

THE 30 SECOND CHALLENGE

Last Friday at our chapels we learned how long 30 seconds really is. Given 30 seconds one student can do over 45 pushups. Given 30 seconds another student can do 60 jumping jacks. Another student can eat 8 Oreo cookies in 30 seconds--or at least stuff them in his mouth. We found out that you really can do a lot of things in 30 seconds. Students were then challenged to use 30 seconds to make a difference in their prayer time with God. Before jumping into their prayers, students were asked to spend 30 seconds focusing on the person of God, acknowledging who He is. Solomon warns us in Ecclesiastes 5:1-2 not to rush into God's presence with words. He writes;

"Guard your steps when you go to the house of God. Go near to listen rather than to offer the sacrifice of fools, who do not know that they do wrong. Do not be quick with your mouth, do not be hasty in your heart to utter anything before God. God is in heaven and you are on earth, so let your words be few."

Try the 30 second challenge as a family. The next time you pray together start by spending 30 seconds focusing on the characteristics of God.