

# Transformation Journal

## *Follow Christ*

Jesus Christ longs to share with us the fullness of his life – the abundant life. It is his desire to see us living in joy, peace, love and with all his other blessings. Yet, often to the contrary, many peoples’ lives are the opposite and rarely experience the goodness of a blessed life.

Inside are readings for this week. They are about learning and living out the teachings of God by putting them into practice in order for us to experience his goodness and blessedness in our lives.

**Daily Devotion for the week of February 14, 2010**

**Gail Chiew**

**Monday:** Review yesterday’s notes. To some people, following Christ and learning from him seems demanding, burdensome and even restrictive. Others view the commands and teachings of Jesus as sets of dos and don’ts. However, it is by following him and doing his will that one experiences real freedom!

**Scripture:** Read Matthew 11:28-30

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### **Journal Questions**

1. What one thing do you usually do (if you do) when you are feeling cluttered and breathless due to spacelessness within or when you are emotionally uptight? (examples: to scream out, go to the beach, go to the hills looking at the vastness of sea and sky...)
2. What does Jesus mean by taking up his “yoke”? By the “rest” he promises to those who do so?
3. Since a yoke unites two animals in common work, what does this imply about discipleship?
4. Is Jesus’ yoke resting lightly on you, or are you struggling to get out from under it? How does taking up his way lead to rest?
5. In what ways, by following and learning from Jesus, do one’s yoke become easy and burdens light?

### **Prayer Focus**

Dear God, thank you for the promises I have in Jesus Christ. Help me to go back to you to declutter all that is in my heart. Free me from my anxieties, worries, despair. I turn myself completely to you for peace and rest. Amen

**Tuesday:** *Moses was instructed by God to teach the Israelites the 10 Commandments. The goal is to get the people to follow the commandments so that the Israelites may live and prosper in the new land they were soon to inherit.*

**Scripture: Read Deuteronomy 5:30-33**

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**Journal Questions**

1. As a child, why did you obey rules? Is this different from why you obey rules today? Why or why not?
2. Do you think human nature has changed since Moses' time? Why or why not?
3. What is your understanding of verse 33?
4. In what ways might your relationship with God and with others be changed if you live by God's commandments?

**Prayer Focus**

Lord, help me to follow your law with joy and delight. I confess that there are times I want my own way. Help me to trust your good purpose in setting up these guidelines for humankind. Amen

**Wednesday:**

**Scripture: Read John 8: 12-20**

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**Journal Questions**

1. What is your most vivid memory as a child in a dark place (cave, tunnel...)? What feelings do you associate with darkness?
2. How is following Jesus like following someone with a light through a dark place for you?
3. What are the reasons for some people not being willing to follow Jesus even though they recognized Jesus as a great teacher?

**Prayer Focus**

Dear God, we are constantly being pulled away from following you. Help us to fix our eyes on you. You are the Light of the world. Amen

## Thursday:

**S**cripture: Read John 12: 20-26

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### Journal Questions

1. In your childhood days, which one person you looked up to most?
2. What is Jesus calling his followers to do in verses 25-26? What promises do they receive?
3. Where is Jesus calling you to die so that might live? What do you tend to hold on to rather than follow Jesus? Over the years how some developments (if there were) in your life affect your following?

### Prayer Focus (Song Lyric: “I will follow you”)

I will follow you, follow you wherever you may go  
There isn't an ocean too deep, a mountain so high it can keep me away,  
I must follow you ever since you touched my **heart (changed from hand)** I  
know,  
That near you I always must be and nothing can keep you from me, You are my  
destiny.  
I love you, I love you, I love you and where you go I'll follow, I'll follow, I'll  
follow  
You'll always be my true love, my true love, my true love  
From now until forever, forever, forever  
I will follow you, follow you wherever you may go,  
There isn't an ocean too deep, a mountain so high it can keep , keep me away,  
away from my love.

## Friday:

**S**cripture: Read Philippians 3: 12-21

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### Journal Questions

1. What is the best thing that happened to you this week or the last couple of days?
2. What are some common life styles people are living today? (sophisticated? Free style? Simple? or...)
3. What was Paul thinking (v 17) when he mentioned: “Join with others in following my example (imitate) brothers, and take note of those who live according to the pattern we gave you”. Do you think this verse has something to say about your Small Group? How does your group help you grow spiritually thus far? In what ways could your Small Group be of further help to you and others?
4. How would you finish the sentence in verse 13: “But one thing I do...”

### Prayer Focus

Dear Lord, I thank you for the example Paul set for us in following you, regardless of the conditions he was in. Help me to be your faithful follower always. Grant me strength when I am down and weak. When I do well, help me to humbly walk with you. Amen..

**Saturday** – Read over your notes for the week and see how you are doing with your personal applications.