

**Chris Dalton**

**Explore  
the life of**

**Jesus**



**Plain & Simple**  
**Devotions**

“These devotionals do exactly what they say on the tin! They are plain and simple, yet not dull or simplistic. These devotions are biblical and accessible, and I wholeheartedly recommend them to you. They fill a great need in the church for those who would love to know more about the Lord but maybe struggle with heavy reading.”

**Mez McConnell, Author, *The Least, the Last and the Lost***

“Chris’s daily devotions do indeed explore the life of Jesus in a plain and simple format—they are wonderful! For those of us who find reading long, complicated books a challenge, these devotions are perfect. With a consistent structure that simply gets to the heart of the Bible passage, these reflections are laid out in an easy-to-read, clear format. They are truly accessible to all, and I would highly recommend them.”

**Pippa Cramer, MBE, Pastoral Care and Seniors Minister,  
Holy Trinity Church, Claygate**

“At last, accessibility-sensitive discipleship materials that include all who seek a closer relationship with the Lord. No one should be excluded from spiritual growth or church life.”

**Dave Deuel, Senior Research Fellow Emeritus,  
The Joni Eareckson Tada Disability Research Center**

"These *Plain and Simple Devotions* are very clear and concise daily Bible studies for people who find reading a challenge. I love the easy-to-read format, which makes the truth of the Bible accessible to everyone. The short Bible readings and simple structure provide a great way to encourage anyone to grow in faith. Chris has a gift for writing simply, and this feels like a valuable resource that will help many on their journey with Jesus."

**Tim Wood, CEO, Through the Roof**

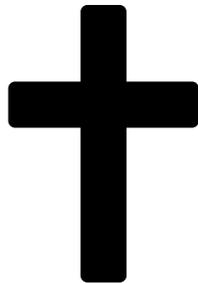
"*Explore the Life of Jesus* invites readers to explore Jesus' life, ministry, and victory over death. Devotions begin with a context to prepare the reader to dive into an incident in Jesus' life. Readers are encouraged to revisit the passage to notice key details. Questions challenge the reader to think through spiritual concepts and respond to God. Written prayers provide examples of approaching God with respect, praise, and expectation of his answers. Adult literacy ministries would find *Explore the Life of Jesus* an effective way to disciple believers with low reading ability or to introduce the Savior to new readers who have never heard the good news."

**Claudean Boatman, Coordinator,  
SBC National Literacy Missions Partnership**

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# Introduction

It is good to spend some time looking at the Bible each day, so that you grow in your faith.

But it is not always easy to do this on your own.

Some people can read but don't like to 😞

Some people find it hard to finish long books with big words.

Some people find it hard to focus on long sentences.

If any of those feel familiar,

then these notes have been written for you!

## Why read this book?

Reading the true story about Jesus can help you to grow as a Christian. A Christian is someone who has put their trust in Jesus as God's Son.

We all put things other than God in first place in our lives.

The Bible says that there is a punishment for that.

But Jesus came to this world to die in our place,

so that we can be friends with God—

because that's what God really wants!

## **A good habit**

As we read the Bible, we see what God is really like and how much He loves us.

So, it's really good to read the Bible every day.

It helps to find a time that suits you, and then stick with it!

Some people like to do this first thing in the morning.

Other people choose to do it in the evening or at bedtime.

Whatever works for you is fine. If you miss a day, don't worry!

## **All about the Gospels**

Gospel means "good news".

In the Bible, the Gospels are true stories of Jesus' life (biographies).

There are 4 Gospels: Matthew, Mark, Luke and John.

Each Gospel is written for different kinds of readers, and so they focus on slightly different things.

- Matthew wrote to people with a Jewish background. He often included quotes from the Old Testament to show how Jesus fulfilled God's promises.
- Mark wrote a short Gospel to get down the facts about Jesus. It may be the first Gospel that was written down. Jesus' friends thought that He might return soon. When they saw it wasn't going to be that quick, Mark wrote down Jesus' true story for others to read.

- Luke was a Gentile (a non-Jew) and a doctor. He wrote so that other Gentiles could be sure of the facts about Jesus and know that He was the Saviour for all people.
- John wrote much later (we think) and he wanted people to understand Jesus and His teaching more deeply. John's Gospel includes lots more teaching than the others. It has layers—a bit like an onion!

We're going to look at 7 or 8 passages from each Gospel.

We will get a bigger picture of who Jesus is by seeing His life from different angles.

We'll start with Mark, because it's short and fast-paced and written in everyday words.

It starts when Jesus is 30 years old.

# Day 1 Jesus, Son of God

## Mark 1 verses 1 and 9-11

- 1 This is the beginning of the good news about Jesus the Messiah, the Son of God. ...
- 9 At that time Jesus came from Nazareth in Galilee. John baptised Jesus in the Jordan river.
- 10 Jesus was coming up out of the water. Just then he saw heaven being torn open. Jesus saw the Holy Spirit coming down on him like a dove.
- 11 A voice spoke to him from heaven. It said, "You are my Son, and I love you. I am very pleased with you."

### More info

God is only one God. He has been God for ever. He has also always existed as three "Persons": God the Father, God the Son (Jesus), and God the Holy Spirit. God is the God of loving relationship! Messiah means God's promised King and Saviour.

### Some things to notice

Mark wants us to know who Jesus is.

He wants us to know that it's GOOD news that Jesus came.  
Jesus is the Son of God the Father. Jesus is God!  
The Holy Spirit gave Jesus power for the work He came to do.  
As Jesus began his ministry,  
God the Father spoke to Him out loud,  
to confirm His love for Him.

### **Some questions to think about**

- Why is the Father pleased with Jesus?
- Do I think it helped Jesus to see the Holy Spirit and to hear His Father's voice? Why?
- If I am a Christian, God loves and accepts me, and I have His Spirit to help me.  
What does this mean to me today?

### **Some words to pray**

Loving Father, thank You that You love me and want to bless me.  
Thank You that Jesus is Good News.  
Thank You that Jesus came so I could know Your love.  
Please help me to be confident today  
that You have good plans for me  
and that You have good work for me to do for You,  
because You love me.  
I need help to live for You,  
so please fill me with Your Holy Spirit.  
I ask these things in Jesus' name,  
for my good and for Your glory. Amen.