



# In the Zone: A Teen Guide to Prayer

*Life Teen*

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## **In the Zone: A Teen Guide to Prayer** Life Teen

What does it mean to be "in the zone"? When athletes are "in the zone," they've kicked their game up to a higher level. When musicians are "in the zone," they can't hit a wrong note. When Christians are "in the zone," their prayer is flowing, and they're encountering Jesus in an awesome way.

This book is designed to help you be "in the zone" with Jesus. It can teach you how to be close to him, how to listen to him, and how to share yourself with him.

In the Zone, produced by staff members of LIFE TEEN youth ministries, will lead you into a deeper relationship with the Lord through prayer. Some of the topics covered: So What is prayer, anyway? How do I go about learning to pray? How can I pray the Sacraments? How can I pray the Scriptures? What's Up with Mary?

Here's help as well for how to pray when you run up against tough problems such as these: struggles with faith, sexual issues, pressure and stress, alcohol and drug abuse, loneliness and rejection, decision making and life choices, parental divorce and other family problems, and serious illness and death.

For each of these challenges and many more, you'll find helpful prayers to pray, good advice, and insights from the Scripture and the Catechism of the Catholic Church--all to help you get In the Zone with Christ!

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