



Becoming an apprentice of Jesus means that we intentionally choose to be with Jesus, be like Jesus and do like Jesus did for the glory of God, for the sake of others and for our individual relationships with Jesus. Utilize this handout by placing it on a fridge, in a car, in a Bible, etc. This is not a to-do list, but a list of ideas that may guide and inspire us to:

**Be with Jesus + Become like Him + Do like He did**

## be with Jesus

### **Take a few deep breaths:**

- allow your mind & body to find calm and be grounded.

### **Pray these words below each day or once a week:**

- God of Love, I open myself to you. Teach me how to be with You, become like You, and do like You did. Help me to hear Your whisper, "You are My beloved." Amen

### **Read one or two of these Psalms aloud as a prayer:**

- Psalm 1, 23, 32, 40, 42-43, 63, 84, 86, 103, 139

### **Journal your thoughts, feelings, reflections**

### **Go for a quiet walk with God in nature**

### **Imagine Jesus as a Healer**

### **Let Jesus in by taking one step of honesty**

### **Listen to:**

- "Practicing the Way Course" videos on YouTube
- "Abide" by The Worship Initiative





# become like Him

## **Take a formation audit:**

- What stories do you believe about God?
- What stories do you believe about yourself?
- What habits inform your days?

## **Explore a new spiritual discipline:**

sabbath, simplicity, silence and solitude, fasting, prayer, scripture, living in community, or generosity

## **Consider your community:**

- Draw your circles of relationships and identify who can help you in following Jesus.
- Create a family tree to help gain insight into what prior generations have passed on to you that are a help or hindrance in practicing the way of Jesus.
- Invite someone to coffee or lunch.
- Consider groups you're currently involved in. Make an inventory of their greatest needs and your gifts, strengths, and resources. Choose to invest generously by using your resources to serve them in their areas of need.

# do like He did

## **Ask yourself:**

“Am I becoming more loving?”

- “Who are the people in my life right now? Who is missing?”
- “Where in my life can I do good, be kind, and love someone I know is in need?”
- “Am I growing in my ability to be loved by God, love God, love myself, love others, and love my enemies?”

## **Invite someone new to your home for dinner:**

a coworker, another parent, a new family from down the street

## **Open your home to host a small group**

**Join the Hospitality Team at church**

**Show up for the hurting people in your life**