

In that Holy Writing you will find the life of Jesus, but you should also find your own life there.

St. Josemaria Escriva,
The Forge, 754

This Family Challenge is adapted for families from the



The 1% Challenge is to help you get to know Jesus by taking 1% of your day (15 minutes) to pray with scripture for 30 days. We encourage teens and adults to take this challenge to form a daily habit of reading scripture.

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Family CHALLENGE

TO GET TO KNOW JESUS



Read and reflect on the Bible together

15 minutes per week for 30 weeks.

The Family Challenge



Step 1: Pause & Prepare —

Set aside time and gather.

Pray: *In the name of the Father and of the Son, and of the Holy Spirit, Amen. Lord Jesus, open our hearts to your Word.*

Now, be quiet for a minute and silently ask Jesus to be with you here.

Step 2: Read & Reflect —

Have one person in your family find the passage and read that aloud to your family.

Then, discuss the questions:

What did Jesus do & say?

What does Jesus want you to know about him?

What is our family word or phrase take-away?

When you are finished discussing, re-read the passage one more time from the Bible.

Step 3: Pray & Share —

Close in Prayer—*Thank you Jesus, for being with our family during this time.* Have each person in the family share one thing he or she wants to ask of Jesus, and one thing for which he or she wants to thank Jesus.

Say an Our Father, and the Sign of the Cross.
Amen.

Share your family word or phrase via Remind

Weekly Scripture Passages

1. Matthew 16:13-17

Peter's Declaration About Jesus

2. Mark 1:1-8

Preaching of John the Baptist

3. Matthew 3:13-17

The Baptism of Jesus

4. Luke 4:16-22

Jesus is Rejected at Nazareth

5. Luke 5:1-11

Jesus Calls The First Disciples

6. Mark 2:1-12

Jesus Heals a Paralyzed Man

7. Luke 7:36-50

Jesus at the Home of Simon the Pharisee

8. Matthew 8:23-27

Jesus Calms the Storm

9. Mark 5:21-43

Jairus' Daughter and the Woman Jesus Heals

10. John 6:1-15

Jesus Feeds the 5,000

11. John 4:5-42

Jesus and the Samaritan Woman

12. Matthew 14:22-33

Jesus Walks on the Water

13. Matthew 19:13-15

Jesus Blesses Little Children

14. John 10:7-18

Jesus the Good Shepherd

15. Matthew 5:1-12

The Sermon on the Mount; The Beatitudes



16. John 11:17-44

Jesus Raises Lazarus from the Dead

17. Matthew 6:5-14

Jesus Teaches Us to Pray

18. Mark 10:46-52

Jesus Heals Blind Bartimaeus

19. Luke 19:1-10

Jesus and Zacchaeus

20. Mark 12:28-34

The Great Commandment

21. Luke 15:11-32

The Lost Son

22. Matthew 25:31-40

The Final Judgment

23. John 13:1-17

Jesus Washes His Disciples' Feet

24. John 14:15-31

The Promise of the Holy Spirit

25. Mark 14:12-26

The Last Supper

26. Matthew 27:32-56

Jesus is Crucified

27. Mark 16:1-8

The Resurrection of Jesus

28. John 20:1-18

Jesus Appears to Mary Magdalene

29. Luke 24: 13-35

The Road to Emmaus

30. Matthew 28:16-20

Jesus Appears to His Disciples;

The Great Commission

