

## WEEK ONE-learning a little something new each day

### READ

I wouldn't call her a role model given her felony conviction for lying about insider trading, but when it comes to all things homemaking, Martha Stewart has been a trusty guide. From pie crusts to flower arrangements to furniture placement and kitchen makeovers, her creativity and simple steps have shown millions of people ways to make their homes places of beauty and enjoyment for decades. I get new ideas every time I watch one of her old shows.

Martha is known for her one rule of life—*learn something new every day*. I thought about making that a New Year's resolution, but...I don't do resolutions. It did, however, make me think of a powerful invitation that Jesus gave related to learning:

*Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and **LEARN** from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.” Matthew 11:28-29*

The word Jesus uses for *learn* here is two-fold. First, it refers to increasing one's knowledge about something. We can learn something new about Jesus every day, by looking at the things he said, or the ways he interacted with people, or the actions he took.

But Jesus is likely using the other Greek understanding of the word *learn*, which is to gain something through use and practice, kind of like forming a new habit. This is what the writer of Hebrews meant when he wrote that Jesus *learned* obedience through suffering. As the omniscient God, Jesus had no need to increase his knowledge, but through practice, he could experience suffering, and indeed, every human emotion, struggle or pain in a way he hadn't before coming to earth in human form.

What would it be like if we set out to learn something new from Jesus every day? If we applied Martha's adage to our spiritual lives? And how can we ensure we are not just increasing our knowledge, but instead, forming new ways of being?

The answer is probably obvious, but as someone who has walked with other believers for decades, I know that this still needs to be said. The only way we can really *learn* from Jesus is by spending time with him. A disciple is one who sits at the feet of his or her master to glean this kind of learning. How amazing is it that Jesus invites you and me to come and learn directly from him—to experience his heart, hear his voice, and comprehend his perspectives on our lives and the world we live in.

Would you like to learn something new from Jesus every day this year? Why not establish a habit of intimate communion by making space for it in your schedule? Or if that is a habit you've already mastered, it might be meaningful to step back and assess how much of your time is actually learning from Jesus personally and intimately. When we set aside time and space to really learn from him, often, he joyfully breaks in with a *kairos* that will change us from the inside out. Nothing is more fulfilling or life-giving.

## DAY ONE

### READ

Read Matthew 11:25-28 slowly. Then read it again, out loud if possible.

### REFLECT

Ponder these questions:

What does this passage reveal about who Jesus is, or what he is like?

What does it show you about his character or his heart or ways?

Pray:

Lord, what do you want to say to me personally from this devotional and/or passage?

Lord, what can I learn from your heart and perspective that will draw me closer to you and make me more like you?

### RESPOND

What would it look like for you to set an intention to learn something new from Jesus every day?

What steps would you need to take?

How would you know you've done so?

Not down your intention—how, when, where and what—below.

## DAY TWO

### READ

John 1:26-27, hearing Jesus speaking these words to you.

Read the verses again, slowly, aloud if possible.

### REFLECT

Ponder:

- What do you learn *about* Jesus from these verses?
- What do you learn of Jesus' heart and desire for you from these words?

Pray:

- Jesus, I sit here with the reality that you have invited me to learn from you. Teach me today.
- Jesus, what do you want to teach me personally from these words?
- Jesus, in what areas of my life do you want to apply this specifically right now?

### RESPOND

- Summarize what you have learned from Jesus in a short sentence or phrase.
- Look at the day/week ahead of you. Where do you really need to apply this?
- What can you do to ensure you remember? (phone reminder, sticky notes etc.)

## DAY THREE

### READ

John 17:1-5, hearing Jesus speaking these words over you.

Read the verses again, slowly, aloud if possible.

### REFLECT

Ponder:

- What do you learn *about* Jesus from these verses?
- What do you learn of Jesus' heart and desire for you from these words?

Pray:

- Jesus, I sit here with the reality that you have invited me to learn from you. Teach me today.
- Jesus, what do you want to teach me personally from these words?
- Jesus, in what areas of my life do you want to apply this specifically right now?

#### **A PRACTICAL PLAN**

- Summarize what you have learned from Jesus in a short sentence or phrase.
- Look at the day/week ahead of you. Where do you really need to apply this?
- What can you do to ensure you remember? (phone reminder, sticky notes etc.)

## DAY FOUR

### **READ**

John 17:13-19, hearing Jesus speaking these words over you.

Read the verses again, slowly, aloud if possible.

### **REFLECT**

Ponder:

- What do you learn *about* Jesus from these verses?
- What do you learn of Jesus' heart and desire for you from these words?

Pray:

- Jesus, I sit here with the reality that you have invited me to learn from you. Teach me today.
- Jesus, what do you want to teach me personally from these words?
- Jesus, in what areas of my life do you want to apply this specifically right now?

#### **A PRACTICAL PLAN**

- Summarize what you have learned from Jesus in a short sentence or phrase.
- Look at the day/week ahead of you. Where do you really need to apply this?
- What can you do to ensure you remember? (phone reminder, sticky notes etc.)

### **READ**

John 15:13-16, hearing Jesus speaking these words to you.

Read the verses again, slowly, aloud if possible.

### **REFLECT**

Ponder:

- What do you learn *about* Jesus from these verses?
- What do you learn of Jesus' heart and desire for you from these words?

Pray:

- Jesus, I sit here with the reality that you have invited me to learn from you. Teach me today.
- Jesus, what do you want to teach me personally from these words?
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#### **A PRACTICAL PLAN**

- Summarize what you have learned from Jesus in a short sentence or phrase.
- Look at the day/week ahead of you. Where do you really need to apply this?
- What can you do to ensure you remember? (phone reminder, sticky notes etc.)

## DAY FIVE

### READ

John 17:20-26, hearing Jesus speaking these words over you.

Read the verses again, slowly, aloud if possible.

### REFLECT

Ponder:

- What do you learn *about* Jesus from these verses?
- What do you learn of Jesus' heart and desire for you from these words?

Pray:

- Jesus, I sit here with the reality that you have invited me to learn from you. Teach me today.
- Jesus, what do you want to teach me personally from these words?
- Jesus, in what areas of my life do you want to apply this specifically right now?

### A PRACTICAL PLAN

- Summarize what you have learned from Jesus in a short sentence or phrase.
- Look at the day/week ahead of you. Where do you really need to apply this?
- What can you do to ensure you remember? (phone reminder, sticky notes etc.)

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