

## Only an Hour?

Today's Reading  
Matthew 26:31-56

According to the Nielsen Company, the average American is watching 151 hours of television per month!



That is approximately 5 hours per day! Perhaps your viewing habits are average, above average, or maybe below average. Regardless, that statistic gives us a whole new perspective on Christ's admonition to His disciples, "Could you not keep watch for one hour?" (Matt.. 26:40, 41)

One hour = 60 minutes = 3600 seconds...it is short when compared with average television viewing. It might be the length of the average nap. A normal work-day stacks eight of those back to back. The minutes many people spend using the computer or the telephone in texting, surfing, or talking in a given day exceeds that. Full-time college students spend at least twelve of those time segments in class each week. An hour isn't long...unless you're praying!

The point here is not that you use a stopwatch when praying. Instead, it is that you become more and more comfortable in prayer.

It is that your conversations with your Father become more and more desirable. Think about it... through prayer you have communication access to the Creator and sovereign Ruler of the universe. Through prayer, you are able to worship the One who gave His life for you. Through prayer, you are able to confess your sins to a Holy God who, in turn, wipes the slate clean. Through prayer, you are able to ask God for wisdom in recognizing the way of escape from the temptation that looms large on the horizon. Through prayer, you are able to give thanks to the Father of Lights who is the source of every good and perfect gift. Through prayer, you are able to pour out your heart conveying your deepest concerns to the One who loves you infinitely, knows your needs, and can do something about them!

When you begin to grasp those realities, prayer is no longer something to be avoided. It is something to be pursued. And you might be surprised to find that the minutes will slip by and, perhaps, even form an hour!