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Season Premiere of Be the Bee #147 | How to Start (and Keep) a Prayer Rule



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By Steven Christoforou

“It is better to pray little but often.”

(Saint Theophylact of Bulgaria)

One of the core practices of our spiritual lives is prayer.

However, for many young people, starting a daily prayer discipline can seem overwhelming.

How much should I pray?

When should I pray?

Am I doing it wrong?

To help, the season premiere of “Be the Bee” addresses this important topic and

offers practical, actionable tips to help young people get started (and maintain) a daily habit of prayer.

Be the Bee #147 episode includes:

1. the four keys to starting (and sticking to) a prayer rule;
2. a PDF workbook that will allow viewers to develop an achievable, daily prayer rule with the help of their spiritual father; and
a companion calendar to help viewers track their progress over the next few months.
3. The episode offers a simple prayer challenge:

Can we all commit to maintain our daily prayer rule over the next three months?

The new season will include forty challenging and inspirational videos to help people connect to Christ in a deep, meaningful way.

New episodes of “Be the Bee” will premiere every Monday night on the Y2AM Youtube channel: youtube.com/y2am.

However, this is just one piece of the daily youth and young adult ministry content offered by the Department of Youth and Young Adult Ministries. **Mondays**

New episodes of “Be the Bee” at youtube.com/y2am

Paired with a lesson plan or other downloadable resource

Perfect for parish youth groups, homeschool, and more

Tuesdays

Small Group materials at y2am.org/smallgroups

Curricula and questions to connect people in more personal ways

Perfect for high school groups and young adult groups

Training materials for small group leaders also available

Wednesdays

New episodes of “Pop Culture Coffee Hour” at ancientfaith.com

Learn how to engage with popular movies, TV shows, music, and more

Available both on YouTube (video) and as an audio podcast

Thursdays

New episodes of “3 Men and a Bible” at youtube.com/y2am

Weekly Bible Study on the Sunday Scripture readings

Fridays

New episodes of “Wandering the Desert” at ancientfaith.com

Bi-weekly reflection on the challenges we face in our spiritual lives

Saturdays

Weekly email from Steven Christoforou at <http://eepurl.com/dAA5YD>

Links from the week (including the week's "Live the Word" Bible Study video), a brief reflection on the Sunday Scripture, and other important ministry news
goarch.org