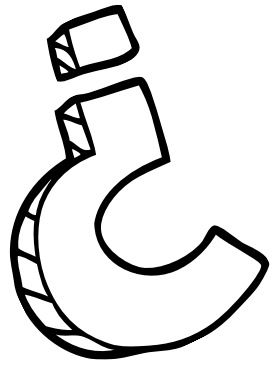


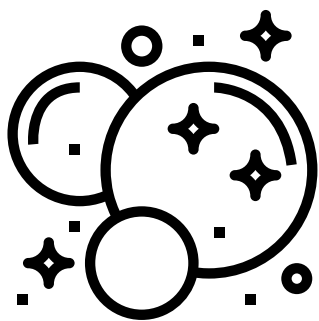
But...



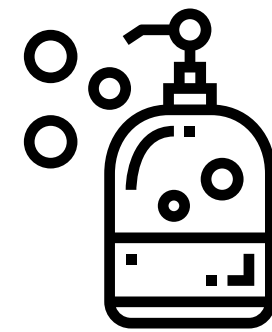
...I keep forgetting to pray!



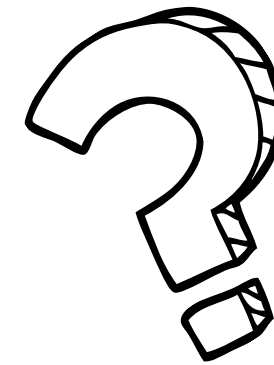
Urg! Why is my hair so greasy?



Turn to Psalm 92



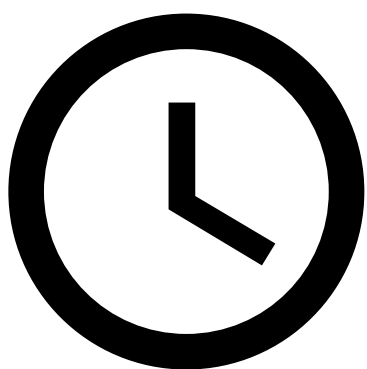
Look again at Psalm 92:10 for the answer!



Life is busy. VERY busy! One minute it's Monday, the next it's Friday, and the weekends are about 3 seconds long. There's so much to fit in with school/work/fitness/socialising... and it's important to have downtime too. So where does prayer fit into all that? Is prayer just for Church? Let's see what the psalmist has to say...



In verse 2, when does the Psalmist suggest we should pray?



Psalms are poems, so sometimes they use metaphors. The psalmist may not mean literally morning and night in verse 2 - it may be a metaphor for praying without ceasing. (See 1 Thessalonians 5:16-18)

In verses 4-5 (also verse 1), what reason does the psalmist give for prayer?

If prayer comes from a place of thankfulness, it is much easier to remember to do it - just like it is much easier to remember the birthday of a friend than of an old relative who you don't really like!



And the psalmist was ahead of their time too - we now have lots of scientific research to show that gratitude is good for us. Taking time to be thankful can boost your mental health.

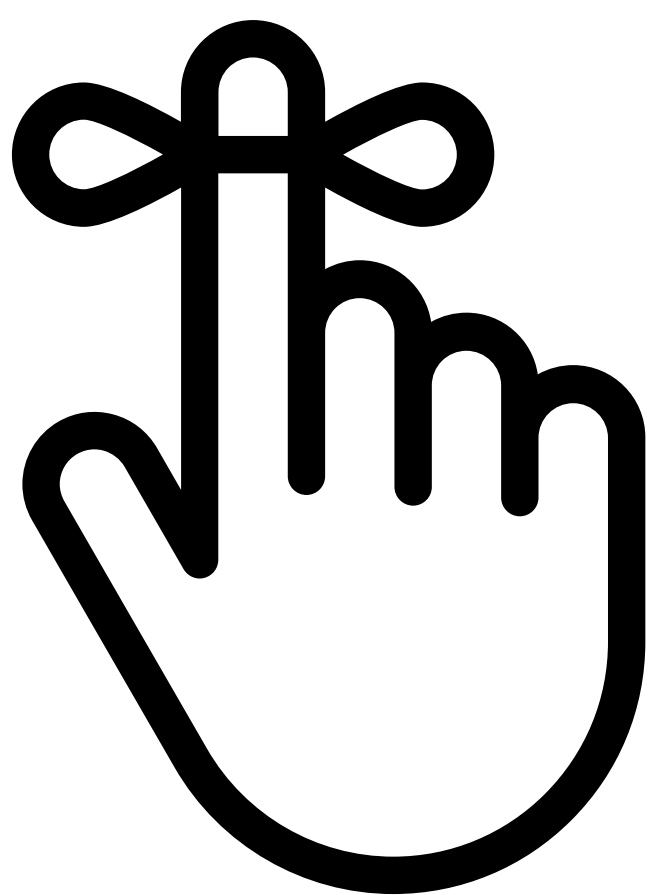
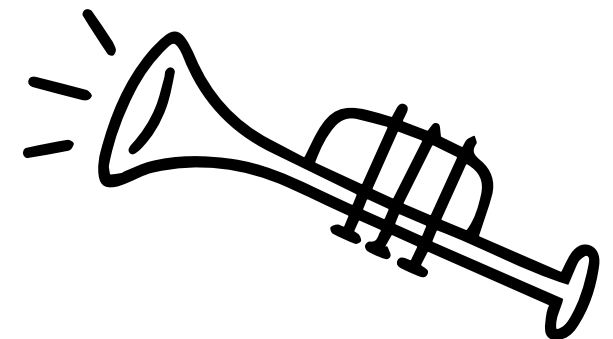
Verses 10 and 11 of this psalm may not feel very realistic - enemies and evil people seem to do well all the time. But this is a poetic device called the 'prophetic past' - it's like one of those imaginary arguments you have in your head - the ones where you always win!



In verses 12-14, what metaphor is used for a righteous person?

A plant cannot grow with irregular care - you have to water and tend to it regularly. It doesn't have to be every day if that's not realistic for you, but a little-and-often habit of prayer will do you much more good than a once-per-year silent retreat.

In ancient times, people didn't just remember to pray - they were called to pray by regular trumpet blasts from the temple. A "call to prayer" is still the custom for many religions in many parts of the world.



There's no need to be stuck in a cycle where you try to remember to pray and then feel bad when you forget - you can create your very own "call to prayer" which prompts you to pause and give thanks, and remember God's loving presence with you as you go about your day.

Admittedly, trumpeters are hard to come by these days, and your neighbours/teachers/colleagues/peers might not thank you for employing one. But how about setting a reminder on your phone? Or sticking a note on your pillow? Or tying a knot in your hanky? Whatever it takes!

You may even want to talk to your church leadership about getting a Spiritual Director, or teaming up with a mature Christian who will help you to grow and stay accountable.

