

Title: If You Could Do One Thing

Scripture: Colossians 4:2-4

Speaker: Vic Redding

Event: Sunday Evening Service

Date: November 2, 2014

Colossians 4:2-4 *“Continue in prayer, and watch in the same with thanksgiving; 3 Withal praying also for us, that God would open unto us a door of utterance, to speak the mystery of Christ, for which I am also in bonds: 4 That I may make it manifest, as I ought to speak.”*

If you could do one thing is a question we've all probably been asked. How would you answer it? Is there something you wish you could be? Would you spend more time with your family? Would you exercise more? Eat healthier? Would you read your Bible more? Would you save more money? Would you express your love to someone that maybe you never had the chance to? In our Christian lives, what would we concentrate on?

There is one thing that you can do in your Christian life that will help everything else in your life fall into place. The answer is found in verse two: continue in prayer. One person said prayer moves the hand that moves the universe. Mother Teresa said there are more tears shed over answered prayer than over unanswered prayer. She meant that when God answered prayers that there should be rejoicing.

There are some things about prayer that we need to notice:

1. **We need to devote ourselves to prayer:** The word devote means dedicate; to persist in. To busy yourself. Is my prayer life something that I desire to improve? Is it something I enjoy doing? Think about who we talk to when we pray that alone is enough to rejoice about. Daniel prayed, Christ prayed, we should pray. We need to get busy praying. John R. Rice (the founder of Sword of the Lord publication) said many of our failures are prayer failures. When we pray, is it all about me or is it all about God? God knows what we are in need of before we ask it but as a father he wants us to ask. If we would spend more time hallowing his name, we would see more prayers answered. In the book of Psalms David begins many of them with praise. When we don't pray as we should, we set ourselves up for failure.
2. **Why should we be devoted to prayer?:** If you search the scriptures, you will find multiple verses that mention praying. Nothing is too small or insignificant to pray about.
 - a. **It's our Christian duty.** Romans 12:12 *“Rejoicing in hope; patient in tribulation; continuing instant in prayer;”*
 - b. **We are promised that God hears us.** Psalm 34:17 *“The righteous cry, and the LORD heareth, and delivereth them out of all their troubles.”* Psalm 40:1 *“I waited patiently for the LORD; and he inclined unto me, and heard my cry.”*
 - c. **We need to hear from God.** We don't mind asking; it's listening that we have trouble with. In Psalm 40, David said he waited patiently for the Lord. God doesn't always give us a response immediately. Sometimes we have to wait. We have to listen for God to give us an answer. God hears his children and he wants us to hear from him. Exodus 3:7 *“And the LORD said, I have surely seen the affliction of my people which are in Egypt, and have heard their cry by reason of their taskmasters; for I know their sorrows; And I am come down to deliver them out of the hand of the Egyptians, and to bring them up out of that land unto a good land and a large, unto a land flowing with milk and honey; unto the place of the Canaanites, and the Hittites, and the Amorites, and the Perizzites, and the Hivites, and the Jebusites.”* God is faithful and he will come through for us.
 - d. **We need strength during temptations.** I Corinthians 10:13 *“There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able;*

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but will with the temptation also make a way to escape, that ye may be able to bear it.” Temptation can come on us strongly. We face temptations at times that we cannot get victory over because they are stronger than we are. We get discouraged that’s a temptation. Satan uses it to get us to question God. We can’t stop temptation. Prayer shows us a way out of temptation.

- e. **We need to overcome our own wills.** Matthew 26:39