MCPC's Fall Semester Prayer Guide

When we pray we surrender power to the Lord over all situations and the person we are lifting up in prayer. Although God is already in control, us praying shows him that we understand our need for him and we are aware of his authority, his power and his grace. When you pray for your child, pray boldly-claiming God's goodness in all things no matter the outcome. When you pray for your child, pray faithfully-truly releasing your will and your child's will to God's ultimate will. Finally, when you pray, pray sincerely-showing your love for your child and your God. This is a guide to help you connect to what your child may be going through. However this is a general guide concerning what typically happens during the years of college. The best way to know what your child is going through is to share, talk, communicate and love. Know your child and let them know you.

We pray you AND your child are changed through your prayers and that you see God's hand in all things while part of the family of Mississippi College.

Mississippi College Parent's Club Fall Prayer Guide

August/September

Freshmen

<u>Possible feelings of loneliness and homesickness</u>: Whether your child has met a million people or not left their room they could still be struggling with this. They have left the familiar to a place where they feel less known and secure.

PRAY: Your child to put themselves out their socially and build a community of strong friends.

YOUR ROLE: Encourage them to go to events and initiate friendship themselves. Don't always make the solution "come" home".

<u>Fear of losing contact with friends</u>: Although you know they will make more friends, they fear they will be alone for all of college!

PRAY: God will send them friends that uplift and support them.

YOUR ROLE: Encourage them to be themselves; also you may want to send them a little extra money occasionally for outings!

Anxious about getting a job: Many students need a job either for dyer financial reasons or spending money.

PRAY: God will provide and both you and your student believe in that truth.

YOUR ROLE: Do not pressure them. Help them if you can (they can come to career services for guidance).

Having difficulty adjusting to classes: They are still unfamiliar with the expectations of their professors and the work load.

PRAY: Your child will have wisdom in their study habits but not exclude themselves from social life because of anxiety over work load.

YOUR ROLE: Stress the importance of them trying their best in academics but that college is for learning life skills as well.

Exposed to different types of people: They will encounter many differences in personality, beliefs, and character.

PRAY: Your child will be true to who they are and let God grow their identity the way He wants.

YOUR ROLE: Be ok if they change. They are growing up. Just pray they are influenced by the "right" people.

Sophomore

Excited/Anxious about return to school: They are ready to see their friends but scared that things have changed.

PRAY: God will deepen their intimacy with him and create some solid friendships with other believers.

YOUR ROLE: Just pray for them and ask about friends they mention several times.

<u>Transitioning into leadership</u>: They are in charge of more things this year and have more responsibility.

PRAY: They will not be performance base but lean on God for direction on how to lead others.

YOUR ROLE: Give them books or tools to learn how to be a leader. (maybe a bible study)

Overwhelmed with activity or lack of it: They have joined too much (or sometimes nothing at all).

PRAY: They will learn time management and have a desire to be involved with others.

YOUR ROLE: Don't just be interested in their grades but ALL that they are doing in school.

Feeling a little left out: They were the babies last year and although this year is exciting, more focus is on the freshmen.

PRAY: They will pave their own path and be excited for what God has for their present.

YOUR ROLE: You can still treat them special and not make this year a slump by sending them packages/letters, etc.

Juniors

High energy about seeing friends: There friends and MC have now become a home away from home.

PRAY: Your child will have a year full of memories and their relationships will deepen

YOUR ROLE: Maintain an interest in all aspects of your child's life.

Classes are more difficult: They are well into their major classes and may doubt their ability.

PRAY: They will not be anxious but try their best and trust God with the outcome.

YOUR ROLE: Do not focus on their failures but really encourage them that if they ask the Lord will give them direction

Finally the leaders on campus: There is a lot going on and many younger people are looking to them for guidance.

PRAY: They will lead with character and integrity by making wise and beneficial decisions.

YOUR ROLE: Just to pray and listen when they need.

Decision Season begins: They are now feeling the weight of deciding things for their future.

PRAY: They will not doubt that the Lord has great plans for them and they will hold fast to his guidance.

YOUR ROLE: Do not pressure them toward success. They will get their in their own time.

Seniors

Happy to return to school but sad about starting "lasts": They may be more sentimental and a little scared.

PRAY: They will live in each moment God has given them this last year.

YOUR ROLE: Help them have memorable moments and document with pictures (even the boys will like this)

Tend to be more social than academic or vice versa: They want to play since it is their last year OR they want to not play at all.

PRAY: They will find a balance in their time management and the things God deems important.

YOUR ROLE: Give them encouragement that the light is at the end of the tunnel

May feel lonely or left out: Although they are seniors, they know fewer people on campus than their younger years.

PRAY: They will have strong friendships and community that give them encouragement and love.

YOUR ROLE: Plan opportunities for a group of people to travel to your house OR help send your child and friends on a senior trip.



Freshmen

Deciding what to be involved in: There is so much to choose from it can be overwhelming.

PRAY: God will lead your child to the places he wants them to invest

YOUR ROLE: Be supportive in them trying new things

Stressed about mid-terms: They have less grades than they did in highschool, so more is riding on the tests.

PRAY: They will be focused and their memory keen

YOUR ROLE: De-stress them even if you are stressed yourself

Roommate Conflicts: It is hard to live with someone so closely-even if you are friends.

PRAY: They will love their roommate and show grace

YOUR ROLE: To not talk negatively about the person just focus on the conflict

Concerned about social status: Pressure to find your "place" and worry over not being important grows.

PRAY: They will find their identity in Christ whether successful socially or not

YOUR ROLE: Just pray they will not be ruled by what others think

Sophomore

Not getting enough sleep: They can't help but want to hang out with their friends ALL the time-and then do school too!

PRAY: The sleep they do get feels increased

YOUR ROLE: Encourage them to take a few hours for themselves to rest

Activities overlapping: They are going to have to choose what to invest in-but it's hard to say no.

PRAY: God will build their character through their overwhelmed schedule

YOUR ROLE: To listen when they vent and call them with no pressure to call back

Friend Struggles: Friendships are getting substantial and going deeper-they are experiencing the good AND the bad.

PRAY: God will bring harmony and peace into and through your child's interaction with others

YOUR ROLE: To help your child see not only their view but their friends as well

Trying to pick a major: Sophomore year is when the pressure comes to choose your career goals.

PRAY: They will seek the Lord and not jump into something just because its easy or they think its fun

YOUR ROLE: Help them with not only the cons but the pros of ALL the choices they are thinking-this would be a great time to connect with career services as well!

Junior

Relationship Conflict: They are finding out what they want in the opposite sex; and what they don't want.

PRAY: God will guide, protect and heal your child's heart

YOUR ROLE: Pray and ask questions when given an opportunity

Harder classes: Professors are asking and expecting more from them. **PRAY:** God will give them endurance and the will to keep going

YOUR ROLE: Listen to them and encourage them to seek help if necessary

Worn out from social activities: They still enjoy them, but are getting a little too grown up.

PRAY: God will not get lost in the shuffle of events

YOUR ROLE: Encourage them to reflect on why they are involved in all those things

Making hard choices: This is the year to decide about drinking, serious dating, job path, etc.

PRAY: God will give your child wisdom and eternal perspective

YOUR ROLE: No nagging. Give your opinion when asked and pray, pray, PRAY!

Senior

Struggling with apathy: They are having a hard time keeping focused.

PRAY: God will renew their purpose and grant them desire to be excellent

YOUR ROLE: Be empathetic but don't let them give up (reassure them they are so close!)

Pressure to date and/or marry: People are getting engaged and it seems like everyone is dating.

PRAY: God not society will show them when and who do date (or if at all) **YOUR ROLE:** Encourage them in who they are NOW and not to focus on future

Mid-term cramming: They have big test ahead, and may have procrastinated.

PRAY: God will allow them to retain their information

YOUR ROLE: Don't ask perfection but do ask for their best-they are here to be educated and it's ok for you to make sure that is a priority to them.

Mid-Semester Blues: They may be down and burnt out.

PRAY: God will refresh them

YOUR ROLE: Send them a package/card or some sort of surprise.

Freshmen

Missing Home: They are ready to see familiarity.

PRAY: They will find a home wherever God puts them YOUR ROLE: Encourage them that a break is coming

School getting overwhelming: Everything is due all at the same time.

PRAY: They will not feel powerless but empowered by God's strength

YOUR ROLE: Be there for them

Formals/Informals: It's a lot of pressure whether you get asked or not.

PRAY: Your child will be firm in who they are and feel valued without dates AND that they will choose wisely who

they go with or ask.

YOUR ROLE: Inquire about the person they are going with.

Roommate Conflict Heightens: Even if they like their roommate, they are tired of being around them.

PRAY: Your child will treat others, (even if they annoy them) with love and kindness.

YOUR ROLE: Let them vent, then point them to Christ.

Sophomore

Balancing social and academic: Their time is demanded by people and school.

PRAY: God will allow them to mature in how they spend their time

YOUR ROLE: Show them you realize that both school and social are important

Peer pressure mounts: They are deciding who they want to be.

PRAY: God will take the burden from their shoulders

YOUR ROLE: To encourage, support and love no matter success or failures

Dating begins: Most will begin dating around this time of college (if not before)

PRAY: For Godly counsel to surround your child **YOUR ROLE**: Just be aware of who their friends are

Antsy about Holidays: Anxious about time with family, winter job, and seeing friends over break.

PRAY: Your child will remain focused while at school.

YOUR ROLE: Encourage them they're almost their and get them excited about the rest they'll have waiting for them at home.

Junior

Sick of school: They're ready to be done.

PRAY: A renewed interest and perseverance will come to them **YOUR ROLE**: Encourage them that they are over ½ through

Lack of sleep from study: They either waited too long or have a ton of work.

PRAY: They will learn to treat their body like God's temple and give it rest

YOUR ROLE: To promote health but not nag for their emotions will be high from not sleeping

Preparing for winter break traveling: They may be taking trips with friends

PRAY: God will give them wisdom to travel AND be restful

YOUR ROLE: Let them know you value time with them, and make them slow down a little.

Senior

Feeling irrelevant on campus: Feel like life could go on without them.

PRAY: They will find their comfort and relevancy from God and his plan for them

YOUR ROLE: To share with them truth about God and your love for them

Worried about next steps: They're either applying to grad school or looking for a job.

PRAY: They will be patient and God will have favor and provide.

YOUR ROLE: Even though you are worrying too, don't show it-this will just add pressure to them.

Sentimental over last Christmas as a "kid": They may be worried/excited/sad about all the changes occurring.

PRAY: God will overwhelm them with peace.

YOUR ROLE: Assure them that change is not always a bad thing.

December

All Students

Pray this for all students finishing up this semester:

Finals: They will study hard, prepare well, do their best, then leave it behind.

Break: They will be safe, smart, wise, and have fun.

Rest: They need it, they've hardly had any. They need rest in all forms: sleep, time with loved ones, and enjoying something not to do with school.

Refreshment: They need to be renewed in their walk with the Lord and relationships with others.