


How to use the BUMCSM Calendar:

Each day has a 5-7 minute activity based around our month's theme. September's theme is the spiritual discipline of prayer. These are meant to help students continue to integrate prayer life as they grow in maturity and independence.

SEPTEMBER

PRAYER LIFE

This month we will be focusing on the spiritual discipline of prayer. Like Pastor Davis' sermons, diving into scripturally based prayer life will revitalize our relationship with God through communication.

MON	TUE	WED	THU	FRI	SAT	SUN	
						13 WATCH LIVESTREAM WORSHIP & JOIN US FOR KICKOFF	
14 MEMORIZE THE LORDS' PRAYER MATTHEW 6:9-13	15 WRITE DOWN YOUR OWN PRAYERS FOR THIS MONTH	16 PRAY WITH YOUR FAMILY OVER A MEAL TOGETHER	17 READ MATTHEW 6:6-7 WHAT DO YOU THINK ABOUT THIS VERSE?	18 USE THE BREATH PRAYER, "LORD IN YOUR MERCY, GIVE ME STRENGTH"	13 PRAY USING 2 TIMOTHY 1:7	20 WATCH LIVESTREAM WORSHIP & MEET W/SMALL GROUP	
21 CREATE AN ACRONYM FOR THE WORD PRAY	22 PRAY FOR EACH TABLE SETTING AT YOUR TABLE	23 PRAY USING 1 TIMOTHY 2:1-2	24 PRAY IMMEDIATELY WHEN YOU WAKE UP- A SIMPLE PRAYER OF THANKS	25 PRAY FOR EVERYTHING YOU SEE OUTSIDE YOUR WINDOW	13 PRAY FOR THE SAFETY OF YOUR SCHOOL - AND ALL WHO ATTEND	27 WATCH LIVESTREAM WORSHIP & MEET W/SMALL GROUP	
28 PRAYER WALK WITH YOUR FAMILY FOR 15 MINS	29 PRAY USING ISAIAH 41:10	30 CREATE A PRAYER ART PIECE- PRAY THROUGH YOUR COLORS, DRAWING ETC					

PRAYER LIFE

USE THESE DEVOTIONS TO HELP DIVE DEEPER INTO THE SPIRITUAL DISCIPLINE OF PRAYER. THESE SHOULD TAKE YOU ABOUT 10 MINUTES IN LOOKING UP THE PASSAGES, READING THROUGH THEM AND THE DEVOTION AND THEN TRYING OUT THE DIFFERENT FORMS OF PRAYER.

TRY THIS ON SEPTEMBER 13TH

BREATH PRAYER

WHAT IT IS:

A breath prayer is a very short prayer of praise or petition. It is a great example of Paul's instruction to pray without ceasing because you match the words to your breath.

START SIMPLE:

Take the first part of the prayer as you breath in and say the second part of the line as you breath out. Set a timer for 2 minutes & breathe.

"O Jesus, Show me your way" (from Luke 22:42),
"Lord, Have mercy" (from Luke 18) ,
"Beloved, you are enough" (from Colossians 3:12),
"Creator, let me see" (from Genesis 1),
"God, Here I am" (from Isaiah 6:8),
"When I am afraid I will trust you" (from Psalm 56:3)

What is God saying to you in these prayers? What are you asking God to do in your life?

MAKE YOUR OWN:

Close your eyes and recall your favorite scripture – or try Psalm 46:10 - With it in mind, Imagine God is actually asking you "What do you need from me?" Give God a simple and direct answer from your heart. It may help for it to be a short phrase or several words such as "feel your presence" or "let me listen."- this is your foundation! Secondly, select a name you are most comfortable using to speak with God. Combine it with your foundation and there is your prayer! Set a timer for 5 minutes & listen for what God is saying to you while you breathe your prayer.

TRY THIS ON SEPTEMBER 20TH

INTERCESSORY PRAYER

WHAT IT IS:

Intercessory prayer is prayer focused on others. It is taking others needs and putting them before your own.

Why do we do this?

1. The power of prayer is so large. Paul knew this and prayed for churches and leadership through his letters: Phil. 1:9-11, Ephesians 3:14-20, and Colossians 1:9-12.
2. Jesus intercedes for other people like in John 17:6-26. The Holy Spirit intercedes for us as well like in Romans 8:26-27. We don't even have to have the right words or know exactly what the other person needs in order to pray for them.
3. Prayer enhances our love for others- softens your heart towards that person. God never wants our hearts to be hard towards others (Proverbs 28) This is why Jesus called us to pray for EVERYONE even if we don't want to
4. Reflect God's character accurately. We show love and bear God's image to others by praying for other people.

Here are some people to pray for to help get you started!

Our nation's leaders
Our health care workers
Our school system
Our first responders
Our food service workers
Our neighbors

Your parents/grandparents
Your teachers
Your friends
Your church
Your extended family

TRY THIS ON SEPTEMBER 27TH

CREATIVE PRAYER

WHAT IT IS:

Creative prayer is using a creative process to pray. This is an especially good method if you get distracted easily. Take one of these suggestions and pray!

PRAYER THROUGH DRAWING/PAINTING

Choose your favorite medium (chalk, water color, pencil, pen, marker, etc.) & draw your prayer. Think of drawing the people you would like to pray for or the wishes for your community.

PRAYER THROUGH COLORING

Not great at drawing? Awesome! The Holy Spirit intercedes on our behalf, so grab some colors and turn your heart towards the Lord.

PRAYER THROUGH DANCE

Liturgical dancers on Sunday morning do this so well! Choose a song that reflects the prayer you would like to send to God and open your mind to movement.

PRAYER THROUGH SONG

Have a favorite song? What is God trying to tell you through this song? What are you asking of God? Put it on repeat and pray!

PRAYER THROUGH WALKING

Spend time in creation to let God's CREATIVITY flow through you. This is great when the leaves are changing!

PRAYER THROUGH 3D CONSTRUCTION

Know how to build with Legos? What about origami? What about baking? Use your gifts to focus your prayer in communication with God.