

Quick Backdrop

What a unique day: Leap Day, a day we see once every four years. Because one revolution around the sun is slightly more than 365 days, we pick up the slack by adding an extra day on February 29. It's kinda cool that we all get an extra day. So, have you thought about how you're going to use your extra day? Maybe Jesus can give you some ideas.

1 Digging In (God, Show Me!)

As you read the verses below, notice what Jesus was doing as well as where and when He was doing it.

Mark 1:35

³⁵ Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

Luke 5:16

¹⁶ But Jesus often withdrew to lonely places and prayed.

Luke 6:12

¹² One of those days Jesus went out to a mountainside to pray, and spent the night praying to God.

Luke 9:28

²⁸ About eight days after Jesus said this, he took Peter, John and James with him and went up onto a mountain to pray.

Luke 11:1

¹ One day Jesus was praying in a certain place.

2 Taking It Inward (God, Teach Me!)

What words would you use to describe Jesus' prayer life?

What specifics do you notice about Jesus' prayer life?

What words would you use to describe your prayer life?

Would you like your prayer life to be more like Jesus' prayer life?

3 Putting Into Practice (God, Change Me!)

If you answered "yes" to that last question, why not use your upcoming extra day to jump start your prayer life? There is one disadvantage: February 29 falls on a Monday which means it's going to be a normal school day. But you can still use the day to give your prayer life the surge it needs. Here are some ideas:

1. Like Jesus, establish a "certain place" as your prayer spot. Make it your spot from now on, not just on February 29.
2. Use the date of 29 as a framework:
 - sit in silence for 29 minutes.
 - write down 29 blessings that you're thankful for.
 - write down 29 requests you'd like to ask of God.
 - write down 29 people to pray for.
3. Like Jesus did in Luke 9:28, invite a few close friends to join you in prayer, either in real life or via text/email/other.

By taking advantage of your extra day in this way, you'll be making a giant leap in your prayer life (pun fully intended).

Fold or Cut