

The 7-Day Jesus Reset for Every Age

What if one quiet week with Jesus could begin to change the way your home thinks, talks, rests, and chooses?

Bible Study

This Lily and Schammy Ministry article is for the person who wants to come closer to God but feels scattered. Maybe your phone is loud, your home is tired, your prayers feel small, or your week has been moving faster than your soul. Jesus does not begin by shouting at you. He begins with an invitation: Come to Me.

Imagine a kitchen table on a Tuesday night. A child is drawing while someone cooks. A teenager is pretending to be fine. A young adult is checking messages and wondering what to do next. An adult is carrying bills, family worries, and quiet spiritual fatigue. Then someone opens the Bible and reads John 15:4: Abide in Me. For a moment, the room changes. Not because life became easy, but because Jesus became present in the middle of real life.

A reset with Jesus is not a performance. It is not a religious challenge to prove you are good enough. It is a week of returning. Jesus says that branches bear fruit by staying connected to the vine. The Holy Spirit grows love, peace, courage, honesty, and service in people who keep coming back to Christ.

Seventh-day Adventists believe Christian growth is rooted in Jesus, Scripture, prayer, and the Spirit's transforming work. The goal is not to look religious online. The goal is to become more like Christ in the hidden places: what we watch, how we speak, how we rest, how we forgive, how we serve, and how we use our time.

Ellen G. White's *Steps to Christ* keeps pointing people to a real friendship with Jesus: repentance, faith, prayer, growth, service, and joy. Lily and Schammy Ministry shares this weekly reset in that same spirit: simple, Bible-based, Christ-centered, practical, and full of hope.

Here is the 7-day path. Day 1: tell Jesus the truth. Day 2: read one Bible passage before checking noise. Day 3: pray for one person by name. Day 4: turn one screen moment into silence. Day 5: ask forgiveness or offer it. Day 6: prepare for Sabbath rest. Day 7: share one testimony of what God showed you.

For kids, the reset may look like drawing one Bible story and praying one sentence. For teens, it may mean pausing before reacting. For young adults, it may mean letting Scripture speak before anxiety makes the decision. For adults, it may mean leading one gentle family worship moment without forcing anyone to pretend.

This content is educational and devotional. It is not medical, mental-health, legal, financial, technical, or professional advice. If you are in danger, facing abuse, experiencing a mental-health crisis, or making major professional decisions, seek qualified help and pastoral support.

If you want to know more about Jesus, study the Bible, or learn more about this topic, contact Lily and Schammy Ministry at jali201225@gmail.com, leave a comment, or send us a direct message. Subscribe, follow, like, share, and press the notification bell so you do not miss the next study.

Recommended playlist

<https://www.youtube.com/@LilySchammy/videos>

Practical Steps

- Memory verse: John 15:4-5.
- Daily prayer: Jesus, keep me close to You today.
- One-minute practice: read one verse, name one truth, take one loving step.
- Family prompt: What is one place where our home needs the peace of Jesus this week?
- Community step: invite one person to watch, read, pray, or study with you.

Age-Adapted Handouts

Kids

- Draw a vine and branches. Write: I stay close to Jesus.
- Pray one sentence each day: Jesus, help me love like You.
- Choose one helpful action at home before someone asks.
- Tell a parent or trusted adult one Bible story you want to learn.
- Share one thing Jesus helped you do this week.

Teens

- Before reacting to pressure, pause and pray Psalm 139:23-24.
- Write one sentence: The truth Jesus wants me to remember is...
- Choose one screen habit to surrender for 15 minutes each day.
- Ask a trusted believer one honest Bible question.
- Encourage one friend without posting it for attention.

Young adults

- Read John 15:4-5 before one major decision this week.
- Name one anxiety and answer it with one Bible promise.
- Replace one scrolling window with prayer, planning, or service.
- Ask: Does this choice help me abide in Jesus or drift from Him?
- Invite one friend into a simple Bible conversation.

Adults

- Lead one three-minute family worship: verse, question, prayer.
- Create one Sabbath preparation step before Friday night.

- Ask forgiveness quickly where your words have wounded someone.
- Serve one person quietly without needing credit.
- Choose one weekly rhythm that helps your home return to Jesus.

Sources

John 15:4-5 - Abide in Jesus:

<https://www.biblegateway.com/passage/?search=John%2015%3A4-5&version=NKJV>

Matthew 11:28-30 - Rest in Christ:

<https://www.biblegateway.com/passage/?search=Matthew%2011%3A28-30&version=NKJV>

2 Timothy 3:16-17 - Scripture equips us:

<https://www.biblegateway.com/passage/?search=2%20Timothy%203%3A16-17&version=NKJV>

Official Seventh-day Adventist belief: Growing in Christ:

<https://adventist.org/beliefs/official/growing-in-christ>

Official Seventh-day Adventist belief: Christian Behavior:

<https://adventist.org/beliefs/official/christian-behavior>

White Estate: Steps to Christ study guide: <https://whiteestate.org/legacy/guides-sc-html/>

Lily & Schammy YouTube: <https://www.youtube.com/@LilySchammy>

The Jali Crew YouTube: <https://www.youtube.com/@TheJalicrew>

Copyright Notice

Copyright disclaimer: This original Lily and Schammy Ministry article and handout package is provided for personal, family, church, and educational ministry use. Please do not sell, misrepresent, or publish it as someone else's work. Quote sources responsibly and link back to Lily and Schammy Ministry when sharing.