

# Time to Connect

By Lee Yates



Try using technology to bring family members together and even help them pray. This cell-phone-friendly activity is for the whole family!

**For**  
Teen Family

**Season**  
Spring

## Needed

Everyone's cell phone (or alarm clock or programmable timer). Optional: computer, Internet access

## Prepare in Advance

If your phones have a setting that allows them to be on but not take calls, use it now.

## Activity Plan

1. Open in prayer. Here are some words if you need them:

*Lord, we often feel like time gets away from us. Help us make time to care for one another and come to you in prayer. Amen.*

2. Together, think of times during a typical weekday when everyone in the family could have an alarm go off on his or her phone (or alarm clock or timer) without causing a problem. Remember to avoid school hours and be aware of work issues. Choose one time.
3. Have everyone set their phones (or alarm clock or timer) to go off at this time, no matter where they will be when the alarm goes off. Explain that when the alarm goes off, each person is to take a moment to pray for your family. You can lift up special needs of different family members or ask God to bless and guide your family. This prayer might be a short one-sentence prayer or it might be longer if you have time. Either way, when you hear the alarm, pray. If someone's alarm is set to go off during a practice or meeting, they can respond to the alarm as soon as they can.
4. Agree to try this practice for one week and then get back together and tell about the times that you prayed for each other. Talk about how it felt to know everyone in the family was praying when you heard the alarm. Consider keeping one "prayer alarm" a day. This can be a reminder to pray each day and way to reflect on the needs of others in your family.
5. As you end this gathering, pray aloud:

*God, help us use the technology in our lives to connect us in a time of prayer. Amen.*

6. Option: Learn about fixed-hour prayer, sometimes called "the divine hours" and think about how your family might adapt this practice. Here is a great link: [What Is Fixed-Hour Prayer?](#)

