

Learning to Re-Learn

Presented by Mary Lowman
Air Dates: Sept. 1 – 5, 2025

Day One

I am examining four things you and I need to learn—and re-learn and re-learn! For example, how often do we need to learn to be content. Someone once said, "The thing about life is, it's just so daily." Do you find it that way sometimes: Routine, mundane, repetitive, and seemingly meaningless? Learning to live with the dailyness of life is a key to contentment and joy.

At times, we are victims of looking on the other side of our fence and deciding the grass over there sure looks greener than our grass. It just sometimes seems like our lives are painted drab gray and everybody else has bright red or yellow!

All our lives are made up in large part of those daily duties, those mundane tasks, those repetitive responsibilities. Nobody escapes them. Regardless of how green the grass looks in someone else's garden, believe me when I tell you their lives are very daily, too.

Someone once wrote: "The uncommon life is the product of the day lived in the uncommon way." That means a person whose life is exciting and full is one who finds meaning and satisfaction in the seemingly insignificant, daily things in our lives.

Let me give you a very simple example: I have some china I really love. And it gives me great pleasure to set my table with it, to hold it, even to wash it. I enjoy my china. I remember once, when my daughter was very young, she found it rather strange to hear me getting excited about this china that I had owned for years.

And I said to her, "If you can find pleasure and joy in the little things in your life, your life will be full of pleasure and joy. Otherwise, it's going to be very drab most of the time, with a few high points only now and then."

Regardless of how humble and unpretentious your daily life may seem, you can elevate it if you can learn to enjoy and appreciate the "dailyness" of your life—if you can appreciate what you have. As the Apostle Paul tells us in Philippians 4, it is learning the secret of being content in any and every situation. Contentment brings meaning to our daily lives and frees us from the dreariness of looking over our fence at someone else's grass.

Have you enrolled in the school of contentment? You can begin today by appreciating the small things, smelling the roses in your life, instead of being focused on what you don't have and looking over your fence all the time.

Day Two

I'm examining four things we need to learn. And high on that list is our need to learn how to let go.

There are times when we simply must let go and turn situations over to God. By letting go, it does not mean we don't care, nor that we wouldn't do whatever we could do to help the situation. It simply means we recognize where our abilities end and where we relinquish situations to God's control.

For instance, most parents face this "let go" decision with their children. You raise your children the best you can, you try to teach them biblical principles, you do everything you know to help them. But at some point, you let them go. Perhaps you let them go, and they make their own mistakes. But you know there's no other way for them to learn. You let them go make their own decisions, even if you could make better ones for them. We parents have to learn to let our children go.

I answered a letter from a listener who is struggling with letting go of his dream to be married. He really wants a partner and is obsessed with that dream and just can't let go of it. Often, we have to let our dreams go—those cherished things we've been hoping and longing for. They may be very good things, like getting married. But God often wants to know if we love him more than we love our dream. And so we have to let go. Sometimes those dreams are returned to us fulfilled; sometimes they are not. But until we let go, they will possess us and rob us of joy and contentment.

We have to learn to let our burdens go. Jesus has told us to turn our heavy burdens over to him and accept his light one in exchange. I think many of us feel guilty when there's a problem in our life if we aren't feeling the burden all the time. But that's not the way God wants us to respond. He wants us to drop our burdens at his feet and just keep letting them go. I can tell you that many times I verbally tell God, "Lord, I'm dropping this right here. I'm letting it go, because it's too heavy for me."

What is it that God wants you to let go of today? Let me encourage you to do it. You can trust God. He's able to take care of the situation, but first you have to give it over to him. Un-clinch those fists right now and just keep learning to let go. You'll have to learn and re-learn, but it's an important principle to learn for your daily living.

Day Three

Do you give up too easily? Do you keep wishing for the easy way out of whatever you are facing? It's likely you, like me, could use a lesson or two in how to persevere. Lots of people make good starts; not too many complete the course.

We read in Hebrews 12:1 we should *run with perseverance the race marked out for us*. Note each of us has a unique race marked out. Your race will be different from mine, but the important thing for both of us is to hang in there and cross the finish line.

The night is darkest just before the dawn, and all too often we quit the race when it gets dark and bleak, without realizing the finish line is just around the corner. In James 1, we read:

Let perseverance finish its work so that you may be mature and complete, not lacking anything
(James 1:4).

Without perseverance we won't reach spiritual maturity. That's why we need to learn it.

How often do you feel like quitting? I can remember saying to the Lord, "What use is it, Lord? I don't see light at the end of the tunnel, and I'd just like to walk away from the whole thing." If you have those kinds of thoughts, you might as well talk to God about them. He knows what you're thinking anyway. But God reminded me I'm called to be faithful, to persevere, and I had to learn it all over again.

Don't wander away from the path but forge steadily onward. On the right path the limping foot recovers strength and does not collapse (Hebrews 12:13).

Therefore, we need to make certain we're on the right path and then stay on it regardless. Even if you're just limping along, don't stop. As we hang in there, our limps are healed, and we're able to cross the finish line.

How often do we quit as soon as we develop a limp? We failed, we weren't able to accomplish something we had planned, the resources we were counting on didn't come through, things didn't go as smoothly as we hoped. We got a "hitch in our get-along", and that ended the race for us. But the Bible says keep going on the right path even with your limp.

Paul wrote to the Corinthians, *now it is required that those who have been given a trust must prove faithful* (1 Corinthians 4:2).

Proving faithful is perseverance, and we can learn to be faithful and to persevere. I'll take a faithful person any day over one with bigger talents or gifts who isn't willing to hang in and get the job done—to stick with it through thick and thin times.

Day Four

We read in James 4 and again in 1 Peter 5 that we are to humble ourselves. I'm examining four things we need to learn, and here's another one: We need to learn humility—how to humble ourselves.

How do we do that? In Numbers 12:3 Moses is identified as *a very humble man, more humble than anyone else on the face of the earth*. What was it that made Moses so humble? After all, he had great power and wealth, and the highest position in his country. He had spiritual privileges—talking with God face-to-face—and he performed incredible miracles. How could he be so humble?

Here are some things that contributed to Moses' humility. First, he spent forty years in the desert because of a failure on his part. Humbling ourselves means we have to learn that in our own strength, we are failures. For ten years of my life, I thought I could make things happen, as we say. I had to learn that in myself I can do nothing.

Remember Moses had a speech impediment. He stuttered and couldn't give a speech, so Aaron became his spokesperson. That had to be humbling for a great leader. It was a constant reminder to him that his talents and skills were not sufficient. The Apostle Paul had that same experience—a thorn in the flesh, he called it—which God did not remove because he knew Paul would need that thorn to remind him of where his strength came from, to keep him humble.

I encourage you to learn to be thankful for the impediments you have, the things missing in your life, which contribute to helping you learn humility. It's extremely important we be truly humble, and, like Moses, we need reminders of our needs so we can humble ourselves.

One reason Moses was able to be humble is the highest priority of his life was to know God. Moses knew God better than any other person on earth. He spent lots of time alone with God. When we start to focus our lives on knowing God, humility is an inevitable result. You learn true humility as you learn who you are in comparison to who God is.

In Philippians 2, we read Jesus humbled himself to become a servant. Servanthood is one revealing sign of true humility. I remember someone complaining about the fact that when he came to church, no one gave him any attention, and he couldn't form any real strong relationships because people weren't friendly. And I thought to myself: A servant doesn't react that way. A servant doesn't come into a group to see what that group can do for him or her but rather, comes ready to do something for others. We learn to humble ourselves as we learn to serve others.

Day Five

Proverbs 31 says *the virtuous woman is clothed with strength and dignity; she can laugh at the days to come*. What does it mean to be able to laugh at the days to come? As I was re-reading that beautiful chapter in Proverbs, I thought about that phrase—laughing at the days to come.

For me, it means as I look at my personal future, I know regardless of what happens to me, my future destiny is secure. I've got eternal life right now because I've accepted Jesus as my Savior. Regardless of what the days hold, I'm not beset with the fears and worries of those who don't know Jesus as their Savior. I can laugh at the days to come.

It means I can face an uncertain financial future and laugh at it. I can't be certain I'll have an income next week or next month or next year. But because my safety net is Jesus Christ, I can laugh at that prospect and say, "Never fear! God has promised to supply all my needs. Laugh at the days to come!"

As I look at the trouble in the Middle East and see how tenuous things are in this world, I realize it would only take a small spark to put us on the brink of another awful war. And while that certainly isn't a laughing matter, I can laugh at the fear and the oppression of those thoughts, because my God is sovereign, and nothing is going to happen in this world without his purpose being served.

Some trust in chariots and some in horses, but we trust in the name of the Lord our God (Psalm 20:7).

You may be facing many uncertainties, and you just don't know what the future will bring. But if your trust is in God—not in people, not in money, not in possessions or position—then you can laugh at the days ahead.

Paul put it another way:

Do not be anxious about anything, but in everything by prayer and petition, with thanksgiving, present your requests to God (Philippians 4:6).

A great way to avoid anxiety and worry is to laugh at the days ahead. Those days are in God's hands, and he is perfectly capable of taking you through whatever they may hold.