

Rooted in Jesus: 21-Day Plan

This plan is a simple way to anchor yourself in Jesus' truth. It's not about perfection but about creating space for God's Word to reshape the story we live by. "If ye continue in my word, then are ye my disciples indeed; and ye shall know the truth, and the truth shall make you free." (John 8:31–32)

DAILY (10-15 MINUTES)

- Choose a place and time you can keep.
- Read a short portion (start with the Gospel of Mark).
- Pray: *"Open thou mine eyes, that I may behold wondrous things out of thy law."* (Ps. 119:18)
- Meditate for 60 seconds (See • Desire • Agree • Ask • Live).
- Work on memorizing *John 8:31–32* (two lines a day).

WEEKLY (30-45 MINUTES)

- Pick one passage you didn't understand.
- Study: Pray • Observe • Contextualize • Apply • Discuss.
- Write down one small step of obedience.

COMMUNITY

Invite 1–2 friends. Each week share:

- A lie you noticed shaping you.
- A truth from Scripture that replaced it.
- A step you took in response.

PRACTICES EXPLAINED

MEDITATION

Slow, prayerful attention to God's Word. Not emptying your mind, but filling it until it shapes your heart and actions.

Steps:

- **See** — Read slowly; notice a word or phrase.
- **Desire** — Ask, "What do I want God to form in me?"
- **Agree** — Affirm: "This is true because God has spoken."
- **Ask** — Pray: "Lord, make this real in me."
- **Live** — Take one small step today.

STUDY

Bridges the gap of time, language, and culture. The goal is not just knowledge, but obedience.

Steps:

- **Pray** — Ask the Spirit for insight.
- **Observe** — Notice key words, themes, or commands.
- **Contextualize** — Who wrote this? To whom? What's the setting?
- **Apply** — Ask, "What should change in me today?"
- **Discuss** — Share with others to confirm and live it out.