



# In Constant Prayer (Ancient Practices)

*Robert Benson*

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**What does it mean to pray without ceasing? Is it really that important to pray as the early Church did?**

In this installment of The Ancient Practices series, Robert Benson presents a structure for our lives where we can live in continued awareness of God's presence and reality. A pattern for worship and prayer that is offered to God at specific times throughout the day, the daily office is meant to be prayed by all the faithful so the Church may be continuous and God's work in this world may be sustained. Yet it is highly personal too?an anchor between the daily and the divine, the mundane and the marvelous.

Says author Robert Benson, "At some point, high-minded discussion about our life of prayer has to work its way into the dailyness of our lives. At some point, we have to move from talking about prayer to saying our prayers so that the marvelous that is possible has a chance to appear."

*In Constant Prayer* is your gateway to deeper communion with God. Expect something new to unfold before you and within you while heeding this ancient call.

The Ancient Practices

There is a hunger in every human heart for connection, primitive and raw, to God. To satisfy it, many are beginning to explore traditional spiritual disciplines used for centuries . . . everything from fixed-hour prayer to fasting to sincere observance of the Sabbath. Compelling and readable, the Ancient Practices series is for every spiritual sojourner, for every Christian seeker who wants more.

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