

2015 YEAR OF PRAYER

Powhatan UMC

GOAL:

To know God more deeply through the spiritual discipline of prayer and making sure prayer launches us into mission.

“Definition” of Prayer:

Our intimate connection with a loving God

Mission Focus: Those who hunger and thirst

Matthew 25:34-35

³⁴ Then the king will say to those at his right hand, ‘Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; ³⁵ for I was hungry and you gave me food, I was thirsty and you gave me something to drink...

Monthly Prayer Focus

For twelve months we will learn and practice different ways to pray. Each month also includes a Psalm that we challenge you to read every day. All small groups will incorporate this monthly Psalm at some point during their regular gatherings.

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January – focus on our definition of prayer and encourage people to practice Intercessory & Petitionary Prayer. Challenge congregation to pray for 14.4 minutes each day (1% of our day).

Psalm 100

February – focus on our definition of Prayer and encourage people to practice Intercessory & Petitionary Prayer. Challenge congregation to pray for 28.8 minutes each day (2% of our day).

Psalm 40

March – Teach and practice Collect Prayer. Offer several times throughout the month for people to write their own prayers and use them during worship. Ask three people to write a Collect Prayer for Easter Sunday, April 5.

Psalm 38

April – Teach and practice Active Prayer (prayer walking, moving meditation, prayer beads, praying through art, etc.) Offer several times throughout the month to practice these as a congregation.

Psalm 103

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May – Teach and practice Active Prayer (prayer walking, yoga prayers, prayer beads, praying through art, etc.) Offer several times throughout the month to practice these as a congregation.

Psalm 66

June – Teach and practice Tongsung Kido. Practice this during worship and other corporate times. Encourage people to practice it for meal prayers – inside or outside their homes.

Psalm 96

July – Teach and practice Centering Prayer. Offer weekly times outside of worship to do this. Use “Noise” video from Nooma series.

Psalm 1

August – Teach and practice Breathe Prayers. Offer people to focus on a particular color each day and then pray for that person or thing – giving thanks to God.

Psalm 117

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September – Teach and practice Healing Prayer.
Psalm 6

October – Teach and practice Active Prayer (prayer walking, moving meditation, prayer beads, praying through art, etc.) Offered on Oct 4: 9:45-10:45am.
Psalm 36

November – Teach and practice Intercessory & Petitionary Prayer.
Psalm 139

December – Teach and practice Collect Prayer. Offer several times throughout the month for people to write their own prayers and use them during worship. Ask two people to write Collect Prayers during Lent and for Christmas Eve services.
Psalm 8