

30 DAY JESUS-TIME CHALLENGE

JESUS-TIME.ORG

Wake up 30 minutes before your household (or 30 minutes before you usually wake up) to have your Jesus-time.

ASK GOD TO SHOW YOU SOMEONE THAT YOU CAN BE GENEROUS TO. GO TO THE ATM AND BE READY TO GIVE, EITHER TO A STRANGER, AS A LARGE TIP, OR FRIEND WHO COULD USE A BLESSING.

Take a walk today and listen to worship music.

AFTER YOUR JESUS-TIME ASK GOD TO SPEAK TO YOUR HEART. SIT IN SILENCE FOR 10 MINUTES BE SURE TO SET THE TIMER. AFTERWARDS REREAD THE VERSE THAT YOU CHOSE FOR TODAY.

Send 3 people a note or message of encouragement.

Take out your schedule and pray about what can change. Sometimes we need to give things up to simplify our lives and make more time for Jesus.

Get on your knees today. Praise God and bring your requests to him from this position of humility.

As you're doing your mundane tasks today, find things to be grateful for and say a quick prayer of thanks. Example: while washing dishes thank God for hot water, while driving to work thank God for transportation.

When you look into the mirror today think about how God views you and how others view you. Think of ways to make your inward appearance more attractive. Write out Psalm 139:23-24 and tape it to your mirror.

Today, use your phone only when absolutely needed. Don't check Facebook, the weather... only pick up the calls that may be important. Use your actual bible, not the app.

Buy or pick flowers for someone.

CHOOSE AN AREA IN YOUR HOME TO DECLUTTER. MAYBE A CLOSET AND DONATE SOME CLOTHES, PLAYROOM AND DONATE SOME TOYS OR EVEN A JUNK DRAWER OR YOUR CAR.

Get out some colored pencils or crayons and spend time coloring and adding design as you work on your Jesus-Time Journal. Or just spend some time decompressing with an adult coloring book or coloring page.

Find a new spot to have your Jesus-Time. This could be a new place in your house, at a coffee shop or a special spot outside.

Watch a Christian movie or documentary.

Encourage your pastor or a church leader today. A note, gift, or even a quick email.

PICK OUT A SERMON PODCAST AND LISTEN TO IT WHILE DOING YOUR DAILY TASKS OR WHILE DRIVING IN THE CAR.

Walk through your neighborhood and pray for your neighbors. Think of ways to bless them or invite them out to a church event.

Read James 1:5 and Ephesians 5:15-17 and pray for more wisdom about whatever you may be going through.

Make a conscious effort to not complain today, out loud and even in your mind. When you're tempted to complain find a reason to be thankful.

Go to bed an hour earlier than usual and end the night with reading an actual book, no screen time.

WATCH THE SUNRISE OR SUNSET AND THANK GOD FOR HIS BEAUTIFUL CREATION.

Write out 50 things you are thankful for. You can use the back of journal for this.

Encourage, pray and make a donation to a missionary. (If you don't know a missionary, ask your church.)

Post a bible verse of your choice to your social media page.

Light a candle for today's Jesus-Time.

Think of a mom who may be overwhelmed or not able to get out of the house much. Offer to watch her kids while she runs out or help her with a meal. Buying some groceries, making a dinner, a gift card for take out or even buying some bagels could be a huge help.

Offer to serve at your church. If you already do serve on a regular basis, think of a way to do more for the ministry that you help with.

Write out Philippians 2:4 and place it in your car as a reminder to be ready to serve and help others.

Bring a special treat, like a tray of cookies, to your co-workers, school, a doctor's office or business that you go to.