

Week 1: Practicing a Relationship with God

1 That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked at and our hands have touched—this we proclaim concerning the Word of life. ² The life appeared; we have seen it and testify to it, and we proclaim to you the eternal life, which was with the Father and has appeared to us. ³ We proclaim to you what we have seen and heard, so that you also may have fellowship with us. And our fellowship is with the Father and with his Son, Jesus Christ. ⁴ We write this to make our^[a] joy complete. 1 John 1:1-4 (NIV)

This week, don't just learn about a relationship with God — actively practice one. Each day, work through these exercises and allow God to shape your heart, mind, and relationships.

1. Practice Daily Fellowship

Set aside intentional time with Jesus every day this week. Go beyond a quick prayer or routine habit. Spend time talking with Him, listening, reading Scripture, and being present with Him.

Read 1 John 1:1–4 slowly each day. As you read, ask yourself:

- What does this passage teach me about knowing Jesus personally?
- Am I treating my relationship with God like a checklist or like a genuine relationship?

Pray and ask God to move your faith from information to intimacy.

2. Practice Intentional Love

Each day, look for practical ways to reflect Christ in your relationships.

Challenge yourself to:

- Forgive quickly

- Speak with kindness and grace
- Assume the best about others
- Encourage someone intentionally
- Reach out to someone you would normally overlook or avoid

At the end of the day, reflect:

- Did my actions reflect the love of Jesus today?
 - How did my relationship with Christ affect the way I treated others?
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3. Practice Guarding Your Joy

Pay attention to where you turn when you feel stressed, discouraged, lonely, or empty.

When those moments come:

- Pause before turning to distractions or temporary comforts
- Spend a few moments in prayer
- Worship, read Scripture, or sit quietly with God
- Remind yourself that true joy is found in Christ, not circumstances

Reflection question:

- What am I depending on most for comfort and joy?
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4. Practice Spiritual Transformation

At the end of each day, take a few minutes to evaluate your heart.

Ask yourself:

- Am I becoming more like Jesus?
- Am I growing in love, patience, forgiveness, humility, and grace?
- Is my relationship with Christ changing the way I think, speak, and live?

Invite God to deepen your relationship with Him and continue transforming you from the inside out.

Weekly Challenge

Live this week as someone who truly believes that Jesus is real, present, and relational. Let that truth shape:

- The way you think
- The way you speak
- The way you love
- The way you live

Don't just study your relationship with God this week — experience it.