

30-Day Christ-First Practice

Book of Jesus Christ - Max Gio

This is a personal experiment, not a spiritual scorecard. Set aside about **5-10 minutes each morning**. Begin with the central question, choose **one** prompt to carry through the day, and spend two or three minutes at night reviewing what you noticed.

Central question

If Jesus Christ comes first today, what changes in the way I live this day?

Four weekly themes

Week 1 - Truth and speech: Notice honesty, listening, anger, restraint, and the way your words affect people.

Week 2 - Relationships and forgiveness: Practice apology, healthy boundaries, mercy, patience, accountability, and repair.

Week 3 - Money, time, and service: Pay attention to stewardship, generosity, status, influence, and what receives your attention.

Week 4 - Fear, hope, and continued discipleship: Practice responsible preparation without surrendering your life to anxiety.

Daily prompts

- **Before speaking:** Is what I am about to say true and necessary? Can I say it without needless cruelty?
- **Before posting:** Am I helping someone understand, or am I feeding anger because anger gets attention?
- **During conflict:** Can I defend a principle without trying to diminish the person?
- **At home:** Is there an apology, patient conversation, or act of kindness I keep postponing?
- **With money:** Can I quietly help someone and be content if nobody knows?
- **With time:** Have I made room for prayer, Scripture, stillness, family, and another human being?
- **With fear:** Am I preparing responsibly, or allowing anxiety to decide what I believe about tomorrow?
- **At night:** Where did I act more like Christ today, and where do I need to try again tomorrow?

Simple daily rhythm

- 1 Read the central question.
- 2 Choose one prompt for the day.
- 3 Write one sentence about what you want to practice.
- 4 At night, note what happened without grading yourself.
- 5 Choose one small repair or next step for tomorrow.

Perfection is not the test. Direction matters more.

bookofjesuschrist.com - For personal reflection and discussion. Not a replacement for Scripture or qualified professional care.