

### **Exercise 1: Learning from Jesus**

**Read:** *While Jesus was in one of the towns, a man came along who was covered with leprosy. When he saw Jesus, he fell with his face to the ground and begged him, "Lord, if you are willing, you can make me clean." Jesus reached out his hand and touched the man. "I am willing," he said. "Be clean!" And immediately the leprosy left him. (Luke 5:12-13)*

**Reflect:** What was Jesus like?

**Pray:** Ask God to help you become more like Jesus.

### **Exercise 1: Learning from Jesus**

**Read:** *Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'" (Matthew 4:1-4)*

**Reflect:** What was Jesus like?

**Pray:** Ask God to help you become more like Jesus.

### **Exercise 1: Learning from Jesus**

**Read:** *Two other men, both criminals, were also led out with him to be executed. When they came to the place called the Skull, they crucified him there, along with the criminals—one on his right, the other on his left. Jesus said, "Father, forgive them, for they do not know what they are doing." (Luke 23:32-34)*

**Reflect:** What was Jesus like?

**Pray:** Ask God to help you become more like Jesus.

### **Exercise 1: Learning from Jesus**

**Read:** *Jesus went through all the towns and villages, teaching in their synagogues, proclaiming the good news of the kingdom and healing every disease and sickness. When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, "The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field." (Matthew 9:35-38)*

**Reflect:** What was Jesus like?

**Pray:** Ask God to help you become more like Jesus.

### **Exercise 2: The 3-2-1 Reflection**

What 3 things did I do that made Jesus proud this week?

What 2 things does Jesus want me to do differently tomorrow?

What 1 thing have I learnt about becoming Christ-centered today?

### **Exercise 2: The 3-2-1 Reflection**

What 3 things did I do that made Jesus proud this week?

What 2 things does Jesus want me to do differently tomorrow?

What 1 thing have I learnt about becoming Christ-centered today?

### **Exercise 2: The 3-2-1 Reflection**

What 3 things did I do that made Jesus proud this week?

What 2 things does Jesus want me to do differently tomorrow?

What 1 thing have I learnt about becoming Christ-centered today?

### **Exercise 2: The 3-2-1 Reflection**

What 3 things did I do that made Jesus proud this week?

What 2 things does Jesus want me to do differently tomorrow?

What 1 thing have I learnt about becoming Christ-centered today?

### **Exercise 2: The 3-2-1 Reflection**

What 3 things did I do that made Jesus proud this week?

What 2 things does Jesus want me to do differently tomorrow?

What 1 thing have I learnt about becoming Christ-centered today?

### **Exercise 3: W.W.J.D.?**

Think about a decision you need to make in your life and ask yourself: What Would Jesus Do?

### **Exercise 3: W.W.J.D.?**

Think about a decision you need to make in your life and ask yourself: What Would Jesus Do?

### **Exercise 3: W.W.J.D.?**

Think about a decision you need to make in your life and ask yourself: What Would Jesus Do?

### **Exercise 3: W.W.J.D.?**

Think about a decision you need to make in your life and ask yourself: What Would Jesus Do?

### **Exercise 3: W.W.J.D.?**

Think about a decision you need to make in your life and ask yourself: What Would Jesus Do?