

How to use the BUMCSM Calendar:

Each day has a 5-7 minute activity based on our month's theme. February's theme is the spiritual fruit of Love. You can find it digitally at bumc.net/live

MARCH

GENTLENESS

This month we will be focusing on searching, finding, and spreading gentleness as a fruit of the spirit. We look to scriptures like Ephesians 4:1-3, 1 Corinthians, and verse like these to guide us.

SUNDAY	MONDAY	TUEDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 START THIS MONTH WITH AN ACT OF GENTLENESS FOR YOURSELF	2 LISTEN TO NEEDTOBREATHE'S "WHO I AM"	3 THINK OF GENTLENESS AS AN ACT OF REBELLION: WHAT ARE YOU REBELLING FROM?	4 WRITE DOWN: YOU DO NOT NEED TO USE ALL OF YOUR STRENGTH ALL OF THE TIME IN ORDER TO PROVE THAT YOU POSSESS IT.	5 READ PSALM 18:35	6 WHO CAN YOU BE INTENTIONALLY GENTLE TO TODAY?
7 BUMCSM FROM THE TABERNACLE ON YOUTUBE & INSTAGRAM	8 TAKE 5 MINUTES TO WATCH THE SUNSET. <small>NOTICE THE GENTLENESS</small>	9 TAKE 3 SECONDS BETWEEN YOUR RESPONSES TODAY - 5 IF THEY ARE DECISION MAKERS	10 READ 1 CORINTHIANS 4:20-21	11 THINK OF SOMEONE WHO EMBODIES GENTLENESS, WHAT IS THAT THEY DO WELL? TRY IT FOR YOURSELF.	12 TAKE TIME TO RESEARCH GENTLENESS AND JOURNAL YOUR THOUGHTS.	13 DOODLE WHAT GENTLENESS LOOKS/FEELS LIKE WITH ART SUPPLIES
14 JOINS US FOR LIVESTREAM BUMC WORSHIP & SMALL GROUPS	15 SEND 3 FRIENDS TEXTS WITH EMOJIS THAT DESCRIBE EXACTLY HOW YOU FEEL WITH THEM.	16 LISTEN TO OUR "TO THE TABLE" PODCAST!	17 THINK OF A TIME WHEN YOU EMBODIED MEEKNESS, WHAT DOES IT LOOK LIKE? HOW CAN YOU BE MEEK?	18 MEMORIZE MICAH 6:8	19 THINK OF AN ARGUMENT. PUT YOURSELF IN THEIR SHOES. WHAT FACTS HAVE YOU MISSED?	20 ASK YOUR PARENTS TO TELL OF A TIME WHEN THEY NEEDED GENTLENESS
21 JOINS US FOR LIVESTREAM BUMC WORSHIP & SMALL GROUPS	22 TREAT EVERYONE YOU MEET TODAY LIKE THEY HAVE JUST LOST SOMETHING PRECIOUS	23 DO NOT PUT YOURSELF FIRST TODAY. HELP OTHERS FIRST & PRACTICING LOVING GOD AND NEIGHBORS OVER YOURSELF.	24 READ JOHN 8: 1-11 WHERE DO YOU SEE JESUS' GENTLENESS?	25 LISTEN TO "OUT OF MY GRAVE" BY THE WAR WITHIN	26 FOLLOW THE HOLY SPIRIT'S GUIDANCE IN SHOWING YOU SOMEONE WHO NEEDS GENTLENESS TODAY	27 BREATHE FRESH AIR TODAY. LET THE GENTLE BREEZE AND SOUNDS REMIND YOU OF GOD'S CHARACTER
28 JOINS US FOR LIVESTREAM BUMC WORSHIP & SMALL GROUPS	29 READ TITUS 3:2	30 PRAY/ASK GOD TO GIVE YOU A SPIRIT OF GENTLENESS AND TAKE AWAY ANY FEELINGS OF SELF-RIGHTEOUSNESS	31			

GENTELNESS - MARCH

USE THESE DEVOTIONS TO HELP DIVE DEEPER INTO THE FRUITS OF THE SPIRIT. THESE SHOULD TAKE YOU ABOUT 10 MINUTES IN LOOKING UP THE PASSAGES, READING THROUGH THEM, AND THE DEVOTION AND THEN FOCUSING ON LIVING WITH A SPIRIT OF GENTLENESS

UNITY WITH THE SPIRIT

TRY THIS ON
MARCH 7TH

SCRIPTURE : Ephesians 4:1-3

When Paul writes to the church in Ephesus, he urges them to live a life worthy of their calling. We, in the church world, have limited God's message into making it into more of a "Why I started to do ministry or service, etc." instead, let's take today to reclaim our own call. Looking deeper into this verse, we see that Paul actually lists out what people need to do to continue to live a life worthy of who God called them to be. Read verses 2-4 as a reference. In the beginning part of the second verse, we see gentleness as one of the first traits needed. Why do you think that is? As the scripture continues, we see that we are to make every effort in the bond with the spirit. We know from previous months, that this is where our fruits of the spirit come from. How do you see the Holy Spirit? A gentle breeze? The voice of your heart? Maybe it is the spirit working through someone? However you view the Holy Spirit, gentleness is a strong part.

TRY THIS: Look up at least 3 descriptions of the Holy Spirit (Hint: Look in the index of your Bible!) Write out the descriptions that the Bible mentions and then add some of your own. Use this next week to remind yourself that unity with the spirit starts with gentleness.

DISAGREE WITH GENTLENESS

TRY THIS
ON MARCH
21ST

SCRIPTURE: 2 Timothy 2:24-25

Immediately, when someone says disagreement - we usually think of shouting, fighting, or at least a passionate argument. As Christians, however, we are given the tools to respond to hate, malice, or misunderstandings differently. Whether we use those tools or not, is a different story. Paul, in this letter to Timothy, urges his friend in the ways of gentleness when dealing with opponents who are not living in Christ's way. For some, listening and having a conversation - calmly - is enough to settle a disagreement or misunderstanding. In other situations, our feelings are too strong. This is a great opportunity to demonstrate gentleness for yourself and the other person. When feelings are too high, it is good to make a plan to meet at a later time when both of you are calmer. During this time apart you have to write down ways you can compromise or a more gentle way of explaining your viewpoints or feelings.

TRY THIS: Listen to Julia Dhar's TedTalk on "How to Disagree Productively" (about 15 minutes)

PURSUING

TRY THIS ON
MARCH 14TH

SCRIPTURE :1 Timothy 6:11-12

Can you remember Confirmation? What about the time where you said, out loud, in front of people, that you were going to live your life with Jesus within you? If you can't think of a specific time, what about the knowledge and feeling you have right now? Paul is writing to Timothy in this letter, giving his final charge to his friend in ministry. Gentleness is stacked with, what we may see as, "bigger" or "better" traits. If you read the list, it may seem like gentleness is the thing that is not quite like the others. Gentleness is important because, without it, the noise we make is just loud instead of meaningful.

TRY THIS: Take one of these traits that Paul recommends to Timothy and add gentleness to go with it. What are some ways you can live this out? For example, pursuing faith and gentleness might look like checking in with your friend and asking them the hard question "How has your faith been this past week?" instead of the surface conversation.

MAKE ME GREAT

TRY THIS ON
MARCH
28TH

SCRIPTURE: 2 SAMUEL 22:36

"Dear God, if you would only do _____ for me, it would be so great. Thank you, Amen" So many of our prayers are like this. Talking to God, requesting that God make us great. Whether that is through grades, the sports arenas, or even in relationships. In 2 Samuel, we see David's words of "your gentleness has made me great." In the midst of a battle, David is calling on God's gentleness - not only power and might. This may seem confusing, but think about what is important. If you are all about how great you are or how awesome you are - you miss the greatness of those around you. Gentleness comes into play, especially for David, because there is going to be an end to the battle and if you don't have gentleness all you are going to end with is destruction. So instead of asking God to make you great or to have things your way - why not ask God to present you with situations where you can follow in David's footsteps?

TRY THIS: If this week's challenge is hard for you - try flipping what you normally do. If you usually pray for a great test grade or for an awesome game. Try praying for the person beside you to make an A or for the other team to play to the best of their ability.