ABIDE IN CHRIST

when you are...

BEGINNING YOUR DAY

- As you brush your teeth, carry certain people always to Jesus.
- Meditate on the I Am statements of Jesus — e.g. "I am the good shepherd."
- Tape a verse to your mirror and speak it aloud each morning.
- Begin each morning in a posture of surrender.
- Meditate on who God is today—your Provider, your Shepherd, your Emmanuel.

FEELING WORRIED

- Leave the Psalms open by your kettle or coffee maker and drink in His words.
- Close your eyes and picture Jesus smiling over you, touching places that need healing.
- Fold your hands in prayer, imagining one as worries and the other deep trust in God.
- Write your burdens, then draw green pastures & still waters around each, trusting your Good Shepherd.
- Write down what overwhelms you, then write Jesus' names beside each, entrusting them to Him.

NEEDING A SOUL RESET

- Pray one line on repeat: "Jesus, I choose you; Jesus I trust you. Jesus, I rest in you."
- 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.
- Keep a gratitude journal—thank Jesus for three gifts each day.
- 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.

DOING CHORES

- 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.
- Pray while watering 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.

WALKING THROUGH YOUR DAY

- Pray for neighbors as you pass their homes.
- Pause before every meal and thank Jesus for nourishing you, body and soul.
- Carry pocket prayers and pray them throughout the day.
- Serve someone today, for as you give to others, you give to Him.
- Keep a sheep figurine on your windowsill as a reminder to trust your Good Shepherd.

PRAYING

- Choose a word or phrase from His Word to meditate on and pray throughout the day.
- Set a daily prayer alarm—let nothing be more important than time with Jesus.
- Look at a map and pray for the people of a country.
- Shape melted candle wax as you pray, surrendering your will to His.
- Dedicate moments to silent listening, inviting God to speak to your heart.

READING SCRIPTURE

- Read Scripture slowly, pausing to meditate and rest in His presence.
- Pray a Psalm back to God each day in your own words.
- 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.

ENDING YOUR DAY

- Commit to the Examen prayer, reviewing your day with Jesus.
- Paraphrase and pray the Lord's Prayer, making it fresh each day.
- Pray over news headlines, entrusting them to Jesus.
- Pray peace and shalom over someone you're struggling with.

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