

The background is a vibrant, abstract collage. It features thick, expressive brushstrokes in shades of purple, blue, pink, and orange. There are numerous black paint splatters and drips scattered across the composition. In the bottom right corner, there is a small, rectangular photograph showing a group of people, possibly at a festival or event, with one person in the foreground looking down. The overall aesthetic is energetic and artistic.

MAKE JESUS KNOWN



FAITH

WITNESS

WITNESS

WITNESS

WITNESS

WITNESS

WITNESS

**MAKE
JESUS
KNOWN.**

**RESET YOUR
LIFESTYLE**

KEEP5

"I pray that you may be active in sharing your faith, so that you will have a full understanding of every good thing we have in Christ."

PHILEMON 1:6

I WILL

WRITE down the names of five people who need Jesus

PRAY for them every day

LOOK for opportunities to share Jesus with them

When we pray, God moves!

pulse.org

1

2

3

4

5



"Hearing that Jesus had silenced the Sadducees, the Pharisees got together. One of them, an expert in the law, tested him with this question:


"Teacher, which is the greatest commandment in the Law?"

Jesus replied:

"'Love the Lord your God with all your heart and with all your soul and with all your mind...'

Matthew 22:34-40

RESET YOUR
LIFESTYLE



...This is the first and greatest
commandment. And the second is
like it: 'Love your neighbor as yourself.
All the Law and the Prophets hang on
these two commandments.'

Matthew 22:34-40

RESET YOUR
LIFESTYLE

CARE EXAMPLES

- 1.** Buy someone's groceries
- 2.** Take them out for coffee and pay for it
- 3.** Drive them somewhere
- 4.** Help them with their homework
- 5.** Send out encouraging text messages
- 6.** Pay for the person behind you in the drive-thru line
- 7.** Pay for someone's rent or mortgage
- 8.** Help babysit for their family
- 9.** Bring them dinner
- 10.** Buy them a gift
- 11.** Mow their lawn
- 12.** Drop off a care package that directly meets their need
- 13.** Ask a group of their friends to all send an encouraging message at the same time
- 14.** Help with household chores
- 15.** Buy them gas for their vehicle
- 16.** Show up and be present
- 17.** Send them a letter in the mail
- 18.** Offer them the biggest piece
- 19.** Offer them the last piece

RESET YOUR
LIFESTYLE



CHALLENGE

For the next 7 days, pray regularly for the people on your KEEP 5 card. Care intentionally for at least one throughout the week.

RESET YOUR
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WEEK IN REVIEW:

How was last week's challenge? Did you use the Acts 1:8 wallpaper on your phone? Does anyone have it memorized yet? Did having that verse somewhere as a reminder impact your thinking each day? Do you feel like your perspective or attitude changed at all?

1. What did you think about the testimony?
2. Tell us a little more about one person on your KEEP 5 card.
3. Have you prayed for this person consistently?
4. What barriers do you think will get in the way of you praying for your KEEP 5 consistently?
5. What is a time where you feel prayer made a

real difference in a situation?

6. Do you ever feel like prayer doesn't change things? What should we do when we feel that way?
7. What is something from our list that could really help or care for someone on your KEEP 5 card? What is one need you feel like you can meet this week for someone on your KEEP 5 card?
8. Does anyone else have something they want to say or share?

RESET YOUR
LIFESTYLE



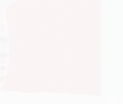
FAITH

WITH

WITNESS

WITNESS

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