



Worship and Wonder Summer Bucket List

REMIX A PSALM: Pick a Psalm and use it as a template to write a prayer for your life, using the structure of the Psalm as a template to write out your prayer. Don't worry too much about sticking to the exact wording: You are not writing scripture, you are pouring out your heart to God and merely using the Psalms as a mentor to teach you how to pray.

HYPE UP PLAYLIST: Make a playlist where each song leads you to joy and excitement. Go on a walk, run, or drive listening to the music and thanking God for the gift of joy, excitement and celebration.

SAVOR: Slowly savor your favorite meal. Contemplate God's generosity in each bite. Pray for all of those whose work contributed to your meal.

RIDICULOUS GRATITUDE: Write down a list of things that you are thankful for, but have never heard of anyone giving thanks for. Feel free to be absurd, specific, and playful. Let your mind wander. Examples: Willis Carrier (inventor of air conditioner), the optic nerve, the letter "E."

IMAGES OF GRATITUDE: Look through the pictures on your phone or in a photo album. Give thanks for the images you see. Ask the Spirit to draw your attention to his presence in those moments. If reviewing these photos on your phone, create a folder for pictures that represent God's grace.

WALKING/RUNNING PILGRIMAGE: Make a list of the places that represent seasons of transformation or experiencing God's goodness. Drive to those places. Once you arrive at each place, go for a 10-minute run or walk around the area. Spend that entire 10 minutes reflecting on God's goodness toward you in that place. Give thanks.

When you are finished, wipe some of your sweat on the ground of that place as an embodied prayer representing that every drop of who you are is a gift of God's grace.

GOD'S SONG: Read Zephaniah 3:17. What do you imagine brings God joy when he sees you and your life? Try to imagine the lyrics or themes of God's song for you. Write them down. Imagine the lyrics of God's song for a friend of yours. Tell them what you imagine.

GAME: Play a game you haven't played since you were a child. As you enjoy playing that game, embrace the joy of knowing that you are still a child of God.

GOSPEL IN ONE SITTING: Read or listen to one of the Gospels in one sitting and highlight everything that leaves you in awe of Jesus.

BIBLE STUDY: Study a book of the Bible you have never (or have rarely) read. Reflect on the implications for work, family, public life, or any other part of life.



PRAYERFUL ART: Create a piece of art (song, painting, poem, etc.) that represents your prayer for someone. Then share that art with them.

FICTION: Read some good fiction written by C.S. Lewis (Chronicles of Narnia, Space Trilogy, The Great Divorce, etc.)

WISCONSIN WILD ANIMAL: Learn about a wild animal you see relatively frequently. Identify something brilliant about God's creation.

PROVERB STORYTELLING: Gather with a few people, pick a proverb from the book of Proverbs, read the proverb together, and then have each person tell a story from their life that illustrates that proverb.

LAKE MICHIGAN LITURGY: Read John 4:1-26 as you sit on the beach. After finishing the story, go for a swim and thank God for the Spirit he promised to you in your baptism.

SUNSET: Watch a sunset in solitude and then prayerfully read Psalm 8.

SACRED NAP: Take a nap in a place you've never slept before. Let your nap be an embodied prayer that acknowledges that the world depends on God, not you. Reflect on Psalm 131 before and after your nap.

SECRET MISSION: Go on a secret mission to commit a small act of service for others. Don't tell anyone. Let it be a secret between you and God.

QUESTION FEAST: Share a meal with friends where you each ask each other original questions that you've never heard anyone ask before.

PSALM HIKE: Go on a hike and savor the goodness of God's creation. Find a beautiful place, read Psalm 104, and use that prayer as a template for celebrating God's good creation.

ENCOURAGING LETTERS: Write a handwritten letter to someone thanking them and celebrating a particular way God has made them.

PHONE FAST: Choose a 24 hour period in which you will avoid using your smart phone. If you're worried about missing an important message, ask a trusted friend or partner to monitor your phone for the day. Throughout the day, reflect on what/who you rely most on in life and ask God how you might rely more on him.

SLOW THE PACE: Walk to a destination where you would typically take a car. Pay attention to something on your route that you've never noticed before and silently turn it into a prayer.