

## EXERCISE

# Becoming the Image You Bear

# A LIFE OF PURPOSE

Becoming like Jesus is not a side project. It's the calling. This exercise helps you move that truth from concept to character—from something you believe about yourself to something you're actually practicing.

### Part 1 — Image Audit

Read Galatians 5:22–23 slowly:

*But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. Galatians 5:22–23 (ESV)*

Which fruit feels most true of you right now?

Which feels most absent or underdeveloped?

### Part 2 — Rule of Imitation

Choose one relational posture of Jesus to practice intentionally this week:

- Patience (especially with someone who is difficult)
- Gentleness (in a conversation or confrontation)
- Humility (by stepping back, serving, or deferring)
- Self-giving love (by choosing someone else's good over your own comfort)

Write your commitment here: "This week, I will practice Christlikeness by..."

### Prayer Prompt

"Holy Spirit, show me how I can become more like Jesus this week. Show me one specific place where the fruit of your Spirit is most needed in my own life and in my relationships with others."

Consider sharing with your group: What posture did you choose, and what would it cost you to actually practice it this week?