

30 Days of Looking to Jesus

1. Verse and Journal
2. Bible reading plan
3. Suggested books
4. Mid-week prayer
5. Listen to music
6. Fasting Challenge
7. Day of gratitude
8. Verse and Journal
9. Suggested podcasts
10. Phone challenge
11. Mid-week prayer
12. Journal Challenge
13. Fasting Challenge
14. Bless a friend
15. Verse and Journal
16. Phone challenge
17. Suggested blogs
18. Mid-week prayer
19. Prayer Schedule
20. Fasting Challenge
21. Pray during chores
22. Verse and Journal
23. Thank someone
24. Attributes of God
25. Mid-week prayer
26. Morning Routine
27. Fasting Challenge
28. Hospitality challenge
29. Review verses
30. Final Journal

Rapt Motherhood

LOOKING TO JESUS, THE FOUNDER AND
PERFECTER OF OUR FAITH

Before You Begin

Dear Mama,

When I first became a mom, I found myself lost and unfulfilled. Turning my eyes away from God, idols such as motherhood and social media consumed my attention. A friend continually pointed me back to the Gospel during those transitional months, and God graciously revealed my need to keep my eyes on Him above anything and everything else.

The idea of "looking to Jesus" or keeping your eyes on Him may sound vague, just another Church phrase. Or, maybe, it sounds incredibly daunting. Where do you even begin? I pray that these thirty daily challenges will help you understand, practically, how to look to Jesus. May they also guide you and help you see that yes, even busy moms can have a beautiful, intimate relationship with their Creator.

Let's start now, taking simple steps to turn our rapt attention back to Jesus. All you need is a few minutes each day. You'll see that some days ask you to journal. Don't feel like you need anything fancy - a plain notebook will work just fine! Ask a friend to join you in the challenge. Post about what you're learning with the hashtag **#LookToJesusChallenge** and find other likeminded mamas.

*In Him,
Allyson*

Day One

Spend your first day memorizing or writing and meditating on Hebrews 12:1-2. Then take a few minutes to journal why you are taking this challenge and the goals you have. Do you want to be more intentional with your time? Read your Bible more?

Day Two

If you don't have a plan for reading your Bible, start a new plan today.

[Discipleship Journal Bible Reading Plan](#)

[If you already have a plan, click here to learn how to dive deeper.](#)

Day Three

Reading good books with rich theology can also help you look to Jesus. Choose a new book to start today, or pick one up that you've been meaning to finish.

[Click here if you need book recommendations](#)

Day Four

Pray this today or write it out in your journal. Make the words your own. "Lord, help me to look to you throughout this month, learning to be intentional with my time. Let me see everything as an opportunity to bring You glory, even the seemingly mundane. Convict me, change me, so that others may see You as well. In Jesus' name, Amen"

Day Five

Set a tone of worship in your home by streaming music that points to Jesus. Here is the Rapt Motherhood playlist if you need ideas.

[Rapt Motherhood Playlist on Spotify](#)

Day Six

Fast from one meal today. Fasting is an opportunity to let our physical needs point us to Christ.

[If you've never fasted before, check out these resources.](#)

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Day Seven

Let today be a day of thankfulness and gratitude. Pray constantly, thanking God for His many blessings. Talk with your children about nature, the Gospel, and other things God has made and done.

Day Eight

Memorize, write out, and meditate on 1 Chronicles 16:10-11. Journal through things that are hindering you from seeking Christ continually. Pray that the Holy Spirit would convict you of any sins.

Day Nine

Listening to podcasts on your commute, in the school pick-up line, or while cleaning the house can be a great source of encouraging truths.

[Check out the Rapt Motherhood resource page for suggestions.](#)

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Day Ten

Frequently, our phones can be a source of distraction.

Scrolling through Instagram each morning can be replaced with a Bible study or time in prayer. Commit to no phone use for the first hour of your day and replace the time by seeking to know Christ better.

Day Eleven

Pray this today or write it out in your journal. Make the words your own. "Lord, may I be filled with joy today. Thanks to Your great work, I have the immense privilege of intimately knowing You. Jesus, You are worth more than anything I can imagine. May I seek Your glory always. In Jesus Name, Amen."

Day Twelve

Read your journal entry from Day Eight. What hindrances and distractions can you remove from your home or life today? Any movies or music that should be removed? Is there anything you can add to your life to remind you to seek Christ always? Put Scripture printables above the kitchen sink? Make these changes today.

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Day Thirteen

Fast from social media today. This may not be a struggle for you, but it is always good to take a break from technology and the constant influences and distractions present on social media.

Day Fourteen

Do you know someone going through a trial? Be a blessing in their life today. Bring a meal, watch their children, give them a new book. Encourage them to look to Jesus during this hard time.

Day Fifteen

Memorize, write out, and/or meditate on 1 Thessalonians 5:16-18. Today marks the half-way point of the challenge. Journal about what you have learned so far. Ask yourself and journal whether you typically seek self-care over Christ.

Day Sixteen

Commit to no phone for the last hour of the day.
Let your final thoughts of the day be ones of
thankfulness, worship, and prayer.

Day Seventeen

There are many believers who provide beautiful
insights into knowing God more. Spend time reading
from your favorite blog today, seeing how others seek
Christ always.

[Check out the Rapt Motherhood resource page for
suggestions.](#)

Day Eighteen

Pray this today or write it out in your journal. Make the
words your own. "Lord, thank You for Your mighty works
in my life. Thank You for giving me new circumstances
each day that You use to grow me closer to You. Thank
You for using my life to bring You glory. May I rejoice in
Your sovereign will today. In Jesus' name, Amen.

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Day Nineteen

Praying spontaneously is wonderful and essential, yet, as busy mothers, it can be helpful to create a daily prayer routine.

Consider praying through the Lord's Prayer, using this resource as a guide.

Day Twenty

Fast from your normal self-care "crutch." After a long, hard week, it's sometimes easier to crash on the couch with Netflix and ice cream. Instead, use this time to intentionally dive into the Word and prayer.

Day Twenty-One

Pray while doing household chores today. Thank God for providing food while you wash the dishes. Pray for each family member as you fold their clothes. Pray that God will use your home for discipleship and ministry as you dust your living room.

Day Twenty-Two

Memorize, write out, and/or meditate on Colossians 3:1-2.

As you near the end of the challenge, journal about the tension between works and grace. How can you make these challenges less about works to please God and more about seeking our amazing Savior who is worthy of all aspects of our lives?

Day Twenty-Three

Thank someone who encourages you to look to Jesus. Write a letter to your pastor. Invite a friend to coffee. If you don't have someone like this in your life, seek to join a local church and pray today that God would cultivate godly friendships.

Day Twenty-Four

Meditate on and praise God for His many wonderful attributes! If you have never done this before, read this post.

[Knowing Christ: Take Time to Consider the Attributes of God](#)

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Day Twenty-Five

Pray this today or write it out in your journal. Make the words your own. "Jesus, help me set my mind on eternal things. Keep me from earthly hindrances. Let everything I think, say, and do be for Your glory. In Jesus' Name, Amen"

Day Twenty-Six

Create a morning routine that helps you look to Jesus. Instead of rolling out of bed, checking your email, then rushing to get your kids ready, think about practical ways to set a good tone in the morning. Even if you do not wake up before your children, can you incorporate a time of reading and prayer into breakfast?

Day Twenty-Seven

Fast from a harsh or negative tongue. Strive to say all things with love, to build up other believers, and to point nonbelievers to the Gospel.

Day Twenty-Eight

Invite others into your home. Hospitality doesn't have to mean a Pinterest perfect house with a gourmet meal. Be intentional in your conversation, seeking to bless your guests and bring God glory.

Day Twenty-Nine

Review and meditate on the verses from the challenge.

Day Thirty

Journal what the past 30 days have been like. What challenges do you want to continue in your daily life? Most importantly, what did you learn about God? How has that changed you?