



Discover how to apply Christ's attributes in your daily life—humility, love, trust, boldness, and service.





Humity



DAY 1: HUMILITY WALKING IN CHRISTLIKE HUMILITY

KEY VERSE: PHILIPPIANS 2:3-5 (NIV)

"Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. In your relationships with one another, have the same mindset as Christ Jesus."

Q UNDERSTANDING CHRISTLIKE HUMILITY

Humility is one of the most defining attributes of Jesus. He, being God, chose to humble Himself by taking the form of a servant (Philippians 2:6-8). He washed His disciples' feet, embraced the outcasts, and sacrificed His life for those who didn't deserve it.

In the world's eyes, humility is often mistaken for weakness. But true humility is not about being weak—it's about being strong enough to serve others without needing recognition. It's about:

- Placing others before yourself in love and service.
- Recognizing that everything we have is from God and using it for His glory.
- Letting go of pride and choosing a servant's heart, just like Jesus.

THE CHALLENGE OF HUMILITY IN TODAY'S WORLD

We live in a culture of self-promotion—where social media celebrates personal achievements, where success is often measured by how much recognition we get, and where humility is sometimes seen as a disadvantage. But Jesus flipped the script by teaching that the greatest in God's kingdom are those who serve (Matthew 23:11-12).

Being humble does **not** mean **thinking less of yourself**, but rather thinking of yourself less. It means knowing your worth in Christ and choosing to lift others up instead of exalting yourself.

REFLECTION QUESTIONS:

- 1 Where in your life do you struggle with pride or a desire for recognition?
- 2 How can you shift your mindset to focus more on serving others instead of being served?
- 3 Are there areas where you hesitate to humble yourself before God? Why?
- 4 When was the last time you did something purely out of love, without expecting anything in return?
- 5 How does Jesus' humility challenge the way you interact with people daily?
- 6 Think of someone you admire for their humility. What qualities make them stand out?
- 7 How can you practice humility in a situation where you feel entitled to praise?

ACTION STEPS: LIVING OUT HUMILITY TODAY

- 1 Serve Someone in Secret Perform an act of kindness without telling anyone (clean up a shared space, pay for someone's meal, write an anonymous note of encouragement).
- **Celebrate Someone Else's Success** Instead of focusing on your achievements, genuinely uplift someone else. Send a message of encouragement or congratulate them.
- 3 Pray for a Humble Heart Ask God to reveal areas of pride in your life and give you the courage to surrender them.
- 4 Pause Before Responding When in conversation, listen more than you speak. Show humility by giving others space to express themselves before jumping in.
- 5 Forgive Someone Without Holding a Grudge Humility is shown when we release the right to be "right" and choose peace over pride.
- 6 Acknowledge God's Role in Your Success The next time you achieve something, thank God first and redirect praise back to Him.
- **Write Down a Humility Prayer** At the end of today, write a short prayer thanking God for teaching you about humility and asking for guidance.

A POWERFUL PRAYER FOR HUMILITY

Heavenly Father,

I come before You today, acknowledging that pride can so easily take root in my heart. I confess that there are times when I seek recognition, validation, and self-glory, rather than reflecting Christ's humble heart.

Jesus, You humbled Yourself completely—even to the point of death on a cross—to serve, love, and redeem me. Help me to walk in that same humility. Strip away my pride and selfishness, and replace them with a servant's heart. Teach me to love without seeking return, to serve without expectation, and to place others before myself as You did.

I surrender my ambitions, my need for control, and my longing for praise. Instead, I ask You to shape me into a reflection of Christ—one who loves, serves, and gives with pure intentions.

Lord, open my eyes today to an opportunity where I can demonstrate true humility in action. Show me how to serve someone selflessly and love like You.

In Jesus' precious and powerful name,

Amen.



These verses further emphasize the importance of humility in a Christlike life. Consider memorizing one or two this week.

- ◆ James 4:10 "Humble yourselves before the Lord, and he will lift you up."
- ◆ Micah 6:8 "He has shown you, O mortal, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God."
- ◆ **Proverbs 22:4** "Humility is the fear of the Lord; its wages are riches and honor and life."
- ◆ Matthew 23:12 "For those who exalt themselves will be humbled, and those who humble themselves will be exalted."
- ◆ Colossians 3:12 "Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience."

JOURNALING PROMPT FOR TODAY

Take a moment to reflect and write down your thoughts:

- ★ Write about a time when you chose humility over pride. How did it feel? What was the outcome?
- ₱ Describe a situation where humility could have changed the way you responded.
- ★ Who in your life demonstrates Christlike humility? What can you learn from them?
- 📌 What is one area where God is asking you to be more humble?

T BONUS: PRINTABLE AFFIRMATION CARD

Use this affirmation daily to remind yourself of today's lesson.

Affirmation:

"I choose humility because Christ humbled Himself for me."

How to Use It:

- Print and place it on your mirror, Bible, or work desk.
- Set it as your phone wallpaper for a daily reminder.
- Say it aloud every morning to align your heart with Christ.

***** FINAL THOUGHT FOR THE DAY:

"Whoever exalts himself will be humbled, and whoever humbles himself will be exalted." - Matthew 23:12

© Challenge:

Make today about others, not yourself.

Let humility guide your words, actions, and prayers.



love



DAY 2: LOVING LIKE JESUS IN A SELFISH WORLD

KEY VERSE: JOHN 13:34-35 (NIV)

"A new command I give you: Love one another. As I have loved you, so you must love one another. By this, everyone will know that you are my disciples if you love one another."

UNDERSTANDING CHRISTLIKE LOVE

The world often teaches love as something transactional—you give love to receive love. But Jesus redefined love as something completely selfless, sacrificial, and unconditional.

- Jesus' Love Was Unconditional He loved tax collectors, prostitutes, lepers, and sinners without judgment. (Luke 7:36-50)
- Jesus' Love Was Sacrificial He laid down His life for us, expecting nothing in return. (John 15:13)
- Jesus' Love Was Transformational His love changed people. The woman at the well (John 4) and Zacchaeus (Luke 19) were forever changed by His love.

Loving like Jesus means choosing love even when it's difficult—when people hurt you, when you feel unappreciated, or when there's no immediate reward. It means loving with no conditions, no pride, and no limits.

THE CHALLENGE OF LOVE IN A SELFISH WORLD

We live in a **self-centered** culture where love is often based on personal benefit. We hear phrases like:

- X "I'll love you as long as you make me happy."
- X "I'll forgive if they apologize first."
- X "They don't deserve my love after what they did!"

But Jesus calls us to **love even when it's inconvenient**—to love the unlovable, forgive the unforgivable, and serve without expecting anything in return.

How does your love measure up to Jesus' love?

REFLECTION QUESTIONS:

- 1 When was the last time you loved someone without expecting anything in return?
- 2 Are there people in your life whom you struggle to love? Why?
- 3 How can you show love to someone who doesn't deserve it?
- 4 Is your love based on conditions, or is it Christlike?
- 5 What are some ways you can grow in sacrificial love?
- How can your love be a testimony that points others to Christ?
- 7 Have you ever felt unworthy of God's love? How does today's lesson change your perspective?

ACTION STEPS: LIVING OUT LOVE TODAY

- Forgive Someone Who Hurt You Even if they don't apologize, choose grace over resentment.
- 2 Serve Someone Anonymously Pay for someone's coffee, leave an encouraging note, or do a small act of kindness without recognition.
- 3 Pray for Someone Who Has Hurt You Ask God to bless them and soften your heart toward them.
- 4 Reach Out to Someone in Need Call a lonely friend, visit a sick neighbor, or offer help to someone struggling.
- **5 Love with Your Words** Compliment, encourage, and build others up today. Avoid gossip, negativity, and criticism.
- 6 Reflect on Christ's Love for You Write down five ways God has shown His love in your life.
- **Demonstrate Love at Home** Do something unexpected for your spouse, children, or family—without being asked.



A POWERFUL PRAYER FOR LOVING LIKE **JESUS**

Heavenly Father,

Thank You for Your unfailing, unchanging, and unconditional love. I confess that I often love with conditions and expectations. I withhold love when I am hurt, and I sometimes struggle to love those who seem undeserving.

But Jesus, You loved even when You were betrayed, rejected, and crucified. You loved without expecting anything in return. I want to love like that.

Help me to forgive as You forgive, serve as You serve, and love as You love. Teach me to put aside my pride and extend grace, even when it's hard. Fill me with compassion, kindness, and a heart that reflects You.

Lord, open my eyes today to someone who needs Your love. Let my actions, my words, and my heart be a testimony of Your love to the world.

In Jesus' precious name,

Amen.



Want to go deeper? Reflect on these verses throughout your day.

- Romans 5:8 "But God demonstrates his own love for us in this: While we were still sinners, Christ died for us."
- 1 Corinthians 13:4-7 "Love is patient, love is kind..."
- ◆ 1 John 4:7-8 "Dear friends, let us love one another, for love comes from God."
- ◆ Matthew 5:44 "Love your enemies and pray for those who persecute you."
- Colossians 3:14 "And over all these virtues put on love, which binds them all together in perfect unity."

JOURNALING PROMPT FOR TODAY

Take a few moments to write and reflect:

- ★ Describe a time when someone showed you love when you didn't deserve it. How did it impact you?
- ♥ Write down the names of three people you struggle to love. Ask God to help you see them through His eyes.
- ★ Think about the way Jesus loves you. How can you reflect that love in your daily life?
- 📌 Write a prayer asking God to help you grow in selfless love.

T BONUS: PRINTABLE AFFIRMATION CARD

Use this affirmation daily to remind yourself of today's lesson.

Affirmation:

"I choose to love selflessly because Christ first loved me."

How to Use It:

- Print and place it on your mirror, Bible, or work desk.
- Set it as your phone wallpaper for a daily reminder.
- Say it aloud every morning to align your heart with Christ.

FINAL THOUGHT FOR THE DAY:

"By this, everyone will know that you are my disciples, if you love one another." - John 13:35

© Challenge:

Love radically today. Forgive, serve, and show kindness without expecting anything in return.

Let your love be a testimony of Christ to the world!





DAY 3: TRUST

SURRENDERING LIKE JESUS DID

□ KEY VERSE: MATTHEW 6:33 (NIV)

"But seek first his kingdom and his righteousness, and all these things will be given to you as well."

UNDERSTANDING TRUST & SURRENDER IN CHRIST

Trusting God is more than believing He exists—it's about fully surrendering control to Him, even when life feels uncertain.

Jesus Himself demonstrated ultimate trust in the Father:

- He trusted God in uncertainty Even when He had no place to lay His head (Luke 9:58).
- He trusted God in suffering In the Garden of Gethsemane, He prayed, "Not my will, but Yours be done." (Luke 22:42)
- → He trusted God with His life Even on the cross, He surrendered, saying, "Father, into Your hands I commit my spirit." (Luke 23:46)

If Jesus—the Son of God—fully surrendered to the Father, why do we struggle to do the same?

WHY IS TRUSTING GOD SO HARD?

Many of us say we trust God, yet we:

- X Worry about finances, relationships, or the future.
- imes Try to fix things in our own strength instead of waiting on God.
- X Fear losing control and hesitate to let go.

The truth is, we trust God to the extent that we believe He is faithful, loving, and in control. The more we know Him, the more we can release our grip and rest in His plans.

What's one thing you haven't fully surrendered to God?

REFLECTION QUESTIONS:

- What is the biggest fear keeping you from trusting God?
- 2 Do you trust God with some things but struggle to trust Him completely?
- When have you seen God's faithfulness in the past?
- 4 What area of your life do you need to stop controlling and start surrendering?
- 5 Have you ever felt that trusting God was risky? Why?
- 6 If you truly believed God was working for your good, how would that change your actions today?
- What's one way you can start replacing worry with worship?

ACTION STEPS: LIVING OUT TRUST TODAY

- Pray a Surrender Prayer Hand over one specific worry to God today.
- 2 Write It Down & Let It Go Write a fear, stress, or doubt on paper, then throw it away as a symbol of surrender.
- 3 Pause Before Reacting When faced with stress, stop, breathe, and pray instead of panicking.
- 4 Choose Faith Over Fear Replace every negative thought with a Scripture about trust (Psalm 56:3, Proverbs 3:5-6).
- 5 Act in Faith Take one step forward in an area where fear has been holding you back.
- 6 Read **Matthew 6:25-34** Meditate on Jesus' words about worry and provision.
- **Surrender a Daily Decision to God** Instead of controlling everything, ask: "God, what do You want me to do?"

A POWERFUL PRAYER FOR TRUST & SURRENDER

Heavenly Father,

I confess that I often try to control my life instead of surrendering to You. Fear, doubt, and worry creep in, and I hold on to things that You are asking me to release.

Jesus, You trusted the Father completely—even when it meant suffering, even when it meant the cross. Teach me to trust like You did.

Help me surrender my worries about the future, my finances, my family, my purpose, and my struggles. I choose to lay them at Your feet, knowing that You are faithful, You are good, and You are in control.

Today, I give You _____ (name your specific worry). I will no longer carry what You have already promised to handle. I trust You.

In Jesus' name,

Amen.

ADDITIONAL SCRIPTURES ON TRUST

- Proverbs 3:5-6 "Trust in the Lord with all your heart and lean not on your own understanding."
- Psalm 56:3 "When I am afraid, I put my trust in you."
- ◆ Isaiah 41:10 "Do not fear, for I am with you."
- ◆ Philippians 4:6-7 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."
- ◆ Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."

JOURNALING PROMPT FOR TODAY

- ★ What's one thing you've been holding onto instead of surrendering to God?
- 📌 Write a letter to God, giving Him your worry.
- ★ Think about the last time you trusted God and He came through.

 Reflect on that moment.
- ★ Describe how surrendering to God makes you feel. What fears arise?
 What freedom follows?

T BONUS: PRINTABLE AFFIRMATION CARD

Use this affirmation daily to remind yourself of today's lesson.

Affirmation:

"I choose faith over fear because God is in control."

How to Use It:

- Print and place it on your mirror, Bible, or work desk.
- Set it as your phone wallpaper for a daily reminder.
- Say it aloud every morning to align your heart with Christ.

***** FINAL THOUGHT FOR THE DAY:

"But seek first his kingdom and his righteousness, and all these things will be given to you as well." - Matthew 6:33

⊚ Challenge:

Take one worry that has been weighing on you and fully release it to God today.

Trust Him to handle it.



Dolgness



DAY 4: BOLDNESS LIVING IN CHRISTLIKE CONFIDENCE

■ KEY VERSE: 2 TIMOTHY 1:7 (NIV)

"For the Spirit God gave us does not make us timid, but gives us power, love, and self-discipline."

UNDERSTANDING BOLDNESS IN CHRIST

Being bold for Christ doesn't mean being loud, forceful, or arrogant—it means standing firm in truth and love even when it's uncomfortable.

Jesus was the perfect example of boldness and courage:

- He spoke the truth Even when religious leaders opposed Him (John 8:58-59).
- He showed love boldly By touching the untouchable, healing the broken, and forgiving sinners (Luke 5:12-13).
- He obeyed God fearlessly Even when it led to suffering and death on the cross (John 19:30).

Being bold in our faith is not about us—it's about trusting in God's power to give us the strength to speak, act, and live courageously for Him.

WHY DO WE STRUGGLE TO BE BOLD?

Many Christians hesitate to share their faith because of:

- X Fear of judgment "What if people think I'm weird?"
- X Fear of rejection "What if they don't want to hear about Jesus?"
- X Doubt "Do I even know enough to share?"
- X Comfort zones "I don't want to stir things up."

But boldness is not about confidence in ourselves—it's about confidence in GOD.

When we rely on His Spirit, not our strength, we can speak up, live differently, and stand firm even in a world that opposes His truth.

REFLECTION QUESTIONS:

- In what areas of your life do you shrink back instead of standing for Christ?
- 2 Do you ever hesitate to share your faith? Why?
- 3 How do you react when God asks you to do something out of your comfort zone?
- 4 When have you seen boldness in another believer, and what impact did it have?
- 5 What's one lie from the enemy that keeps you from being bold?
- 6 How would your life look different if you fully embraced boldness in Christ?
- What's one bold step God is asking you to take today?

ACTION STEPS: WALKING IN BOLDNESS TODAY

- 🚺 Speak Life Encourage someone today with a Bible verse or prayer.
- **2 Share Your Testimony** Tell someone about how Jesus has changed your life.
- **3 Wear Your Faith Boldly** Whether it's a cross necklace, a Christian shirt, or a Bible on your desk, be unashamed.
- 4 Pray for Boldness Ask God for courage to speak up and stand strong.
- **5 Post a Scripture or Testimony** Use social media as a tool to glorify God.
- 6 **Defend Your Faith** If someone misrepresents the gospel, lovingly share the truth.
- **Step Out in Obedience** If God has placed something on your heart, do it!

A POWERFUL PRAYER FOR TRUST & SURRENDER

Heavenly Father,

You have not given me a spirit of fear but of power, love, and a sound mind. Yet, at times, I hold back, afraid of what others may think. Forgive me for letting fear silence my faith.

Jesus, You walked in boldness and courage—never ashamed, never afraid. Fill me with the same holy boldness to live unashamed of the gospel. Let me speak Your name, share Your love, and stand firm in truth.

Today, I surrender my fears to You. Strengthen me to be courageous in my words, actions, and faith. Use me boldly for Your glory.

In Jesus' name,

Amen.

ADDITIONAL SCRIPTURES ON BOLDNESS

- ◆ Acts 4:29 "Now, Lord, consider their threats and enable Your servants to speak Your word with great boldness."
- ◆ Romans 1:16 "For I am not ashamed of the gospel, because it is the power of God that brings salvation to everyone who believes."
- ◆ **Joshua 1:9** "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."
- **Ephesians 6:19-20** "Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel."

JOURNALING PROMPT FOR TODAY

- When was the last time you boldly stood for Christ? How did it feel?
- What's one area where you need to be bolder in your faith?
- ♥ Write down one person you will share Christ with this week and how you plan to do it.
- ★ Describe what being truly bold for Jesus would look like in your daily life.

BONUS: PRINTABLE AFFIRMATION CARD

Use this affirmation daily to remind yourself of today's lesson.

Affirmation:

"I am bold in Christ. I will not be silent about my faith."

How to Use It:

- Print and place it on your mirror, Bible, or work desk.
- Set it as your phone wallpaper for a daily reminder.
- Say it aloud every morning to align your heart with Christ.

***** FINAL THOUGHT FOR THE DAY:

"For the Spirit God gave us does not make us timid, but gives us power, love, and self-discipline." - 2 Timothy 1:7

© Challenge:

Do one bold thing for Christ today—whether it's sharing your faith, praying for someone, or speaking truth in love.

Walk boldly in His power!



Service



DAY 5: SERVICE

BEING THE HANDS & FEET OF JESUS

KEY VERSE: MATTHEW 20:28 (NIV)

"The Son of Man did not come to be served, but to serve, and to give His life as a ransom for many."

UNDERSTANDING SERVICE IN **CHRIST**

Service is at the very core of Jesus' mission on earth. Though He is the King of Kings and worthy of all honor and worship, He chose to live a life of sacrificial love and service to others.

- 💙 Jesus served the outcasts He washed the feet of His disciples (John 13:1-17).
- 💙 He healed the sick Going out of His way to help those in need (Matthew 14:14).
- 💙 He laid down His life The ultimate act of service was Jesus giving His life for our salvation (John 15:13).

Being the hands and feet of Jesus means living with a heart of service, willing to meet the needs of others, no matter the sacrifice or inconvenience.

WHY DO WE STRUGGLE TO BE SERVE?

Many Christians struggle with service because of:

- X Self-centeredness We're often too focused on our own needs and comforts.
- X Busyness Life can be hectic, leaving little time to serve others.
- X Pride Sometimes we think we're too important to serve others.
- XFear of rejection Fear of not being appreciated for our acts of service.

But true service isn't about receiving recognition or making ourselves feel good-it's about being obedient to God's call and loving others as Christ loves us.

REFLECTION QUESTIONS:

- What does it mean to you that Jesus came to serve, not to be served?
- 2 When was the last time you served someone with no expectation of anything in return?
- 3 Are there any areas of your life where you hold back from serving others? Why?
- 4 What is one way you can serve others in your community this week?
- 5 How can you incorporate a servant's heart into your daily life?
- 6 What impact can selfless service have on your relationships and your community?
- How does serving others help you reflect Christ's love?

ACTION STEPS: LIVING A LIFE OF SERVICE TODAY

- **1 Serve a Neighbor** Offer to help a neighbor with a chore, errand, or meal.
- **2 Volunteer** Find an opportunity to serve at a local shelter, food bank, or community event.
- 3 Random Act of Kindness Pay for someone's coffee, send a thoughtful note, or help carry groceries.
- 4 Help at Church Volunteer your time or skills to help at your church, whether it's setting up, serving, or praying for others.
- 5 Support the Underserved Donate to a local charity or mission organization that serves the less fortunate.
- **6 Listen and Encourage** Spend time with someone who needs a listening ear or offer to pray for them.
- Be Intentional Look for small ways to serve throughout your day-being present, offering a smile, or sharing an encouraging word.

A POWERFUL PRAYER FOR SERVICE

Heavenly Father,

You sent Jesus not to be served, but to serve, and I desire to follow His example. I confess that I often focus on my own needs and struggles instead of seeing the needs of others. Forgive me for the times I've overlooked opportunities to serve.

Help me develop a heart of service, Lord. Open my eyes to the hurting, the lonely, and the lost in my community. Let me be Your hands and feet, bringing love and hope to those around me.

Empower me by Your Spirit to serve selflessly, without expecting anything in return, knowing that when I serve others, I am serving You.

In Jesus' name,

Amen.



- ◆ 1 Peter 4:10 "Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms."
- ◆ Mark 10:45 "For even the Son of Man did not come to be served, but to serve, and to give His life as a ransom for many."
- ◆ **Galatians 5:13** "You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love."
- ◆ Philippians 2:3-4 "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others."

JOURNALING PROMPT FOR TODAY

- What is one area where God is calling you to serve more actively?
- ★ Write down an act of service you can do today that will impact someone's life.
- How can serving others help you grow in humility and love?
- ★ How can you keep your heart focused on serving with no expectation of reward?

BONUS: PRINTABLE AFFIRMATION CARD

Use this affirmation daily to remind yourself of today's lesson.

Affirmation:

"I am called to serve others, just as Christ served me."

How to Use It:

- Print and place it on your mirror, Bible, or work desk.
- Set it as your phone wallpaper for a daily reminder.
- Say it aloud every morning to align your heart with Christ.

***** FINAL THOUGHT FOR THE DAY:

""The greatest among you will be your servant." - Matthew 23:11

⊚ Challenge:

Take one worry that has been weighing on you and fully release it to God today.

Trust Him to handle it.