

40 WAYS TO KEEP COMPANY WITH JESUS



Print each page & cut in half to create 8 cards

Frame them!

Pin them up throughout your home!

Tuck them in your Bible or journal!

Make a little booklet!

Send them to a friend!

*Delight in the joy
of doable, every day ways
to keep company with Jesus!*

40 ways to keep company with Jesus



begin each morning in stillness, physically opening your hands in posture of surrender.

as you brush your teeth, carry certain people always to Jesus



Tape a verse to your mirror and speak it aloud each morning



when you begin your day

Meditate on the I Am statements of Jesus - e.g. "I am the good shepherd."



Leave the Psalms open by your kettle or coffee maker and drink in his words.



40 ways to keep company with Jesus

write out your burdens, then draw green pastures & still waters around each, trusting your Good Shepherd.

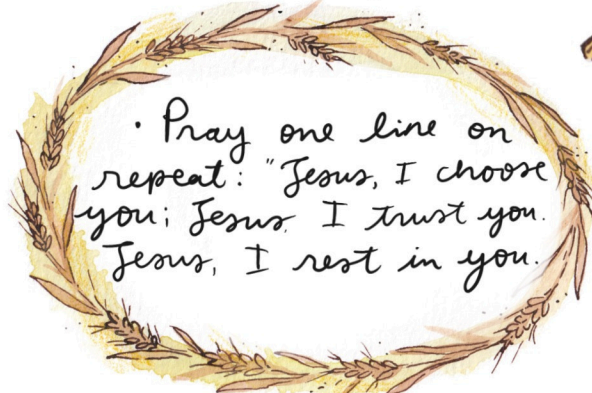


fold your hands in prayer, imagining one as worrier and the other deep trust in God.

when you feel worried



Close your eyes and picture Jesus smiling over you, touching places that need healing.



Pray one line on repeat: "Jesus, I choose you; Jesus, I trust you. Jesus, I rest in you."

write down what overwhelms you, then write Jesus' names beside each, entrusting them to Him.

40 ways to keep company with Jesus

• Pray for neighbors as you pass their homes.



• Carry pocket prayers and pray them throughout your day.



• Pause before every meal and thank Jesus for nourishing you, body and soul.

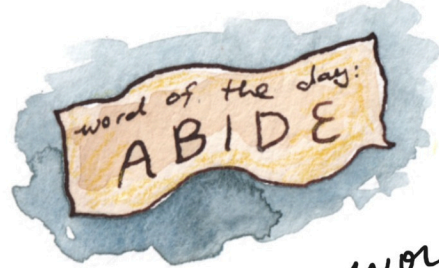
when you're walking through your day

• Keep a sheep figurine on your windowsill as a reminder to trust your Good Shepherd.



• Serve someone today, for as you give to others, you give to Him.

40 ways to keep company with Jesus



• set a daily prayer alarm — let nothing be more important than time with Jesus.

• Choose a word or phrase from His Word to meditate on and pray throughout the day.



when you pray

• shape melted candle wax as you pray, surrendering your will to His.



• look at a map and pray for the people of a country.



• Dedicate moments to silent listening, inviting God to speak to your heart.

40 ways to keep company with Jesus

• Light a candle as a visual reminder to return to the light of the world.



• Go for a prayer walk, talking with Jesus, your friend who is always with you.

when you need a soul reset

• fast one meal/day or one day/week, focusing your heart and mind on the Lord.



• Practice Sabbath — a day enjoying and fully resting in the Lord.



• Keep a gratitude journal — thank Jesus for three gifts each day.



40 ways to keep company with Jesus

• Pray for the same person daily as you make your bed.



• As you make meals or pack lunches, pray for those who will eat this food.



when you're doing chores



• Pray while you water plants, asking Jesus to nourish your soul.



• Sing a certain hymn while cleaning after a meal, lingering in worship.



• Write a verse on a chalkboard near your sink — let it wash over you.

40 ways to keep company with Jesus



• Pray a Psalm back to God each day in your own words.

• Read scripture slowly, pausing to meditate and rest in His presence.



when you read scripture



• Read one of the Gospels slowly, focusing on the compassion of Jesus.



• Draw a scene from a verse of scripture and sketch where you are in the scene.



• Personalize scripture by writing it as a letter from God's heart to yours.

40 ways to keep company with Jesus



• Commit to the Examen prayer, reviewing your day with Jesus.

• Paraphrase and pray the Lord's Prayer, making it fresh each day.



• Pray peace and Shalom over someone you're struggling with.

when you end your day



• Pray over news headlines, entrusting them to Jesus.



• meditate on who God is today — your Provider, your Shepherd, your Emmanuel.

