



JESUS XP

PRACTICE: DAILY READING

Start your day with Jesus.
Meet with Jesus before you look at your phone
each day. Here's how:

1. Read a small section of scripture.
2. Read it slowly.
3. Read it three times (Head, Heart, Hands)

FIRST TIME: HEAD

As you read, ask yourself:
"What do I notice?"

SECOND TIME: HEART

As you read, ask yourself:
"What do I feel?" and
"What do the characters in the story feel?"

THIRD TIME: HANDS

As you read, ask yourself:
"What is Jesus inviting me to do?"



*This practice is adapted from a reading style called "Lectio Divina"
which means spiritual reading. You can find out more at newlife.tv/jesusxp

PRACTICE: MISSIONAL IMPULSE

Where is Jesus sending you?

This is an anywhere/anytime practice.

START WITH PRAYING:

"Jesus, show me what you see." or "Jesus show me what you want me to do."

PAY ATTENTION to the impulses that pop up . . .

Who do you think of?

Do you see someone who looks lonely?

Do you notice a need you can meet?

Do you feel drawn to show kindness?

DO what you can do:

Send a text

Stop by to see someone

Bring a gift

Give an encouraging word

Meet a need

*This might be scary at first, but it gets easier with practice.

It's important to learn the difference between missional impulse and your own impulse. Reading the words of Jesus and recognizing how He responded to people and their needs will help.

PRACTICE: SHARING MEALS

Go be with people.

Jesus spent a lot of time eating with people and so did his followers.

Some of the most powerful moments in Scripture include a meal.

Who can you plan to share a meal with in the coming weeks – especially someone unexpected?

SHARE A MEAL

Who is in your life on a regular basis? Neighbors? Friends? Invite people in your life to a meal . . .

Don't like to cook? Order takeout! At school or work? Have lunch with someone new.

GO TO A MEAL

Say yes when someone new invites you to a meal. Allow yourself to be a guest at someone else's table.

THE LORD'S TABLE * *

Jesus invited his followers to remember him with a special meal sometimes called communion or the Lord's Table.

When you are with your friends who follow Jesus, try taking communion together this week.

PRACTICE: GIVE GOOD AWAY

Meet real needs in practical ways

Everything good we have comes from God. How can you use what God has given you to bring good to those around you? Here are three ideas:

STUFF

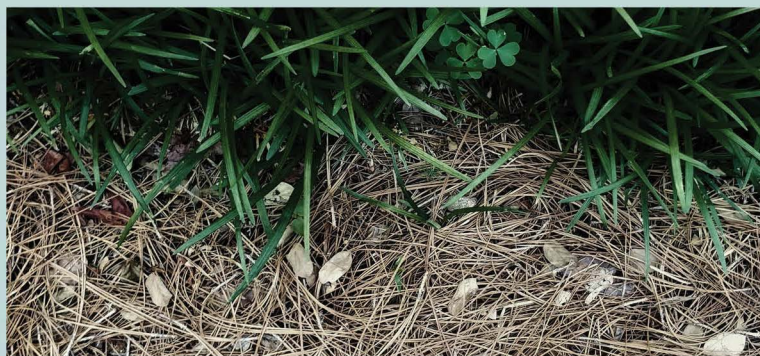
Some of us have a lot of stuff – maybe too much stuff. What if you look at the stuff you have and give the stuff you don't need to people who actually need it?

PROJECTS

With your group (or friends), think about the needs in your community. If there is way you can meet that need, do it together. EX: Clean up, support schools, serve meals . . .

MONEY

Something good happens in your heart when you are generous with your money. Is there a local church or organization you can be generous to? When you give, you'll see that good things will happen!



PRACTICE: NIGHT TIME PRAYER

End your day with Jesus

At the end of your day it's good to look back and notice how Jesus was with you, and to ask him where he is leading you next.

Here's a 3-step night-time prayer to try:

ONE

Tell Jesus you know he is present with you wherever you are. (Some people like to light a candle to represent Jesus with you).

TWO

Start to think about your day. It helps to play it back in your mind like a movie. Without judgment, notice where you saw Jesus with you in your day. When did you follow his voice? When did you lean away?

THREE

Make a plan for tomorrow. Sometimes, it helps to pray, "Jesus, what should we do tomorrow?"

**This style of prayer is sometimes called Examen. For more information on this practice and others, check out newlife.tv/jesusp*

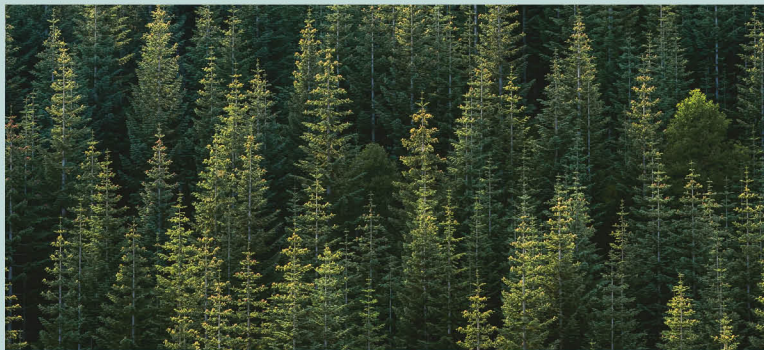


PRACTICE: CREATE YOUR OWN PRACTICE

How do you best connect with Jesus?

Maybe you like to go on a walk or play a game with your kids? Maybe you want to serve your neighbor or make them cookies? Do you have a hobby that causes you to feel close to God? God made you uniquely and the way you connect with God is unique. Spend some time thinking about something you love to do that you can make into a spiritual practice.

1. Choose the thing you love to do
2. Pray before you do it – “Jesus, may I experience your presence while I _____.”
3. Enjoy the activity you chose knowing Jesus is with you.
4. Think about or write about what you experienced during your practice.



PRACTICE: DAILY RHYTHM

Daily connection with Jesus

SCRIPTURE BEFORE PHONE

How we start the day matters. Refusing to check messages, social media, etc – until after reading a passage of Scripture – is a way of replacing the question “What do I need to do today?” with a better one, “Who is Jesus and where is he leading me today?”

WORSHIP SOUNDTRACK

Playing some worship music when you make space to connect with Jesus can help get your heart in the right place. Make a playlist of your favorite worship songs – let them become a soundtrack for your soul and your day.

NO PHONE WHILE WAITING

We are made for presence, but so often our phones are the cause of our absence. To be two places at a time is to be no place at all. Choosing to be present with ourselves, others and God’s good creation is an act of love. What unexpected moment might you encounter today as you look for Jesus all around you.

