

We're looking for young people who want to share how the Lord has worked in their life. Here are the guidelines for contributing:

Stories. Has God helped you overcome temptation? Answered a prayer? Guided you during a difficult or confusing part of your life? Christian teenagers need the encouragement and inspiration you can give by sharing your experience. *Length:* 400-1200 words.

Object Lessons. God has woven so many lessons into the things He has created. If you've noticed a spiritual parallel between something in nature and your own life, tell others about it! *Length:* 200-400 words.

Devotional Thoughts. Have you ever read something and just gone, Wow! That was exactly what I needed! God can use that same message to encourage someone else. *Length:* 200-400 words.

Poetry. Poems can often communicate things in a way regular stories can't. So share the gift God has given you! Structure, including rhythm, rhyme, and meter, is up to you. *Length:* 50-200 words.

Vegan Recipes. Do you have a recipe passed down from your grandma or a new family favorite? Our readers often want to eat healthfully but need ideas. Remember to include a title, the number of servings and serving size, an ingredient list, and a preparation method. You can even include an introduction if you want! *Length:* 50-200 words.

Please let us know if you have something to contribute but don't see the right category.

When you're ready, just fill out the submission form, and copy and paste your article in the message box. We look forward to hearing from you!