



www.**tryprayingyouth**.co.uk

trypraying
YOUTH



EVER WONDERED ABOUT GOD?
EVER THOUGHT ABOUT PRAYING?
A SEVEN DAY GUIDE TO GET YOU STARTED

trypraying. YOUTH

02

- 4. WHAT IS PRAYING ANYWAY?
- 8. HOW DO I PRAY THEN?
- 12. STARTING RIGHT.
- 16. GET CONNECTED.
- 20. ASKING FOR STUFF.
- 24. SAYING THANKS.
- 28. DAD IN HEAVEN.
- 32. HANG ON! IT DOESN'T ALWAYS 'WORK'?
- 36. WHAT NOW?

CONTENTS

INTRODUCING

TYLER

JACK

CHLOE

EMILY

“HIYA!”

03

HI, MY NAME'S JACK AND THIS IS EMILY, CHLOE AND TYLER. THIS BOOKLET IS ALL ABOUT PRAYING. PRAYING IS SOMETHING THAT MOST PEOPLE DO AT SOME POINT. BUT HAVE YOU EVER REALLY THOUGHT ABOUT WHAT IT IS, OR WHY WE DO IT, OR EVEN IF IT REALLY WORKS?!

Perhaps you've sent up a few random prayers in the past, or you actually pray every day, or perhaps you've said a quick prayer if you really want something or are in trouble. Or perhaps you're one of the few who've never tried it or thought about it. Either way, keep reading.

This booklet gives you a taste of what it is to try praying. You can read it through quickly - it'd probably take you about 15 mins. But we've designed it so you take a page a day and actually give it a go. Actually try praying and see what happens. Why not try it over the next week?

BE CAREFUL THOUGH, IT MAY JUST CHANGE YOUR LIFE!



DAY ONE: WHAT IS PRAYING ANYWAY?

04

WHAT IS PRAYING ANYWAY?

PRAYING IS BASICALLY CHATTING WITH GOD. WE LOVE COMMUNICATING WITH PEOPLE, USUALLY ANYONE WHO'LL LISTEN - WE'RE SO GOOD AT IT, FACEBOOK, TWITTER, YOUTUBE ETC. PRAYER IS ANOTHER WAY TO COMMUNICATE - NOT JUST WORDS THAT FLOAT INTO SPACE - BUT TO A GOD WHO IS LISTENING.

People have prayed for centuries about loads of different stuff, in many different ways. But putting it simply, prayer is talking with God in a way that you find best. So who are we talking to? I don't know if you have an idea of what God is like?

GOD IS THE CREATOR. He created the universe, he made all things, and God created you. On purpose, for a purpose. He knows all about you and wants you to know him.

GOD IS LOVE. God loves you unconditionally. The person you're talking to loves you totally no matter what you tell him or ask of him. How cool is that?!

GOD IS ALL POWERFUL. He has the power to move 'mountains' and do miracles. So he definitely has the power to answer your prayers.

GOD LISTENS. The bible says God's there, listening for all who pray, for all who pray and mean it. He'll listen to you.

He is all this and so much more.... Just think about that for a sec, how amazing does he have to be then!

HE DESERVES YOUR RESPECT!

PRAYING
IS BASICALLY
CHATTING
WITH GOD

05

TRY IT

Ask God to help you understand more of who he is and how much he loves you during this week.

Use your own words or say this:
"God, if you're there - and I'm not sure you are - I want to know you. As I pray this week please show me more about who you are and what I mean to you."

DO IT

Think for a moment about this God... the creator of the universe, the God who loves you and made you...

Imagine your favourite animal or place... what would the person be like who could make that?

BIG ISSUE

Is there something you're worried about, or a Big Issue in your life at the moment?

Ask God to help sort it out. Keep asking about this throughout the week.

**"YOU, THE LORD GOD, ARE KIND AND FORGIVING.
 YOU DON'T EASILY GET ANGRY, AND YOUR
 LOVE CAN ALWAYS BE TRUSTED."**

PSALM 86:15

06



“When times get hard, many people turn away from God and try society's way of dealing with situations. I turned to prayer and found a new perspective on the bad things. God helped me to turn negative situations into positive ones, and through this I became happier. Praying became a huge part of my life and I've got to know God so much better. It's amazing how talking to God and having him in my life can really help and make a huge difference. Don't ever think God won't help with situations, just pray and talk to him, he always listens. He guided me through hard times, gave me a new way to look at life and a happier outcome.**”**

BETH AGED 14.

**HE GUIDED
 ME THROUGH
 HARD TIMES**

**CHECK OUT WHAT PEOPLE THINK
 ABOUT PRAYING AT OUR YOUTUBE CHANNEL:
WWW.YOUTUBE.COM/TRYPRAINGYOUTH**



07



DAY TWO: HOW DO I PRAY THEN?

08

HOW DO I PRAY THEN?

SO NOW WE KNOW ABOUT MORE ABOUT WHAT PRAYING IS, I GUESS WE NEED TO FIND OUT HOW TO ACTUALLY DO IT! THINK YOU HAVE TO SHUT YOUR EYES, PUT YOUR HANDS TOGETHER AND EVEN KNEEL WHEN YOU PRAY? NO WAY! THE GOOD THING ABOUT PRAYER IS THAT YOU DON'T HAVE TO PRAY IN A CERTAIN WAY OR AT A CERTAIN TIME. GOD JUST WANTS TO WALK THROUGH YOUR DAY WITH YOU. BASICALLY ANYONE CAN PRAY **ANYWHERE, ANYTIME, ABOUT (ALMOST) ANYTHING IN ANYWAY!**

ANYONE: Whether you're white or black, been to church, never been to church, class yourself as an emo, goth, sporty, geek, messed up, perfect(?!), popular or a loner - it doesn't matter, anyone can pray. Don't count yourself out.

ANYHOW: You can pray on your own, or with others; out loud or in your head. God knows what you are thinking! You don't need to use special words when talking to God. Just be yourself. Express yourself! You can think it, speak it, sing it, rap it, write it, even tweet it... whatever way you find best to chat to your creator!

ANYWHERE: God says he is always with us and always listening. So that means you can pray at school, at home, on the bus or in bed! It doesn't matter where, God is there! Although, sometimes it is good to have a place where you feel you can pray best.

ANYTIME: God doesn't sleep, or get too busy to bother with you. You can chat to him any time of the night or day.

ANYTHING: God wants you to be honest with him about what is going on in your life. If you need something, ask him. If you can worry about something you can pray about it. Turn those worry thoughts into prayers about whatever it is.

DID YOU KNOW?
AMEN
IS A HEBREW WORD
WHICH MEANS
'LET IT BE SO'?
IT MEANS
'I BELIEVE YOU CAN DO IT'
OR 'I AGREE'
- IT DOESN'T MEAN
THE PRAYER IS FINISHED

09

TRY IT

Wherever you are now, pray. Use your own words or you could say this:

*"Thank you God that you are always with me, always listening, always for me. Help me to believe in you and the power of prayer. Please give me peace about **INSERT MY BIG ISSUE HERE** and help sort it out in the best way possible."*

10

DO IT

Thank God that he is always with you, in whatever way reflects you. Draw something, write some bars, whatever.

You could even put an object in your pocket, like a stone or your phone, and every time you touch it, thank God he is with you.

BIG ISSUE

Pray about that thing you really want God to make a difference in. Keep asking him to help you sort it out.

"PRAY ALL THE TIME."

1 THESSALONIANS 5:17

THE
MORE
YOU TALK
TO GOD
ABOUT THE
SMALL THINGS
IN LIFE
THE BETTER

11

“When something major is happening in your life it's easy to turn to God to say 'Thank you' or 'I need your help' but how do we keep remembering to involve God in the tiny little details of our lives? The day-to-day walk with God is the most vital of the Christian faith yet often I find when I come to pray on my own in the privacy of my bedroom I hit a wall. A friend of mine prays with me, even on the phone sometimes. She never fails to involve God in the miniature details of her life. The more you talk to God about the small things in life, the better your relationship grows with him, but how can I do that if it's almost impossible to get the words out or formulate a prayer in my head? This same friend suggested if the words are being blocked I should write a letter about everything I want to say to God, that I can't simply just say there. I can't help but also think he already knows all of this, but he just wants us to bring it to him. Whether that's in spoken prayer, a letter, song etc... Now instead of trying to just think a list of prayers, I write down my prayers to him, it has helped a lot.”

FFION AGED 17.





DAY THREE: STARTING RIGHT

12

STARTING RIGHT

13

SO PRAYER IS MORE ABOUT WALKING MY DAY THROUGH WITH GOD?

YEAH IT IS, HE WANTS TO HAVE A RELATIONSHIP WITH YOU, AND TO START IT OFF RIGHT. THIS PROBABLY MEANS WE MAY HAVE TO SAY SORRY FOR SOMETHING WE'VE DONE.

WHAT DO I HAVE TO SAY I'M SORRY FOR?

Saying sorry doesn't come easy for most of us. We don't like to admit we're wrong, plus most of the time it's not our fault anyways is it?! But actually saying sorry can be an amazingly empowering thing. With it brings freedom and forgiveness and starts this relationship with God off right.

JESUS... REALLY?

Jesus gives us the opportunity to say sorry to God for all the rubbish that we do each day, because of what he did through the cross. You may have heard that Jesus, the son of God, died on a cross 2000 years ago. Jesus did this so that we can be forgiven. Someone had to take the punishment for all of humanity's rubbish and that's what Jesus did that day.

That means that now we can say sorry to God for anything we've done and God will remove it and forget about it! He removes guilt, shame and generally feeling rubbish about something we've done (but not the consequences) and allows us to keep having this relationship with God. Pretty amazing!

SO I GET A NEW LIFE?

When we say we're sorry to God for things, and believe he died for us, he gives us life in return - life ever after with him in heaven, but also life lived with his help now! A pretty incredible deal!

Obviously if we're really sorry we'll also try and change our behaviour and live differently as a result.

THE AMAZING THING ABOUT JESUS DYING IS NOT JUST THAT HE DIED FOR US, BUT THAT AFTER HIS DEATH HE WAS BROUGHT BACK TO LIFE AND WAS SEEN AGAIN AND AGAIN BY LOTS OF PEOPLE. THAT'S HOW WE KNOW IT ALL WORKS - 'COS HE'S ALIVE NOW

TRY IT

Use your own words or try this: *"Jesus I don't get it all, but I believe you died on that cross and as a result something happened. I want to say sorry for all the rubbish stuff I've ever done, thought or said. Take it away and help me live with you in my life. Help me to start this relationship with you right."*

CHECK OUT WWW.THE4POINTS.COM
FOR MORE DETAILS

14

DO IT

Stop for a min and think about some of the stuff that you know you've thought, done or said which hasn't been right... imagine God taking all that off you whilst saying you are sorry for it.

Take a piece of paper and write on it anything you feel ashamed about. Then draw a cross over all you have written and thank Jesus for taking the punishment. When you have finished, rip up the paper and throw it away!

BIG ISSUE

Sometimes our Big Issues come from stuff others have done to us. The only other thing about forgiveness is that we have to do it to others too. God forgives us and we in return need to forgive others. This is a bit of a biggy, and really forgiving others only happens when God works in us to help us do that.

Spend some time asking God to help you forgive other people, but come back to this as this takes time.

GOD LOVED THE PEOPLE OF THIS WORLD SO MUCH THAT HE GAVE HIS ONLY SON, SO THAT EVERYONE WHO HAS FAITH IN HIM WILL HAVE ETERNAL LIFE AND NEVER REALLY DIE. JOHN 3:16

15

SEE JOSH IN ACTION AT:
WWW.TWELVE24.CO.UK



JOSH AGED 24.

"I grew up going to church and knew about God, but I never really understood that to be a Christian we have to know God in our hearts not just our minds! I never realised that if I wanted to be a Christian I also had to change the way I lived. When I was 15 I got kicked out of school and that led to me getting in trouble with the police as I got older! When I was 17 I did something which got me locked in a cell in a police station for a weekend and as I sat in there I started to think about my life. I knew I wasn't satisfied with the way I was. I knew I needed God because, to be honest, I hated life! That's when I experienced God in a real way and it was amazing! I prayed in the cell, and as I was praying I physically felt the presence of God - I got really hot even though the cell was cold! I started to say sorry and ask for forgiveness for everything I'd done, I just knew I'd met with God that night! Now I'm totally different, I still make mistakes but I try and live with God at the centre of my life everyday. I'm now in a band called Twelve24 which goes around telling people about God. That night changed my life forever."



DAY FOUR: GET CONNECTED

16

GET
CONNECTED

DO YOU SOMETIMES THINK THESE PRAYERS ARE GOING NOWHERE? JUST BEING SAID, BUT NOT DOING A LOT? A BIT LIKE SENDING A TWEET BUT NOT BEING CONNECTED TO THE INTERNET!

Praying is all about being connected to God. Two things will help you get connected...

1. FAITH. Believing that your prayers are heard and knowing who you are praying to makes a difference. But even if you're not totally confident in God yet, Jesus said 'faith as small as a seed can move mountains', so you just need a little bit of faith.

2. GOD'S SPIRIT. The Holy Spirit is God's presence on earth. Sounds a bit weird but it's the Holy Spirit that really connects us to God and helps us to know Jesus more. So the real connection is made when we believe in Jesus and receive his Spirit.

WELL HOW DO I MAKE THIS CONNECTION THEN? You need to ask Jesus through his Spirit to come into your life so that you can live life the way he wants you to. It's a bit like opening the door of your house to a visitor and saying to them 'come in.' When we do this we begin our life's adventure with God. It starts now and takes us all the way through and into the next life.

IMAGINE MORE This means that when we are connected to God, and have him in our lives, we can do more than we can ever dream or imagine and we become alive in a way we never were before.

YOU DON'T SEE
ELECTRICITY,
BUT YOU KNOW
IT WORKS.
FAITH IS THE SAME.
IT'S TRUSTING THAT HE WILL DO THIS
WHETHER OR NOT
YOU FEEL DIFFERENT

17

TRY IT

Ask for the Holy Spirit to work in your life.

You can chat in your own words or say this:

"God, I want to be more connected to you. I realise I need you so I ask that you would come into my life through your Spirit now and make me the kind of person you want me to be. I pray you'd do more than I can ask or imagine in me and through me."

18

DO IT

Act it out: Every time you connect to the internet ask to be connected to God!

You could even open a door and when you do, say "Jesus come into my life!".

BIG ISSUE

Ask for the faith to believe that God will sort it out. Ask for God to come into this situation and do more than you could dream or imagine in it.

**HERE I AM!
I STAND AT THE DOOR AND KNOCK.
IF ANYONE HEARS MY VOICE
AND OPENS THE DOOR,
I WILL COME IN.
REV 3:20**



“ I've never really believed in God and figured all that stuff wasn't for me. But one day someone told me about when his dad had gone missing and his family had given up hope. He kept his faith though and kept praying that his dad would be found well and alive. Eventually his dad returned home! I started questioning my conclusion of God's reality. When I got home that night, I went to my room and shut the door. Not having grown up in a church-going family I wasn't really sure what I was doing, but I prayed for guidance and listened for what he had to say. I'd prayed before and I wasn't expecting anything different. But I felt an indescribable feeling of calmness & contentedness, as if something washed over me. I now realise this was the Holy Spirit working in me for the first time. That was it: in an instant I was transformed - I had experienced God! Since then I feel my relationship with him has grown, and I find myself enjoying life much more. **”**

ANDREW* AGED 16.

**IN AN INSTANT
I WAS
TRANSFORMED**



*NAME CHANGED

19



20

DAY FIVE: ASKING FOR STUFF

ASKING FOR STUFF

21

I'M WELL EXCITED ABOUT THIS PRAYING MALARKY! SO I CAN ASK FOR STUFF AND COS HE'S GOD HE'S GOT TO GIVE IT TO ME! YES! SO I'M GONNA ASK TO WIN XFACTOR, GET A SWEET CAR AND THE HOTTEST GIRLFRIEND EVER! THANKS GOD!

A PERFECT PLAN I'm sure you've realised that prayer doesn't quite work like this. But God does say that we can ask him for stuff. God has a perfect plan for you and the people you know. He has good gifts waiting to give us. He's just waiting for us to ask. But remember prayer is more about getting to know God than getting things from him.

THE RIGHT STUFF So I can ask for anything! But how do I know what the right stuff to ask for is?

The more we get to know Jesus, the more we will know what the right stuff to pray for is - not just stuff we think we want. It could be help with exams, home life, health problems, anxiety... the list goes on. The stuff God wants to give you is actually more important than the latest gadget or toy.

The exciting thing is that God wants you to become a better person, more like Jesus.

THE MOUNTAINS YOU FACE Jesus went around performing miracles, showing the right way to live, healing people and inviting people to trust God. So we can pray for this sort of stuff to happen today. He encouraged them saying even mountains will be moved if we have faith. Open your mind about what you could ask for!

What 'mountains' or problems do you need moving in your life?

BTW:
YOU CAN PRAY
THE SAME PRAYER
AGAIN AND AGAIN,
IT'S NOT WRONG
TO KEEP ASKING

TRY IT

Ask for help to know what to pray for yourself and those around you. Even if it seems unlikely it doesn't mean God won't do it. Continue to ask him to sort out the Big Issue in your life.

"Jesus Christ, you say you have good things to give me. I ask you to work in my life and give me the things which are the best for me. I ask that in this situation

INSERT MY BIG ISSUE HERE *that you would perform a miracle.*

Thank you God, you can do this."

22

DO IT

Try keeping a prayer diary of the prayers you pray and write down what happens as a result of your prayers.

BIG ISSUE

Can you pray about your Big Issue in a different way today?

"THE SIMPLE TRUTH IS THAT IF YOU HAD A MERE KERNEL OF FAITH, A POPPY SEED, SAY, YOU WOULD TELL THIS MOUNTAIN, 'MOVE!' AND IT WOULD MOVE. THERE IS NOTHING YOU WOULDN'T BE ABLE TO TACKLE."

MATT 17:20

**THE
TUMOUR
DISAPPEARED
WITHOUT
HAVING
TO BE
OPERATED
ON!!!**



"During Christmas in 1999 my father got very ill and was rushed to hospital. He had lost mobility on one side of his body and his vision was worsening. After a scan they discovered a tumour in his brain. He couldn't even recognise my brother and me, but my mum encouraged us to pray

for him and his recovery. The amazing thing was that after many days, the tumour disappeared without having to be operated on!!! He was healthy and well and so he started to pray for other patients in the hospital too. The doctors were so amazed at his recovery that they believed in God and the power of prayer. **"**

DANIEL AGED 23.



23



DAY SIX: SAYING THANKS

24

SAYING THANKS

25

I GUESS SEEING AS GOD HAS GIVEN ME SO MUCH I PROBABLY SHOULD SAY THANKS OR SOMETHING?

YEAH YOU'RE RIGHT, ONE MAIN THING THE BIBLE SAYS IS HOW IMPORTANT SAYING THANKS TO GOD IS. IT SAYS IT AGAIN AND AGAIN "BE THANKFUL".

GOOD GIFTS Being thankful has been proven to help you feel good, and change your outlook on life. But much more than that, it allows us to give credit to the one who gives it to us all in the first place. A guy in the bible, James, says "every good gift comes from God" so it's only right to say thanks for all the good stuff that is in our lives.

NOT ALONE When we stop and thank God for stuff it pleases God, and helps us realise that actually we can't do all this on our own.

SIMPLE WORD How often do you say thank you? Have you ever thanked God for anything? It's such a simple word but it means so much.

God wants you to be full of joy, so go on then, think of some stuff that you are thankful for.

EVEN WHEN IT'S HARD It is easy to say thanks when everything is going well. But it's just as important to say thanks in the hard times... try and thank God no matter what is happening in your life, no matter how hard that is. It'll pay off.

IT'S NOT POSSIBLE
TO BE ANGRY,
JEALOUS OR UPSET
WHEN YOU ARE BEING
THANKFUL!

TRY IT

Spend some time thanking God for all the good in your life. Even for things that aren't great, try this:

Father God, thank you so much for all the good stuff I have in my life. Help me to recognise that these good things come from you. Help me to be more thankful in my life and give you credit more often! Thank you for loving me and help me to understand more of this love even when life gets hard. Thank you that you will sort out this Big Issue I am praying about.

26

DO IT

Write 'thank you' on a piece of paper and leave it somewhere you'll see it each day, say thanks to God every time you see it.

Why not Tweet or Facebook about something you want to thank God for?

Write or draw a list of the stuff you are thankful for and keep it as a reminder. At different points in your day, say thanks to God for something – get into a habit of throwing up thanks!

BIG ISSUE

Be brave... say thanks to God for this issue, even though it is hard... thank him that he'll sort it out.

**"THANK GOD
NO MATTER WHAT HAPPENS."**

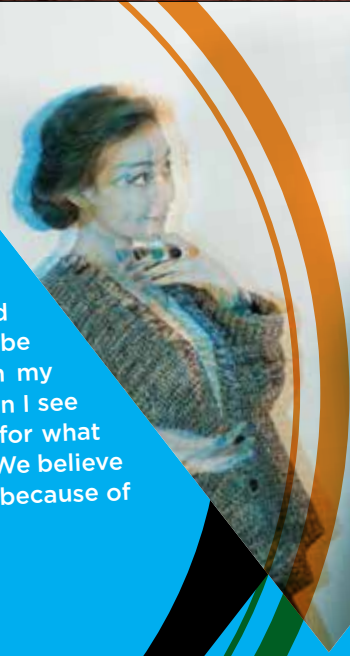
1 THESSALONIANS 5:18



“My dad suffers with depression and has for as long as I can remember. He is a Christian and loves God with all of his heart and believes one day he will be healed. My church began praying for my dad with my family, and he started coming to church again. When I see him, he seems happier. We continue to thank God for what he has done so far, and for what he is going to do. We believe that one day he will be completely healed. It is all because of God, he is good, even when life is hard.”

LUCY AGED 17.

”



**HE
IS GOOD,
EVEN WHEN
LIFE IS HARD.**

27

DAY SEVEN: DAD IN HEAVEN

28



DAD IN
HEAVEN

THINK YOU'RE GETTING THIS PRAYER THING NOW BUT STILL NEED SOME MORE HELP?

THAT'S OK, JESUS' FRIENDS DID TOO. THEY ASKED HIM THE BEST WAY TO PRAY AND HE TAUGHT THEM THIS PRAYER:

TRYPRAYING'S VERSION OF THE LORD'S PRAYER:

*Our incredible Dad in heaven,
Help us to honour your name,
and make this world a better place.
Would you give me everything I need for today.
Forgive me for the wrong things I do
And just like you, may I forgive everyone who's hurt me.
Help me do what's right and protect me
from danger and evil
Because you are God and everything
and everyone belongs to you,
Right now and always.
AMEN.*

29

WHAT A PRAYER! Notice it calls God - 'Dad' - Jesus even goes as far as to say we can call him daddy! That the God of the universe is also your Dad, a perfect one - that's the kind of relationship he wants with you.

JUST FOR STARTERS You can get an idea for other stuff you can pray for too: food, the world to become the way God wants it, the forgiveness thing, living right and being kept safe. What a prayer. Go for it!

TEACH US
HOW TO PRAY
LUKE 11:1

TRY IT

Try praying the prayer on the last page now. Think what each bit really means for you.

DO IT

Try saying it every day and see if it makes a difference in your life. Write it out, say it out, type it up, pin it up, rap about it, sing about it – whatever way is you. Most of all try and live it out.

BIG ISSUE

Try praying this through again with your Big Issue in mind. Ask what God's best is for this issue.

THE ORIGINAL VERSION OF "THE LORD'S PRAYER" IS FOUND IN THE BIBLE IN MATTHEW 6, VERSES 9 - 13. IT IS SO IMPORTANT IT'S IN THE BIBLE TWICE! IN MATTHEW AND IN LUKE! GO CHECK IT OUT!

30

In 2012 the footballer Fabrice Muamba collapsed on the pitch. The whole stadium was silent and people began to pray. This was all over the press. "Fabrice Muamba's collapse shows how prayer comes naturally to footballers," said Andrew Brews from The Guardian. Muamba himself said,



" I am walking proof of the power of prayer. For 78 minutes I was dead and even if I lived was expected to have suffered brain damage. But I'm very much alive and sitting here talking now, someone up there was watching over me. On the morning of the game I prayed with my father and asked God to protect me – and he didn't let me down! **"**

" **FABRICE MUAMBA,**
PROFESSIONAL FOOTBALLER.

**SOMEONE
UP THERE WAS
WATCHING
OVER ME.**

31



HANG ON!

IT DOESN'T ALWAYS WORK?

32

**HANG ON!
IT DOESN'T ALWAYS WORK?**

YOU MAY HAVE NOTICED BY NOW THAT NOT ALL YOUR PRAYERS SEEM TO 'WORK' ALL THE TIME. THIS IS SOMETIMES JUST SLIGHTLY ANNOYING, BUT OTHER TIMES IT DOESN'T SEEM TO MAKE ANY SENSE AND IS GUTTING.

You know, prayer isn't like a vending machine, where you put in your money and what you want always comes out. Imagine for a moment if everyone's prayers did get answered the way they wanted every time. The world would go crazy!

God does always answer our prayers, but not always like we think. He sees the bigger picture, what would be best. He also wants to teach you patience. Sometimes you don't get answers because you ask for the wrong reasons! Remember he is your Dad, and it is for your good he sometimes says no. He is in charge.

THINK OF IT LIKE A TRAFFIC LIGHT SYSTEM...

STOP

No - I know what's ahead and have something better for you.

WAIT

Yes, but not this instant. I'll give it to you at the perfect time.

GO

Yes, enjoy!

It's a matter of trust. Trusting that God knows the future and has the best for us and those around us.

**HOW DO I LISTEN TO GOD?
GOD SPEAKS TO US TODAY.
HE DOES IT IN MANY WAYS...
THROUGH SOMETHING
WE ARE THINKING ABOUT,
THROUGH A SONG,
WHEN WE ARE READING THE BIBLE...
IT USUALLY COMES WITH A FEELING
OF PEACE AND SURENESS...**

IT ALSO COMES WITH PRACTICE!

33

TRY IT

"Father God, I don't always understand why you don't answer my prayers, but I know you are over all things and want the best for me. Help me to trust you and your plan for me and the world."

DO IT

Has there been something you asked God for but didn't get it?

Take a min to stop and instead of asking, listen to see if God tells you why that could be.

Remember praying is less about just asking, and more about knowing God.

BIG ISSUE

Sometimes the most difficult things in our lives don't get the solution that we imagine.

Pray that you would trust God whatever the outcome.

**FOR I KNOW THE PLANS I HAVE FOR YOU,
SAYS THE LORD, PLANS TO PROSPER YOU AND
NOT TO HARM YOU. TO GIVE YOU
HOPE AND A FUTURE.**

JEREMIAH 29:11

34



“ I had to move because my dad got a new job. This meant leaving all my friends at school and all my comforts. I wasn't a Christian at this point, although I was dragged to church every Sunday with my parents. When the move-in day arrived I tried praying by myself. I saw a rainbow and my mum told me that that was God showing he was watching over me. From then on I tried to pray every night, although it didn't mean much, God was all I had, and I was scared. I had to trust in him to find new friends, a new church for the family and a new school. God provided. Now I can see that God answered my prayers and now I am a committed Christian who lives for God every day.

”
JO AGED 18.

**NOW I CAN SEE
THAT GOD
ANSWERED
MY PRAYERS**

TWEET US @TRYPRAYINGYOUTH

LIKE US ON WWW.FACEBOOK.COM/TRYPAYINGYOUTH

WATCH MORE ON WWW.YOUTUBE.COM/TRYPAYINGYOUTH

35



WELL DONE! YOU'VE JUST COMPLETED YOUR
FIRST 7 DAYS OF THIS PRAYING THING!

BUT DON'T LET IT END HERE. IT'LL GET
BETTER THE MORE YOU KEEP GOING.

WHAT
NOW?

36

TO HELP YOU CONTINUE YOU COULD...

- Read the booklet again and either do the week again or dip in and out.
- Tell a friend about your experiences – maybe even pray together if they're up for it.
- Check out the adult (or even the kid's) version of this booklet.
- Check out these websites:
www.tryprayingyouth.co.uk
www.the4points.com
www.alpha.org
www.bethinking.org
- Find a good church that you enjoy going to.
- Read the bible, try reading the Message version online at www.youversion.com or go to www.ucb.co.uk/youth and read the Word4u2Day
- Say 'hi' on facebook or twitter. Tell us your prayer stories; we'd love to hear them.

TWEET US @TRYPRAYINGYOUTH

LIKE US ON WWW.FACEBOOK.COM/TRYPRAYINGYOUTH

WATCH MORE ON WWW.YOUTUBE.COM/TRYPRAYINGYOUTH

TRY IT

If you want to keep on keeping on with God, then pray this: *"Jesus, thank you for what I have experienced through prayer. Help me to keep finding out about you. Help me to live my life with you and for you. Equip me to live this life and help me to choose you every day. Amen."*

I WILL BE WITH YOU ALWAYS,
EVEN UNTIL THE END OF THE WORLD.

MATTHEW 28:20

37





trypraying. YOUTH

CREDITS:

Written by: Emma Gaze
Art Direction: Dan Hasler
Graphic Design: Message:Creative

PHOTO CREDITS:

Lucy West
Katy Lunsford
Flickr Users:
Creative Commons © 2.0 License
SodanieChea, Horia Varlan
Kalexanderson, Tamburix
butupa, Shandi-lee
CRASH:candy, blmiers2
prisoneroffreedom, ykanazawa1999
wikipedia.org:
Fabrice Muamba

BIBLE TRANSLATIONS

CEV, The Message,
Easy-to-read version, and NIV.

© There Is Hope 2013

To order more copies

Email: booklets@trypraying.co.uk
PLEASE REFERENCE: TRYPRAYINGYOUTH

Phone: 0131 202 6449

Web: www.tryprayingyouth.co.uk



“SEE YA!”