

THE 7-DAY "FOLLOW ME" CHALLENGE

"If anyone wants to follow after me, let him deny himself, take up his cross daily, and follow me." Luke 9:23 CSB

THIS WEEK: FOLLOW JESUS DAILY

Following Jesus isn't just a decision we make once. It is a decision we make **daily**.

For the next seven days, set aside a few intentional minutes each morning to **PRAY, READ, LISTEN, and OBEY**.

1. **PRAY**

Before checking your phone, email, news, or social media, begin your day with this prayer: **"Jesus, today I choose to follow You. Show me where You are leading, and give me courage to obey."**

2. **READ**

Read one chapter from the Gospel of John each day. Don't rush. Pay attention to what Jesus **says**, what Jesus **does**, and what the passage teaches you about **who Jesus is**.

3. **LISTEN**

After reading, ask: **"Jesus, what are You showing me through Your Word today?"** Write down one truth, phrase, verse, or thought that stood out to you.

4. **OBEY**

Then ask: **"Jesus, what are you asking me to do with what I just read?"** Choose one practical response for the day.

DAY 1 - JOHN 1

What stood out to me?

What will I do about it?

DAY 2 - JOHN 2

What stood out to me?

What will I do about it?

DAY 3 - JOHN 3

What stood out to me?

What will I do about it?

DAY 4 - JOHN 4

What stood out to me?

What will I do about it?

DAY 5 - JOHN 5

What stood out to me?

What will I do about it?

DAY 6 - JOHN 6

What stood out to me?

What will I do about it?

DAY 7 - JOHN 7

What stood out to me?

What will I do about it?

AT THE END OF THE WEEK

Before coming back to Re-Fuel next Wednesday, take a few minutes to look back over your seven days.

What did God show me about Jesus this week?

What did God show me about myself?

What step of obedience did I take?

What do I want to continue doing after this challenge?

REMEMBER

A disciple is WITH Jesus.

A disciple is BECOMING like Jesus.

A disciple DOES what Jesus does.

The goal isn't simply to finish seven chapters.

The goal is to spend seven days intentionally following Jesus.

READ. LISTEN. OBEY. FOLLOW.

Re-Fuel: Get Filled. Grow Deeper. Live Stronger.