

Teens-2-pray: Setting the iPod generation on fire through prayer

So you are young and full of life and though you really want to speak to God, you struggle to connect? If this is you, then this article may be a remedy for your problem! Did you know that older people can do 1.7 things at a time, whilst you can easily juggle 5.3 things at once? Did you also know that worldwide, young people are returning to a contemplative lifestyle in their prayer life which helps them focus on important issues they want to see changed in their generation?

Multi tasking and continuous connectivity are a normal part of your life, so it makes sense that technology will affect your praying. Multi tasking is fine, and you can easily 'talk' to God while you are busy with all the many things needing your attention. But listening to God is a little more challenging. To hear God's voice, everyone needs to find a certain degree of quietness. For all of us, great and small, **Psalm 46:10** remains of vital importance: *Be still and know that I am God*. At least once or twice, try some of the following suggestions in order to help you 'connect' with God and hear His voice. He wants to speak to us much more than we can ever imagine. He wants to speak to YOU more than you can think or pray or ask for!

Find a place to pray. It can be hard to find a place to meet with God in a noisy apartment building. Ask God to show you a safe and quiet place you can go/sit down to pray on a regular basis.

Write it down. I know you are comfortable with blogging, so here is the deal; see journaling as blogging your prayers to God. You can write them down on paper in a book, or type them on your computer. Pause to hear if God is telling you something as you 'pray-write' to Him.

Pray aloud. Speak to God as if He is in the room. As if He is a real person listening to you. Actually, He is in the room and He is real too!! So try it. You can sing what is in your heart and mind to Him as well. All of that is called prayer. Remember to also listen. The 'talking side' of prayer needs to be balanced with the 'listening side'. He has something to tell you, for sure!

Play music. So you like listening to music, constantly? Put on some instrumental CD while 'doing prayer'. It helps you relax and focus on God when there is 'controlled noise' in the background. Try it, remember to make time for listening also and write down what you experience God is saying to you.

Get unplugged. Put off your cell phone and shut down your e-mail connection for the next hour. Life will continue! For at least some time each day, switch 'off' to the world and 'facebook' with God. Give Him preference by taking a practical step, showing Him He is number one to you.

Relax but focus. We can spend a lot of time in worship and that is wonderful. But in order to do the work of prayer we have to intentionally focus ourselves to hear what is on God's heart and lift up His heartbeat in prayer. This is pleasing to Him. Make sure you listen to pray every day for things other than your own needs. Pray for others as the Holy Spirit shows you.

Stay connected till next time....