



## We're talking about... TALKING TO GOD!! By Sam Goldsmith

Imagine a best friend. The most amazing friend in the world. The one who is always there, who you can say anything to, who loves you to pieces and knows you inside out. Wouldn't you always want to spend time with them? To set aside some time each day, to share what's happening in your life and spend time listening to them?

This is what God hopes to do with us! He, the creator of the universe, would like nothing more than to curl up with us in the living room and have a good chat.

*'Prayer is the one thing in life which isn't addictive!'*

I don't know about you, but my little secret is that I find praying SO hard!! Even though I want to so much, things always get in the way! I can sometimes feel like I've gone for weeks and weeks without even saying hello! What I find helpful is praying each day with another Christian friend, or getting them to remind me each day. Or I write it on a sticky note and put it on my mirror to remind me!

It can be really hard to even know what to say or how to talk to him. Sometime he can seem so big, important and far away. I have found using my imagination can help. Try shutting your eyes and imagine him sitting opposite you. That way you can have a proper chat! You can even write him a letter, or draw him a picture, or think about him during a favourite song – whatever works. The best thing about God is that he is everywhere! You can chat to him in the middle of your lessons, while you're out shopping or watching TV.

The most important thing is to talk to him. Us girls need a confidante (someone to talk to), and God always get us, even when no one else does!

Now for the tricky part: Hearing God. God always talks to us - we just have to work out how to listen to him! When you have a chat, you don't do all the talking. Sometimes you sit and listen to the other person. So in the middle of your chats with God, stop for a little while and try and listen.

Sometimes God speaks through the way we feel, through the things we see and read, and the things people say to us. Once you start to listen out for it, God's voice becomes more and more obvious.

God really is the ultimate chatterbox, and he can't wait to hear your thoughts and have a natter to you to 😊

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