

The Daily Practice

Six things Jesus taught you to do. Every day.

01 **Pray with Honesty**

Go into your room. Shut the door. Talk to your Father who sees in secret. No performance. No script. Just you and him.

Matthew 6:6

02 **Stay in the Word**

Hold to the teaching. Let it read you as much as you read it. This is the foundation everything else is built on.

John 8:31–32

03 **Forgive Before Sundown**

Don't carry it. Don't rehearse it. Release it, even when it costs you. Especially then.

Matthew 6:14–15

04 **Serve the Person in Front of You**

Not the crowd. Not the idea of service. The actual human standing right there.

Mark 10:43–45

05 **Give Something Away**

Time, money, attention, credit. Freely you received, freely give.

Matthew 10:8

06 **Surrender Your Worry**

Name the thing you're holding too tightly. Open your hand. Tomorrow has enough trouble of its own.

Matthew 6:25–34

You completed The Jesus 40. Now live it.