



Week #5

Abide | “Be with Jesus”

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

Matthew 11:28-30 (The Message)

To follow Jesus is to become his disciple, which has three goals:

1. Be with Jesus.
2. Become like him.
3. Do as he did.

This week, what are some intentional ways you can **be with Jesus**?

To be intentional, it helps to be practical – pick a time, a place, and a plan.

Time:

Place:

Plan:

Time:

Place:

Plan:

Time:

Place:

Plan:

Time:

Place:

Plan:

Here’s a couple examples:

Time: Mornings, 6:30-7:00am.

Place: Sit in my favorite chair in the living room with some coffee.

Plan: Read the OCC Bible Reading Plan.

Time: Tuesday & Thursday evening, 8:00-8:30pm.

Place: Go on a walk through the neighborhood.

Plan: Imagine Jesus is with me and we’re having a conversation about my day.