

THE POWER OF A
PRAYING®

Teen

**STORMIE
OMARTIAN**



HARVEST HOUSE PUBLISHERS
EUGENE, OREGON

Unless otherwise indicated, all Scripture quotations are taken from the New King James Version. Copyright © 1982 by Thomas Nelson, Inc. Used by permission. All rights reserved.

Verses marked NIV are taken from the HOLY BIBLE, NEW INTERNATIONAL VERSION®. NIV®. Copyright © 1973, 1978, 1984 by the International Bible Society. Used by permission of Zondervan. All rights reserved.

Verses marked ASV are taken from the American Standard Version of the Bible.

Cover by Writely Designed, Enumclaw, Washington

Cover photo © EduardSV/Dollar Photo Club

THE POWER OF A PRAYING is a registered trademark of The Hawkins Children's LLC. Harvest House Publishers, Inc., is the exclusive licensee of the federally registered trademark THE POWER OF A PRAYING.

THE POWER OF A PRAYING® TEEN

Copyright © 2005 by Stormie Omartian

Published by Harvest House Publishers

Eugene, Oregon 97402

www.harvesthousepublishers.com

ISBN 978-0-7369-6601-6 (pbk.)

ISBN 978-0-7369-6602-3 (eBook)

The Library of Congress has cataloged the edition as follows:

Library of Congress Cataloging-in-Publication Data

Omartian, Stormie.

The power of a praying teen / Stormie Omartian.

p. cm.

ISBN-13: 978-0-7369-0190-1 (pbk.)

1. Christian teenagers—Religious life. 2. Prayer—Christianity. I. Title.

BV4531.3.O43 2005

248.8'3—dc22

2005009384

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, digital, photocopy, recording, or any other—except for brief quotations in printed reviews, without the prior permission of the publisher.

Printed in the United States of America

15 16 17 18 19 20 21 22 / LB-MS / 10 9 8 7 6 5 4 3 2 1

CONTENTS

What Is the Power and Why Do I Need It? 5

Lord, Help Me Know You Better 15

Lord, Help Me Get Free of Past Mistakes 27

Lord, Help Me Forgive Others 37

Lord, Help Me Do What's Right 47

Lord, Help Me Stand Strong Against Bad
Influences 57

Lord, Help Me Take Control of My Mind 69

Lord, Help Me Understand Your Word 79

Lord, Help Me Be Free from Peer Pressure 89

Lord, Help Me Have Good Relationships 101

Lord, Help Me Praise You at All Times 109

11
12
13
14
15
16
17
18
19
20

Lord, Help Me Find Your Purpose for My Life 117

Lord, Help Me Make Wise Choices 127

Lord, Help Me Get Rid of Negative Emotions 135

Lord, Help Me Resist Temptation 147

Lord, Help Me Be Strong When Bad Things
Happen 155

Lord, Help Me Be Safe 163

Lord, Help Me Speak Words That Bring Life 171

Lord, Help Me Have Faith for the Impossible 181

Lord, Help Me Know Your Will for My Life 189

Lord, Help Me Move Into the Future You Have
for Me 197

WHAT IS THE POWER and Why Do I Need It?

I IF YOU ARE A TEENAGER, THEN YOU'RE IN a unique position to be able to affect your world in a powerful way. That's because you are part of a world that is intense, in-your-face, and in some ways very small. It's small because people who are *not* teenagers don't get to be part of it in the way that *you* do. You are able to see up close all the things that are good and bad in your world—the things you wish would never end and the things you know that need to be changed.

You, your life, and your world can be affected far more than you ever dreamed possible by simply praying about them every day.

Who, Me? I Don't Have Time to Pray

As a teenager, you have a busy life. There has never been more pressure to learn, improve, and succeed. And there have never

The Power of a Praying Teen

been more opportunities to do it. You may feel you don't have *time* to pray. If so, you're not alone. Many people feel that way. Life is filled with countless things that are designed to keep us too busy to pray. But when we don't spend time with God every day in prayer, we miss hearing His voice speaking to our heart and leading us in important ways. It can cause us to miss out on many of the good things He has for our life.

The Main Things I Pray About Are:

- Good health for me and my family
- That I will be a success in life
- That I will be free of temptation
- That there will be peace in the world
- That God will save my generation
(Ages 16-19)

I have found a way for you to pray about every aspect of your life that will keep you focused on who God is and who He made you to be. And this is very important, because when a person does not know who God really is, and who He made them to be, they can end up making bad decisions and never experiencing all God has for them.

This way of praying will take the problems off of your own shoulders and put the burden of them on God. He not only wants to carry them for you, He also wants to lift you *above* difficult situations so you can see things from *His* perspective. When you can do that, you will be able to tell what is true and what is a lie. Far too often we believe things that are not true about ourselves and our situations, and this can limit or even paralyze us to the point where we can't move forward like we should. Seeing the truth as God reveals it sets us free.

Most of all, this kind of praying will help you get really close to God. And that's where you want to be. When you are close to God, you can share the deepest feelings and desires of your heart. And your heart can hear Him guiding you on the path He has for you, revealing to you the wonderful plans He has for your future.

What Is the Power and Why Do I Need It?

God Has a Purpose for Your Life

The most important thing you ever need to understand is that God *created* you, He *loves* you, He is *committed* to you, and He has a *great purpose* for your life. But you have to not only *believe* this in your head, you have to *know* it in your heart. And it is only through a close relationship with God that you can truly know all this.

The way to *begin* a close relationship with God is to receive His Son, Jesus. Simply ask Jesus to come into your life. Then get ahold of a Bible and start reading it. (Check out different translations for one that is perfect for you.) Be sure you're hanging out with people who know the Lord. How can you become all God created you to be if you are constantly thrust into a world that wants you to be molded into *its* image? The people who have the greatest influence in your life should be those who know God. Look for them at school. But especially look for them in a good church, because there they can give you the solid support you need to grow in your relationship with the Lord.

Having a close relationship with God doesn't mean that you will never have problems, but it does mean that when you do, He will be there to help you. He will calm the storms in your life when things get rough. He will take the tough challenges you face and either transform them, enable you to rise above them, or help you walk through them successfully.

But all these things don't just happen. Not without prayer.

When you walk close to God by reading His Word and spending time with Him every day in prayer, you will find out who you really are and who you were created to be. You will understand God's purpose for your life.

What Is Prayer and Why Does It Work?

Prayer is simply communicating with God. It's talking to Him

The Power of a Praying Teen

and sharing whatever is on your heart. It's telling Him how you feel about your *life* and how you feel about *Him*. It's sharing with God all the things you see that are wrong and how you would like them to be changed. And it's letting Him speak to *your* heart about how He feels about *you* and what His plans and purposes are for *your* life.

When you pray often, you are focused on who God is and who you are in relation to Him. When you talk to God, He begins to show you more and more who He made you to be and what He wants you to do. And that is one of the most important things you will need to know in your life.

Enough About You, Let's Talk About Me

This book will help you learn how to pray for yourself and your life, and for other people and situations as well. It's the book I wish I'd had when I was a teenager. If I would have known all these things, I wouldn't have gotten into so much trouble and wasted so many years of my life searching for things I couldn't

My Prayer to God
Lord, help me go
through this
wonderful life You
have given me. Give
me everything I need
and help me spiritu-
ally, emotionally,
and physically.

(Age 13)

have. I wouldn't have spent time striving to be something I wasn't created to be. I wouldn't have suffered the discouragement, depression, frustration, anxiety, and hopelessness that I did. I would have been spared a lot of misery and pain.

When I was a teenager, my family and I lived in a part of town that wasn't as nice as where all the other kids lived. It wasn't nice at all. The other kids lived in houses that were large, new, and well kept. Mine was small, old, and run-down. They came from wealthy families. Mine was poor. They wore better clothes, drove nicer cars, and went places on vacation. What few clothes I had to wear

What Is the Power and Why Do I Need It?

were worn out, our car was so old and beat up it barely ran, and we never went anywhere. They ate well, stayed healthier, and lived better. I often went to bed hungry, was sick most of the time, and stayed miserable. They looked forward to life; I dreaded every day and wanted to die more often than I wanted to live.

If I had known the Lord back then, I would have been able to come to Him about all the needs in my life. I would have felt His presence and His power helping me through each day and taking away my hurt and loneliness. I would have stopped being embarrassed about who I was and been grateful for who God was making me to be. I would have learned to live God's way and stayed out of trouble. I would have recognized my gifts and talents sooner and developed them, instead of beating myself up for not being who I thought I should be. I would have understood God's will for my life and not gotten off the path and wasted so many years trying to figure life out and find my way.

I'll tell you more about my story throughout this book, and I hope you will learn enough from it to avoid the mistakes and the misery I had to endure.

Why Is It So Hard to Pray Sometimes?

Do you ever feel like it's hard to pray? If so, you're not alone. I have felt that way too. In fact, everyone feels that way at one time or another, no matter how old they are or how long they have known the Lord.

There are many different reasons why we find praying difficult. One reason is that we are not sure we're saying the right things. We think we have to sound like a preacher or that we have to use just the right words. We're afraid that we might not say things right enough or good enough. Or we are not praying long enough or hard enough.

The Power of a Praying Teen

Sometimes we think that God isn't really hearing our prayers at all. Or perhaps our prayers are not important to Him. Or He is too busy to listen. Or we believe that the issues we want to pray about are so big and we are so small, how can our prayers possibly make any difference? We feel powerless to pray in a way that can bring about any kind of change. We don't understand how powerful our prayers are and what can be accomplished when we pray.

Do you find it easier to pray for other people than it is to pray for yourself? I know I have felt that way. I could pray for my friends, family, and people I had never even met who I heard about in the news far easier than I could pray for my own needs. Why is that?

For one thing, the needs of other people were easy for me to figure out. Mine were often complicated and not easy to talk about. Often I just didn't have a clue as to how to pray about a particular situation. Or the circumstances were so overwhelming that my prayers were nothing more than a basic cry for help. Sometimes I just thought I could not pray a prayer that God would want to listen to. I have since found out that none of that is true.

The truth is that God is not looking for someone to pray who is perfect and who says the perfect "Christianese" words in the perfect way. He is looking for someone who has a heart of love for *Him*. He doesn't measure your prayers by how long you pray. He measures them by how important they are to you. He knows what is going on in your heart, and He cares about the things *you* care about. That's because He cares about *you*. What is important to *you* is important to *Him*. That's why He wants you to come to Him with the things that are important to you.

You may be thinking, *If God knows what is in my heart and He cares about me, then why do I need to pray? Why doesn't He just give me what I need without my having to ask Him?*

The answer is because He wants you to *come* to Him, to be *close* to Him, to *talk* to Him, and to *depend* on Him. He wants to talk to

What Is the Power and Why Do I Need It?

you about the things that are important to *Him* so that they can become important to *you*. He wants to take you to places you can't get to without Him. He wants to do great things through you, but you have to walk close to Him in order for that to happen. When you understand all of this, it makes praying a lot easier.

What Can I Do When I Feel Powerless?

Have you ever felt that your life is out of control and you are powerless to do anything about it? Do you sometimes feel so pressured by outside circumstances or internal emotions that you think you're going to explode? Have you ever felt as if your life is stuck in one place and you are going nowhere? Or worse yet, you are going backward? Do you ever experience feelings of emptiness or frustration? Have you wondered if you can actually move into the destiny God has for you? Most people feel those things, especially people your age. But the good news is that God has a way for you to pray that will empower you to rise above all those feelings.

Have you ever wanted to do something great—something that would make a difference in this world—but you didn't know what to do or how to do it? If you have, take comfort in knowing that this is the way God wants you to feel. He, too, wants you to do something great that will make a difference in this world, but He wants you to seek Him for the ability and the power to do it. Too often we try to do things on our own and become discouraged when they don't happen the way we hoped they would.

What we need is a power far greater than ourselves. But there is

**I Prayed and God
Answered**
I asked God to help
me in my relation-
ship with Him. I
didn't pray a lot and
now I pray daily. I
sometimes forget to
read my Bible, but
I've improved.
(Age 14)

The Power of a Praying Teen

only one power in the world great enough to help us rise above ourselves and our limitations and our circumstances, and that is the power of God.

How Do I Move in the Power of God?

The greatest thing that happens when we invite Jesus into our lives is that God's Holy Spirit comes to live inside of us. Because we have His Holy Spirit in us, we will never be alone and we will always have access to everything we need. That means every time we pray to God in Jesus' name, His power is released to work in whatever situation we are praying about. When we deny the Holy Spirit's power, we become like those people the Bible talks about who live "having a form of godliness but denying its power" (**2 Timothy 3:5**).

Without God's power, we can't rise above our limitations. We can't stand strong in the face of all we come up against every day.

God wants us to understand "what is the exceeding greatness of His power toward us who believe" (Ephesians **1:19**). He wants us to see that "we have received, not the spirit of the world, but the Spirit who is from God, that we might know the things that have been freely given to us by God" (**1 Corinthians 2:12**). That means that because we have the Spirit of God living in us, we will be able to experience all the things God has for us. Isn't that good news?

I can't make you understand the power of God or the way the Holy Spirit wants to work in you. That is beyond my capabilities and authority in your life. But you don't need me to convince you because the Holy Spirit will do that Himself. Jesus said, "The Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things" (John **14:26**). The Holy Spirit will show you.

Once you have made Jesus the Lord of your life, you will come

What Is the Power and Why Do I Need It?

to know Him as the one “who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us” (Ephesians **3:20**). This means that because of God’s Holy Spirit in you—His power in you—He can do more in your life than you can ever think to ask for. He can do more than you can even imagine. How great is that?

The Way It Works

This book will help you pray about the different issues of your life. Just take it a chapter at a time. At the end of each chapter is a section called “Prayer Power,” which is a prayer you can pray to get you started. As you’re praying, other things will come to your mind to include.

After that is a section called “Word Power.” These are important promises from God’s Word that relate to that particular subject. As you read each one, think about what that particular promise means specifically for you and your life. The last section of each chapter is called “Giving It Some Further Thought.” These are questions for you to answer and thoughts for you to complete that will help you learn to pray about those things.

Throughout all the chapters are little boxes containing the thoughts, prayers, and opinions of teenagers. I decided to keep all of these anonymous because many of them are very personal and I wanted to protect the privacy of everyone who took the survey. It is equally divided between male and female contributors. The teens themselves did not *take* the survey anonymously, however. I saw and spoke with them personally, and they were very willing

I Pray for Others When:

- I am worried about them
 - They help me
 - I think about them
 - They are sad
 - I get the chance
- (Ages 13-15)

The Power of a Praying Teen

and open in their response because they believed their honesty could help other teens who are going through the same things they are experiencing.

Time to Move On

When you walk with the Lord, you are never standing still. You are either going forward or you're sliding back. You are either becoming more like Christ every day or you're becoming less like Him. That is the reason I wrote this book. I want you to keep moving forward by spending time with the Lord every day. I want you to learn to love God and live His way so you can receive all He has for you. When you live according to God's Word and by the power of His Holy Spirit, then you can trust that the Lord is working His perfect will in your life and you are becoming all He made you to be.

Prayer Power

Lord, You have said in Your Word that Your Holy Spirit helps us to pray (Romans **8:26**). I invite You, Holy Spirit, to teach me how to pray. Show me the things I need to know. Give me the faith I need to believe that You will always hear me and You will answer in Your way and in Your time. Thank You, Lord, that You sent Your Holy Spirit so I could live in power and be used powerfully by You (**1** Corinthians **1:18**). Help me do that. I need Your power to enable me to live the way You want me to so that I can become all You created me to be. In Jesus' name I pray.

LORD,
HELP ME
Know You
Better

BEFORE I CAME TO KNOW THE LORD, I was involved in all kinds of occult practices and Eastern and New Age religions. In each one of these I was trying to find God and discover some purpose for why I was alive. I became desperate to find a way out of the emotional pain, fear, anxiety, and depression I had experienced nearly every day since I was a child. I thought that there must be a God, and if I could just be good enough to get close to Him, maybe He would give meaning to my life and then I could feel better about myself.

Of course that didn't happen because the gods I chased after were distant and cold. And this depressed me even more because I was raised by a mother who was distant and cold. She was also physically violent, verbally abusive, frightening, and cruel. She locked me in a closet for long periods of time, and that made me

The Hardest Thing About Prayer Is:

- Admitting my sins
- Praying from my heart
- Keeping my eyes closed
- Not being selfish
- Nothing. It's easy!

(Ages 13-15)

very afraid and sad. I realized later that she was seriously mentally ill, and because she never received any medical help, she only grew worse and worse as time went on.

I eventually forgave my mother for all the things I suffered because of her, but I still had extremely bad memories of my childhood. I had

always hidden that part of my life from other people, but especially when I was a teenager. Being different was not a good thing at that age, and it certainly wasn't good to be different in a *negative* way like that. The pain I felt as a teenager became like an avalanche that crashed in on me until it seemed as though I were suffocating under the weight of it. The hopelessness, depression, and despair I felt became so unbearable that I had constant thoughts of suicide.

Once I was in my twenties and out on my own, I tried everything I could think of to get out of my misery, but nothing worked. I took drugs to the point that I nearly killed myself a couple of times from an overdose. I drank alcohol to try to numb the pain, but it only made me feel sick and confused. Finally, at the lowest point in my life, I was **28** years old and had done everything I knew to find a way out of the pain I constantly felt. I wanted to die and was planning a way to kill myself.

It was at that very time that my friend Terry saw I wasn't doing very well, so she asked me to go with her to meet her pastor. She was a Christian and I wasn't; I hesitated. I was afraid I would have to tell them both about my mother or my problems, or reveal the terrible things I had done. I didn't want anyone to know. But I was also desperate to find a reason to live, and so I went.

Terry's pastor, Pastor Jack, met us at a popular restaurant in town. We ate and sat there for two hours while he told me about

Lord, Help Me Know You Better

Jesus. When Pastor Jack talked about Him, He didn't seem like the cold, judgmental gods I had been reading about in my books on the occult and Eastern religions. Pastor Jack told me that if I received Jesus as my Savior, I could begin a close walk with God that would change my life forever. He would help me find peace and restoration. He would show me His purpose for my life, and it would be better than anything I had ever imagined.

Pastor Jack gave me three books to read. One was about the reality of evil. My occult practices had taught me that there was no evil. The second book was on the power of the Holy Spirit. I had never known about that kind of power, and I was fascinated that I could have access to it when I received Jesus. The third book was the Gospel of John in a small book form. It told about the life of Jesus and who He was and what He taught. Pastor Jack asked me to come to his office with Terry after I had read the books, and then I could let him know what I thought of them.

I went home, put my suicide plans on hold, and read all three books in just a few days. When I went back with Terry the following week, I told Pastor Jack that I believed what I had read was the truth. He asked me if I was ready to receive Jesus as my Savior, and I told him yes.

After I gave my life to the Lord, I could sense His Spirit working in me. I felt hope for the first time in my life, and I could see that I had a future. I didn't know exactly what it was, but I knew I had one. And that was a lot more than I could ever see before.

I could also see that there was a common thread in all those other occult practices and Eastern religions I had dabbled in previously. The similarity was that the gods of each of those religions had no power to save or transform a person and their life. But the

I Pray for Others When:

- They ask me to
- God tells me to
- They need help
- They are sick
- They are traveling
(Ages 13-15)

The Power of a Praying Teen

God of the Bible did. He is the one, true, living God, and when we receive His Son, Jesus, as our Savior, the Holy Spirit of God comes to dwell in us (John **14:16-17**). It is by the power of His Spirit that He transforms us from the inside out and miraculously changes us and our circumstances and our lives.

I also learned that the God of the Bible can be known and that He *wants* to be close to us. That's why He is called Immanuel, which means "God *with* us." He comes close to *us* when we draw close to *Him* (James **4:8**).

Everything You Need

I wish I could sit down and talk with you in person about your life. If I could, I would tell you that if you have received Jesus, the answer to everything you will ever need for your life is within you. That's because the Holy Spirit of God is in you. He promises to lead you in your life and teach you things you need to know. But you have to give your life to Him and be patient to let Him work in you in His way and in His timing.

To be *transformed* means to be changed permanently. It doesn't mean a *temporary* fix or a *little bit* changed. This is not about trying to be good enough in order to get God to love you. God already loves you. He loved you first. He is just waiting for you to love Him. This is about coming to know Jesus, who is perfect, and letting His perfect love change you and help you do the right things. This is about a close walk with God and the great things that will happen in you because of it.

What Everyone Wants

Everyone wants to be loved, but no one will ever be able to love us as much as God can. Only God can meet your needs all the time—and then only when you have a *close* relationship with Him. No person can ever touch you as deeply as God can. No one can

Lord, Help Me Know You Better

ever know you as well. Whenever you feel an emptiness inside of you that you want those closest to you to fill and they just aren't doing that, remember that this emptiness is put there by God. He wants you to come close to Him so *He* can fill it.

God wants you to want Him. And when you realize that it is really *Him* that you want, it frees you to identify the longings, loneliness, or emptiness inside of you as a sign that you need to draw near to God and ask Him to fill you with more of Himself. But this deep relationship with God that we all want, whether we know it's what we want at the time or not, doesn't just happen. It has to be sought after. We have to *pray* for a deeper relationship with God. We have to pray that our walk with God is not shallow.

Five Ways to Tell if Your Walk with God Is Shallow

1. *If you love the Lord only for what He can do for you*, then your walk with Him is shallow. If you love Him enough to ask what *you* can do for Him, then your relationship is growing deeper.
2. *If you only pray to God when things are tough or you need something*, then your walk with Him is shallow. If you pray to Him often just because you love to be close to Him, then your relationship with God is growing deeper.
3. *If you get mad at God or disappointed in Him when He doesn't do what you want*, then your walk with Him is shallow. If you can praise God and pray to Him no matter what is going on in your life, then your relationship with Him is growing deeper.
4. *If you praise God only because of what He does for you*, then your walk with Him is shallow. If you also praise Him because of who He is, then your relationship with Him is growing deeper.
5. *If you feel you have to beg God or twist His arm to get Him to answer your prayers*, then your walk with Him is shallow. If

The Power of a Praying Teen

you believe that God *wants* to answer your prayers according to His will, then your relationship with Him is *growing deeper*.

Spending Time Alone with God

We can never draw close to God and get to know Him well if we don't spend time alone with Him. It's in those private times with God that we are refreshed and strengthened. That's when we can better see our lives from His perspective and discover what is really important. That's where we understand who God really is and all that He has for us.

Jesus Himself spent time alone with God. If anyone could get away with not doing it, surely it would have been Jesus. How much more important must it be for us?

I Think of God As:

- Someone who listens to me
 - Someone who loves me
 - Someone I can talk to
 - Someone who is always good
 - Someone who leads me
- (Ages 13-15)

I know that finding time alone to pray to God can be difficult. But if you will make it a priority, you'll see answers to your prayers like never before. Remember, if you haven't been praying much, you can't expect things to change overnight. When someone tries to get an enormous ocean liner turned around and headed in a different direction, it doesn't happen the moment they

begin steering. In fact, they may hardly see any change at all at first. It's the same way with prayer. Prayer can turn your life around, but it doesn't always happen the moment you say your first words. If you haven't been praying very much, or not at all, you can't expect things to change immediately. It may take a time of continued prayer before you actually see the scenery of your life begin to change. This is normal, so don't give up. You will soon be heading full speed in a new direction.

Lord, Help Me Know You Better

Far too often people give up just before they see the answers to their prayers. Just remember that this is not a short trip around the harbor. It's a lifelong voyage to meet your destiny. Giving up is not an option.

Naming Names

Do you ever have trouble remembering names? I know I do. Especially when I meet a lot of people at one time. It's easier to remember faces than it is to remember names. With God it's a different situation. He has only one face, but many, many names. The reason for that is there's so much to know about God that we need all those names to help us remember. In other words, if we don't know all of His names, we may not fully understand all the aspects of who He is.

God is referred to by many different names in the Bible, but sometimes we have trouble just remembering a few of the basic ones. We may forget one just when we most need to remember it. For example, we may think of God as our Provider, but forget that He is also our Protector. Or we may remember Him as our heavenly Father, but forget that He is also our Friend. We may think of God as our Savior, but forget that He is also our Deliverer.

Each of God's names in the Bible represents a way He wants us to trust Him:

Do you trust Him to be your Strength (Psalm **18:1**)?

Is He your Peace (Ephesians **2:14**)?

Is He the Lifter of Your Head when you are down (Psalm **3:3**)?

Is He your Wisdom (**1** Corinthians **1:24**)?

Is He your Counselor (Psalm **16:7**)?

There is great power in each one of God's names. And when you

**I Prayed and God
Answered**
I prayed when
I got sick and
God healed me.
(Age 13)

The Power of a Praying Teen

Speak them with faith and understanding, you come to know God better. The better you know Him, the more fantastic your life will be.

For example, God's name is always a safe place to run to anytime you need help. "The name of the LORD is a strong tower; the righteous run to it and are safe" (Proverbs **18:10**).

If you are sick, run to your Healer.

If you are in need of something, run to your Provider.

If you are afraid, run to your Hiding Place.

By speaking one of His names, you invite Him to be that to you. Often there is so much we don't have in our lives simply because we don't see God as the answer to that need.

My Prayer to God

Lord, help me
to remember to turn
to you first when

I am down.
(Age 15)

In the following list of God's names, I have included only **20**. But there are hundreds more in His Word—the Bible. As you go through each of these names, thank God for being that to you. When

you do, you will be amazed at how your faith will grow and how much closer to God you will feel. Knowing how much He has done for you will help you love Him more.

Twenty Names of God to Remember

1. God is my Healer (Psalm **103:3**).
2. God is my Redeemer (Isaiah **59:20**).
3. God is my Deliverer (Psalm **70:5**).
4. God is my Strength (Psalm **43:2**).
5. God is my Shelter (Joel **3:16**).
6. God is my Friend (John **15:15**).
7. God is my Restorer (Psalm **23:3**).
8. God is my Father (Isaiah **9:6**).
9. God is my Love (**1** John **4:16**).
10. God is my Hiding Place (Psalm **32:7**).

Lord, Help Me Know You Better

- 11.** God is my Resting Place (Jeremiah **50:6**).
- 12.** God is my Truth (John **16:13**).
- 13.** God is my Eternal Life (**1** John **5:20**).
- 14.** God is my Lord Who Provides (Genesis **22:14**).
- 15.** God is my Lord of Peace (**2** Thessalonians **3:16**).
- 16.** God is my Shield (Psalm **144:2**).
- 17.** God is my Helper (Hebrews **13:6**).
- 18.** God is my Counselor (Isaiah **9:6**).
- 19.** God is my Hope (Psalm **71:5**).
- 20.** God is my Comfort (Romans **15:5**).

Read this list of names often, and every time you do, choose one name that you especially need God to be that day and then thank Him for being that to you. And whenever you are reading your Bible and you come across a name for God, underline it or jot it in the margin or add it to the list here. It will remind you of another aspect of who God is to you.

Prayer Power

Lord, I want to have a closer walk with You. I draw close to You right now and thank You that as I do, You are drawing closer to me just as You promised in Your Word (James **4:8**). I want a deeper relationship with You. I want to know You in all the ways You can be known. I am open to everything You want to do in me and in my life. I don't want to limit You by neglecting to acknowledge You in every way possible. Teach me what I need to learn in order to know You better. I don't want to be a person who is "always learning and never able to come to the knowledge of the truth" (**2** Timothy **3:7**). I want to know the truth about who You are. Today I especially need to know You as my (say a name of the Lord that you most need Him to be to

The Power of a Praying Teen

you today). Help me to trust that You will always be that to me. Help me to know You in that way more and more each day. In Jesus' name I pray.

WORD POWER

Draw near to God and He will draw near to you.

JAMES **4:8**

Until now you have asked nothing in My name. Ask, and you will receive, that your joy may be full.

JOHN **16:24**

It is your Father's good pleasure to give you the kingdom.

LUKE **12:32**