

Sunday, February 10, 2013

Read 1 John 1:1-10

Reflect Admit to yourself any sins you have been concealing. Notice how John connects confessing sins to experiencing joy. “To confess your sins to God is not to tell him anything he doesn’t already know. Until you confess them, however, they are the abyss between you. When you confess them, they become the bridge.” -- Frederick Buechner

Pray Praise God for being light. Praise God for having no “darkness.” Thank God for offering an ear for your confession. Thank God for loving you in spite of your sin. Pray for courage.

Exercise Confess a sin. Your sin. Confess to God. Confess to a close friend. Confess to a church leader. Just confess.

Monday, February 11, 2013

Read 1 John 2:1-11

Reflect John is writing so that we will not sin, but he wants us to know that if we sin, Jesus speaks to God on our behalf. We are to walk as Jesus did. When is the last time you went to God on behalf of a sinner? Have you learned to tolerate and even excuse a “hatred” for someone? “Forgiveness means it finally becomes unimportant that you hit back.” -- Anne Lamott

Pray Give thanks for Jesus, who is our advocate before God. Give thanks that God is for us, not against us. Pray for courage to be a supportive, loving brother or sister to someone in sin.

Exercise Against whom are you holding a grudge? Is there someone whose sin would cause you to smile? Write down names. Forgive them. Go before God on their behalf. Love them.

Tuesday, February 12, 2013

Read 1 John 3:11-24

Reflect John takes us from the theoretical side to the practical

side of love. A loving person sees his or her own blessings and looks for opportunities to share with others. Do you see the needs of others around you?

Pray Thank God for the way God has blessed you and provided for your needs. Ask God to open your eyes that you might see the needs of those you will come in contact with today.

Exercise Share. Share something with someone in need. Give something away.

Wednesday, February 13, 2013

Read 3 John 2-4

Reflect Ever noticed how fast bad news travels? Ever noticed how widely news of someone’s unfaithfulness becomes known? What about people who are steadfast in walk with God? Do we even notice those loyal to Jesus and the church?

Pray Give thanks to God for those whose commitment to God is strong. Give thanks to God for those who walk closely with God. Give thanks for those who are following hard after Jesus.

Exercise Pause long enough to think about the loyal, faithful followers of Jesus. Pray for them giving thanks and asking for them to have good health. Experience joy as you think of them.

Thursday, February 14, 2013

Read Matthew 6:25-34

Reflect Jesus mentions several things people worry about. See anything on that list that has worried you? Jesus teaches his followers that the opposite of worrying is trusting God. When we find ourselves worrying, we need to respond by dwelling on God.

Pray Thank God for the way God has sustained you in the past, for the way God is holding you up today, and for God’s promise to faithfully walk with you through the future.

Exercise Spend one minute reading Psalms for every minute you spend watching, reading, or listening to news or talk radio.

Friday, February 15, 2013

Read Jude 24-25

Reflect These beautiful words of praise come at the conclusion of a letter encouraging Christians to persevere in spite of all the tough stuff they are going through (people changing grace into license and denying Jesus; shepherds who feed only themselves, and much more). Keeping our hearts and minds focused on the glory of God can pull us through the times of difficulty we face.

Pray Praise God using the words and ideas of Jude 24-25. Thank God using the words of Jude 24-25. Ask God to help you stay focused on God that you might persevere during difficult times.

Exercise Memorize Jude 24-25

Saturday, February 16, 2013

Read Genesis 2:2-3

Reflect God resting? Yes, God resting! It is no accident that in the creation account we learn that God rested. God is modeling for us behavior that God is going to ask people to follow. Resting. What does it say about who we think we are if we say, "I don't have time to rest?"

"Tiredness isn't a sin, but it makes us much more vulnerable to sin. Rest and recreation are commanded by God for a good reason." – Gary Thomas

"Few things seem less spiritual but are more spiritual than rest. Rest is a form of trust. Resting is one way we let go and let God." – Mark Batterson

Pray Praise God for living within us and working through the Holy Spirit to bring about spiritual fruit in our life. Confess we sometimes get wrapped up in worldly wisdom and forget how

Exercise Rest. Relax. Play. Have fun. Waste time. Be still. Spend some time being unproductive. Rest.



*Readings, prayers, and exercises to stimulate growth
and enjoyment in living*

The New Life



Part 1, February 10-16, 2013