

FOLLOWING JESUS JOURNEY

Following Jesus in our daily lives can look like a lot of different things. Jesus said and did a lot of things we can also do. Here's a short, prayerful activity you can do around your living space:

1. Start off in your favorite place. Get into a comfortable position. Think about how you are connected to Jesus. Out loud or in your head, say this Bible verse: "Abide in me as I abide in you." (John 15:4)
2. Move to a place where you work/learn. Get into a comfortable position. Think about how we are taught by Jesus and called to teach others. Out loud or in your head, say this Bible verse: "Every day he was teaching in the temple." (Luke 21:37)
3. Move to a place where you eat/drink. Get into a comfortable position. Think about how we are fed by Jesus and called to feed others. Out loud or in your head, say this Bible verse: "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty." (John 6:35)
4. Move to a place where you pray. Get into a comfortable position. Think about how Jesus made time to pray and we can too. Out loud or in your head, say this Bible verse: "While it was still very dark, he got up and went out to a deserted place, and there he prayed." (Mark 1:35)
5. Finally, move to a place where you rest. Get into a comfortable position. Think about how Jesus often rested and we can too. Out loud or in your head, say this Bible verse: "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest." (Matthew 11:28)

PRAYER

God of Good News, you bring us out of the ordinary into the extraordinary. You call us to be a part of your work and share your love. Help us follow your lead and bring good news to all those around us.

Amen.