

The logo for the ONE% CHALLENGE. It features a dark blue circle on the left with a green wedge-shaped segment missing from the top right. To the right of the circle, the word "ONE%" is written in a large, bold, dark blue sans-serif font. Below "ONE%", the word "CHALLENGE" is written in a smaller, bold, green sans-serif font.

ONE% CHALLENGE

TO GET TO KNOW JESUS

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.

WWW.JOHNPAUL2CENTER.ORG/ONEPERCENTCHALLENGE

The "1% Challenge" is developed by The Evangelical Catholic in collaboration with the Archdiocese of Milwaukee. The 1% CHALLENGE trademark is a trademark owned by The Evangelical Catholic.



ASK | 3 MINUTES

Begin in the name of the Father, and the Son, and the Holy Spirit.

Take a moment to be still, rest, and know that Jesus is here...

Ask Jesus to help you get to know Him during this prayer time...

SEEK | 7 MINUTES

Seek to know Jesus by reading the day's scripture passage.

Reflect on what He said; what He did; how He interacted with others; and how He felt...

Re-read the scripture passage.

Speak to Jesus about what it means for you...

Ask Him what He wants you to know...

Take a few minutes to listen...

KNOCK | 5 MINUTES

Ask for what you need and what others need...

Thank Him for being with you today...

Close with an Our Father.

End in the name of the Father, and the Son, and the Holy Spirit.

DAILY SCRIPTURE PASSAGES

- | | |
|---|---|
| 1: Matthew 16:13-17 <i>Who do you say that I am?</i> | 16: John 11:1-44 <i>Jesus raises the dead</i> |
| 2: Matthew 3:13-17 <i>The baptism of Jesus</i> | 17: John 8:1-11 <i>Jesus doesn't condemn</i> |
| 3: John 4:4-26 <i>Jesus offers living water</i> | 18: Mark 10: 46-52 <i>What do you want me to do for you?</i> |
| 4: Luke 5:1-11 <i>Put out into the deep</i> | 19: Luke 19:1-10 <i>Jesus invites himself over</i> |
| 5: Mark 1:21-39 <i>A day with Jesus</i> | 20: Luke 15:11-32 <i>Jesus' forgiving Father</i> |
| 6: Mark 2:1-12 <i>Jesus forgives and heals</i> | 21: Matthew 20:20-28 <i>Servant of all</i> |
| 7: Luke 7:36-50 <i>Jesus sees us</i> | 22: Matthew 25:31-40 <i>Jesus identifies with the poor</i> |
| 8: Mark 4:35-41 <i>Jesus calms the storm</i> | 23: John 12:1-8 <i>Worthy of all honor</i> |
| 9: Mark 5:25-34 <i>Your faith has saved you</i> | 24: John 13:1-17 <i>The call to humble service</i> |
| 10: Mark 6:30-44 <i>Jesus feeds the 5,000</i> | 25: Luke 22:14-20 <i>Body given and blood shed for you</i> |
| 11: Matthew 14:22-33 <i>Jesus walks on water</i> | 26: Matthew 26:36-46 <i>Surrendered to the Father's will</i> |
| 12: Mark 9:30-37 <i>Willing to give it all</i> | 27: Luke 23:33-47 <i>Jesus gives everything for you</i> |
| 13: Mark 10:17-27 <i>The challenge of Jesus</i> | 28: John 20:1-18 <i>Jesus is alive</i> |
| 14: John 10:7-18 <i>The Good Shepherd</i> | 29: Luke 24:13-35 <i>Jesus known in word and bread</i> |
| 15: Luke 10:38-42 <i>You need only one thing</i> | 30: Matthew 28:16-20 <i>Jesus calls you</i> |

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you." –Matthew 7:7