

Simply Christian: A Day in the Life of a Disciple
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What does it mean to live as a Christian, as a follower of Jesus?

A disciple is a person whose ultimate goal is to live as Jesus would live if he were in my place. A disciple says, "I want to learn from Jesus how to live the life God intends me to live.

It's not primarily about doing different things. Primarily, it's about doing the things that we already do, but learning to do them in a different way—learning to do them with Jesus.

A DAY WITH JESUS

1. **Sleep.** The Bible says sleep is a gift from God. Psalm 127:2, "*In vain you rise early and stay up late, toiling for food to eat.*"

Take a few moments at the end of the day, before you go to sleep, to review your day with God.

2. **Wake.** As close as possible to when you wake up, arrange to have a few minutes alone with God as soon as you can when you wake up.

Psalm 5:3, "*In the morning, I lay my request before you and wait in expectation.*"

3. **Washing.** Psalm 51: "*Cleanse me with hyssop and I will be clean. Wash me, wash my sin whiter than snow.*"

When you're just washing your face or taking a shower, just pause for a moment and say, "God, just like this soap and water are cleansing my body, may your word and your Spirit cleanse my mind and my heart of any impurities."

4. **Eating.** Psalm 104 says, "*God brings forth food from the earth.*"

God intends that our mealtime should be a time of celebration. "*Eat your bread with joy.*" Be reminded of God's goodness.

Be intentional about how often, as a family, you are around the table eating together.

5. **Work**. Work is essential to what it means to be made in the image of God, who himself works. This includes chores, taking care of children, study, schoolwork, volunteer work.

"*Whatever you do, work at it with all your heart.*" (Col 3:23)

6. **Leisure Time**. God did not make you to work all the time.

"Dependence on television for entertainment is not merely a significant predictor of the loss of community in somebody's life, it is the single most consistent predictor I have discovered on the basis of quite exhaustive research. Nothing—not low education, not full time work, not long commutes, not poverty, not financial distress—nothing is more broadly or deeply connected with the loss of community and relational disconnection than his dependence on television for entertainment." (Robert Putnam, *Bowling Alone*)

What does God use to renew you and breathe life into you?

7. **Lifestyle Choices**. "*Don't let the world squeeze you into its mold.*" (Rom 12:2)

A fast-paced life cuts us off from prayer, makes us more anxious, increasingly angry, unable to love.

Any time you make a major life decision, you've got to ask the question, "How will this decision impact my ability to follow Christ, as a worker, as a dad, as a friend, as a husband, and so on?"

8. **Interactions With People**.

Every relationship, every interaction is a chance to learn from Jesus how to form a loving heart.

Two relationships everyone needs: Spiritual Friends and Difficult People.

Recommended Books

Simply Christian: Why Christianity Makes Sense by N.T. Wright

Life Together: The Classic Exploration of Faith in Community by Dietrich Bonhoeffer