



# MONDAY'S MEAL

SUSTAINABLE NOURISHMENT *for the* LONG DISTANCE RUN

## On Prayer

by O. Hallesby  
from the book, *Prayer*

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**Monday's Meal is a service of The Oaks Classical and Christian Academy. Each meal is selected specifically to feed and nourish parents for the long distance run. If you found it helpful, consider passing it along.**

**"...and let us consider how to stimulate one another to love and good deeds..."  
Hebrews 10:24**

Prayer is a labor for which there is no substitute in the kingdom of God. We all need to be reminded of this because it is easy for us to look up on it in exactly the opposite way. We are inclined to think that when we are busy in the work of the kingdom of God, then we can without danger spend less time in prayer. This way of thinking is in our very blood. And Satan sees to it that it is quickened into life at just the right time.

It is, therefore, necessary for the Spirit of God to burn into our hearts this mystery, that the most important work we have to do is that which must be done on our knees, alone with God, away from the bustle of the world and the plaudits of men.

This work is the most important of all, because it is prerequisite to all the rest of the work we have to do in the kingdom of God: [doing homework, eating dinner, playing with the kids, singing in Cantabile, going to work] preaching, pastoral work, meetings, societies, administrative groups, organization and solicitation of funds. If the labor of prayer does not precede, as well as accompany, all of our work in the kingdom it will become nothing but a work of man, more or less capably done and with more or less effort and agitation as the case may be, but resulting in nothing but weariness both to ourselves and to others.

The work of praying is prerequisite to all other work in the kingdom of God for the simple reason that it is by prayer that we couple the powers of heaven to our helplessness, the powers which can turn water into wine and remove mountains in our own life and in the lives of others, the powers which can awaken those who sleep in sin and raise up the dead, the powers which can capture strongholds and make the impossible possible.