

Texts: John 1:29-34

What and who you fixate on will influence your thoughts, which determine your beliefs, which determine your behavior, which create the habits that you live by.

Who is Jesus (John 1:29-30. 34):

- The Lamb of God (John 1:29; Isaiah 52-53)
- The fully human and fully divine Son of God (John 1:30, 34; Matthew 3:16-17)

What has Jesus accomplished (John 1:29, 33)

- Jesus takes away the sin of the world (John 1:29)
- Jesus baptizes with the Holy Spirit (John 1:33)

As a human, Jesus can relate with you. As the Messiah, (Lamb of God) Jesus delivers you. As the Son of God, Jesus is sovereign over all the details of your life!

Question for reflection: What will it look like for me this week to “look” at Jesus more throughout my days? How will I do this?

(Portion of) Nicene Creed (AD 325, 381): "We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father; through him, all things were made. For us and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became truly human."

That you would believe

Pray: Lay down any distractions, control, fears, etc. that will keep you from fully engaging in your time together.

Looking Back:

How have you experienced God working in your life lately?

Looking up:

When you think about the most influential voices in your life in 2023, what comes to mind?

Read John 1:29-34. Then, have someone summarize these verses in their own words.

When you hear these verses, which words stand out to you? What mental pictures do you have?

What aspect of John's description of Jesus resonates most with you right now and why?

How does the complete and yet ongoing work of Jesus as described by John encourage you to draw closer to Jesus?

Pray: Ask God to help you with what you have been fixating on that takes your eyes off Jesus. Then pray to Him based on His character described in these verses.

Looking forward:

What will it look like for you this week to "look" at Jesus more throughout your days? How will you do this?

January's Memory Verse:

Create in me a clean heart, O God. Renew a loyal spirit within me. Do not banish me from your presence, and don't take your Holy Spirit from me. Restore to me the joy of your salvation, and make me willing to obey you.
Psalm 51:10-12 NLT

Spiritual Practice for January: Prayer

See program for more details.