

Have Our Modern Lives Silenced This Ancient Spiritual Language?

The Bible is clear that prayer is the main vehicle we are given to communicate with God. And yet for many modern-day believers, the hustle and bustle of their busy schedules overflows into their prayer lives, disrupting their communion with God.

But Preston and Becky Jones say it doesn't have to be this way.

"Sometimes people just make prayer very complicated," Becky says on the *Prayer Room* podcast on the Charisma Podcast Network. "Where it's just very simple. It's you spending time quieting yourself down and just going maybe into a room, maybe going for a walk—just in a place where you can quiet yourself down and just listen to the Lord and bringing in your Word with you and just making space for you and Him."

She says people get tripped up with prayer because they feel pressured to fill their prayers with lots of words. But prayer, at its core, is extremely simple. And it starts with silencing the "white noise" of life.

"There's the buzz of your work around you. There's the buzz of family around you. There's the buzz of politics in news and your health and everything going on," Preston says. "You're hearing all of this stuff. And so sometimes all of that noise keeps you from really being able to hear the voice of God because all you have around you is a whole bunch of buzzing."

How do we silence this white noise? Listen to the podcast to find out.