When should we pray?

This article was published on www.eeparchy.com

St. Paul says we should pray unceasingly ([1 Thess 5:17-19](https://www.biblegateway.com/passage/?search=1%20Thessalonians%205%3A17-19&version=NRSVCE)) Really? How do we do that? If we are always aware of God’s presence in our lives, our whole life becomes a prayer; a prayer of thanksgiving in the morning for a good sleep, before meals for the food we eat, walking outside when we see the beauty of His creation or when we experience Him in a hug, or a smile or a kind gesture from someone. We can seek His help when we have decisions to make, or when we have been hurt by someone. We can welcome Him into our grief when we have lost someone or when we have lost opportunities in our lives. We can pray at every moment of our lives.