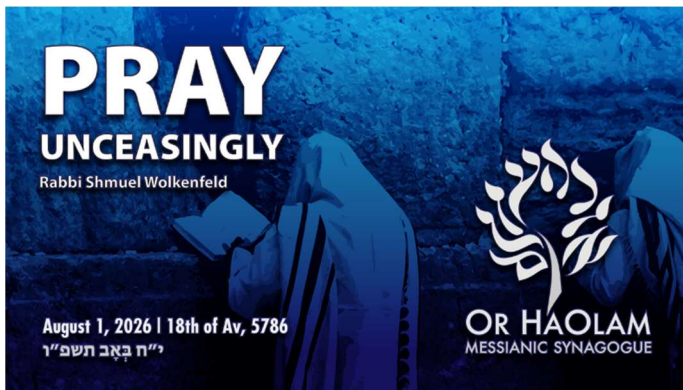
הִתְבּוֹדֵדוּת Hitbodedut from boded/lone, solitary

The term was popularized by Nachman of Breslov (1772–1810) to refer to an unstructured, spontaneous, and individualized form of prayer and meditation through which one would establish a close, personal relationship with God. [pg. 188 Garden of Emuna]

How to spend an hour in prayer?

- Siddur and Tefillin
- It’s sort of feels like an embrace of Messiah!
- 8 a.m. Aug 13 here. Hebrew and English. Mostly sung.

[I was at a Jewish community pre RH event. Choir, singing, teaching. The person next to me at the end said, "It was a pleasure to pray with you."]



Family prayer

Dt 6.4-7 “Sh’ma, Yisra’el! Adoni Eloheinu, Adoni ekhad [Hear, Isra’el! Adoni our God, Adoni is one]; and you are to love Adoni your God with all your heart, all your being and all your resources. These words, which I am ordering you today, are to be on your heart; and you are to teach them diligently to your children.

Many family devotional books to use. With kids ... brief.

תִּירוֹשׁ Teerosh
| prayer, תַּפִּלָּה, **T’feelah**,
| dance, רִקּוּדִים, **Reekoodeem**,
| songs, שִׁירִים, **Sheereem**.

Teerosh is a combination of praise songs and scripture prayer, and expressed in movement by corporate dance. That is, we read scripture promises, and petition HaShem to fulfill His Word. G-d delights to establish His Word.

Psalms 138:1 “For You have magnified Your word above all Your Name.” Thus, the heart of Teerosh is the psalmic pattern of praying scripture promises, emphasized and entreated before the throne by antiphonal singing and dance.

- Tuesdays 7:30 p.m.
- Michael Wolf: Beth Messiah, Cincinnati, weekly prayer; 10% come
- Some years ago, much youth prayer and worship leaders
- “I go home knowing something was accomplished.”
- Other Zoom or group times.

Dance

Dance, as intercessory prayer, is taught in Ps 149: “Let them praise his name with dancing, make melody to him with tambourine and lyre ... Let the high praises of G-d be in their throats, but a two-edged sword in their hands to carry out vengeance on the nations and punishment on the peoples, to bind their kings with chains and put their nobles in irons ... ”

As the dance circle is a place of praise, it is also an easy place to pray, and we have seen wonderful and effective healing prayers when offered in the middle of a prayer circle.

Dance actually seems to be a form of spiritual warfare, by the expression of praise and faith in movement, we fulfill the promise of Romans 16.20. “And God, the source of shalom, will soon crush the Adversary under your feet.”

Prayer lines

- There is a subjectively sensed different anointing in various places in the sanctuary. The front, near the musicians and place of the Word, has certain warmth, intensity. ??
- Prayer ministers can encourage, instruct, exhort, pray with you.

[David Dreiling's insight]

Retreats, all night intensives



Valodia & Yulia Bouryi



Pritsat Derekh פְּרִיצַת דֶּרֶךְ Prayer Retreat June 5-6, 2010

Or HaOlam has secured use of the Sanctuary Of Hope, 2601 Ridge Avenue, K.C., KS 66102

<http://www.sanctuaryofhope.org/>

We'll be meeting there after our Shabbat service, at 4 p.m. Saturday, continuing until 6 p.m.

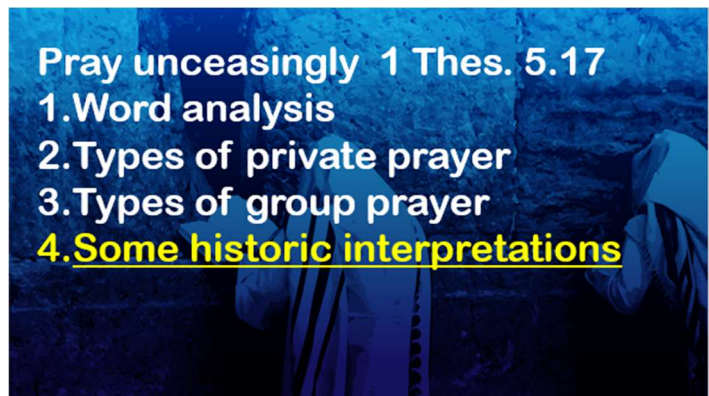
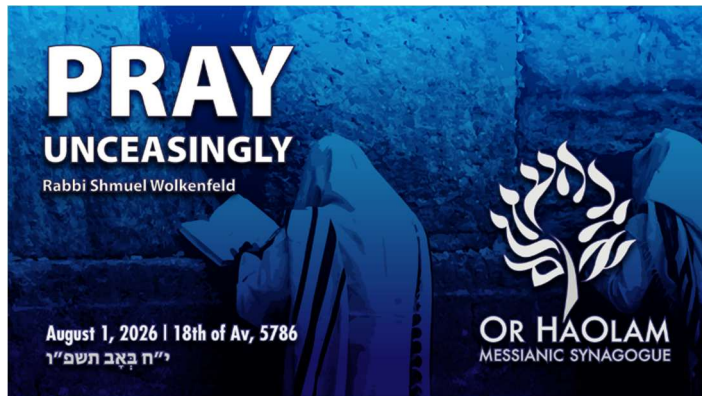
Sunday, June 6, 2010.

We'll have sessions of prayer, worship, testimonies, and insights, with breaks, fellowship, and relaxation. Valodia and Yulia will be our featured musicians, as well as our wonderful teams.

No meals provided, but there will be coffee and tea. You are free to bring your own food; fasting is encouraged, but of course not required. We are believing for G-d to give us a breakthrough time of prayer as well as bonding to each other; *Pritsat Derekh!* פְּרִיצַת דֶּרֶךְ

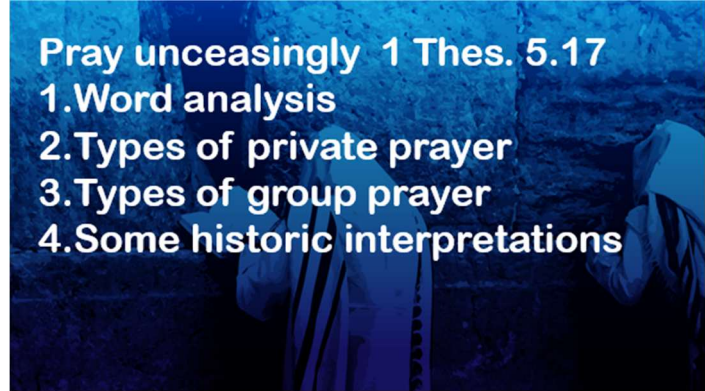
at 4 p.m. Saturday, continuing until 6 p.m. Sunday, June 6.

[Haven't done this since we got this building in 2016. Need to.]



- Early writers—from Chrysostom to Augustine—cited these verses to encourage rhythmic prayer amid ordinary labor.
- Monastic traditions later translated the concept into fixed hours of prayer,

- Reformers emphasized the priesthood of all believers, urging tradesmen and mothers to pray “without ceasing” in the workshop and the home.
- Revival movements have repeatedly returned to these texts to call the believers to sustained intercession for awakening.



1. Do you have a daily time of private prayer? התבודדות Hitbodedut, alone with Yeshua
2. Do you have a daily couple or family prayer?
3. Do you participate in corporate prayer?

Mtt 7.7-8 “Keep asking, and it will be given to you; keep seeking, and you will find; keep knocking, and the door will be opened to you. For everyone who keeps asking receives; he who keeps seeking finds; and to him who keeps knocking, the door will be opened.

1. Do you KNOW Yeshua and the assurance of sins forgiven?
2. Are you hearing daily from His Word?
3. How are you applying what you heard?
4. Are you asking this of another? *[Who are you discipling, building up?]*