



WEDNESDAY, DECEMBER 16, 2020  
“AN EARFUL OF PRAYER”  
By Kim Sheard

*Pray without ceasing.* ~1 Thessalonians 5:17 (NRSV)

Have you ever had a song stuck in your head?

I’ve participated in church choirs since I was small, so I have a huge memory collection of anthems and hymns I have sung. When reading the Bible, I very often come across a passage of text that was used as a lyric in one of those songs. I wind up singing the song to myself, and then it gets stuck in my head, meaning I sing it over and over until it almost drives me crazy. There’s even a term in English for this phenomenon: “earworm.”

When I saw this “pray without ceasing” verse from 1 Thessalonians 5 in the lectionary, I began to wonder if those earworms might actually be good for me. If I sing the same spiritual song over and over, couldn’t that be considered continuous prayer? The words of those songs certainly keep my mind on God, even as I conduct my daily, worldly business.

Now when a song I know from church gets stuck in my head, I pay attention to what I’m singing, using the words as a prayer rather than trying to push the song from my mind. Plus, I listen to God and what God might be trying to tell me through that particular song. That earworm becomes a blessing!

*Thought for Today: How can you pray without ceasing?*

Prayer: Lord, help me to pray without ceasing, and to keep my mind on you. Amen.