



THE ONE YEAR NEW TESTAMENT
For Busy Moms

The **ONE**
YEAR[®]
new testament

for **BUSY MOMS**



Arranged in
365 Daily Readings
with Tools for
Daily Reflection

by

Stephen & Misty Arterburn



**New Living
Translation**[®]
SECOND EDITION



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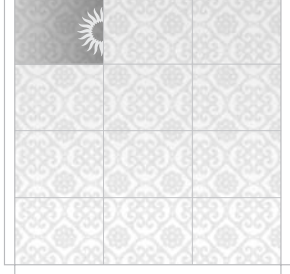
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JANUARY 1

*God brings together prophecy and people to fulfill his promise and his plan.
All of the people recorded here are part of that plan.*

MATTHEW 1:1-25

This is a record of the ancestors of Jesus the Messiah, a descendant of David* and of Abraham:

- ² Abraham was the father of Isaac.
Isaac was the father of Jacob.
Jacob was the father of Judah and his brothers.
- ³ Judah was the father of Perez and Zerah (whose mother was Tamar).
Perez was the father of Hezron.
Hezron was the father of Ram.*
- ⁴ Ram was the father of Amminadab.
Amminadab was the father of Nahshon.
Nahshon was the father of Salmon.
- ⁵ Salmon was the father of Boaz (whose mother was Rahab).
Boaz was the father of Obed (whose mother was Ruth).
Obed was the father of Jesse.
- ⁶ Jesse was the father of King David.
David was the father of Solomon (whose mother was Bathsheba,
the widow of Uriah).
- ⁷ Solomon was the father of Rehoboam.
Rehoboam was the father of Abijah.
Abijah was the father of Asa.*
- ⁸ Asa was the father of Jehoshaphat.
Jehoshaphat was the father of Jehoram.*
Jehoram was the father* of Uzziah.

1:1 Greek *Jesus the Messiah, son of David*. 1:3 Greek *Aram*, a variant spelling of Ram; also in 1:4. See 1 Chr 2:9-10. 1:7 Greek *Asaph*, a variant spelling of Asa; also in 1:8. See 1 Chr 3:10. 1:8a Greek *Joram*, a variant spelling of Jehoram; also in 1:8b. See 1 Kgs 22:50 and note at 1 Chr 3:11. 1:8b Or *ancestor*; also in 1:11.

- ⁹ Uzziah was the father of Jotham.
 Jotham was the father of Ahaz.
 Ahaz was the father of Hezekiah.
- ¹⁰ Hezekiah was the father of Manasseh.
 Manasseh was the father of Amon.*
 Amon was the father of Josiah.
- ¹¹ Josiah was the father of Jehoiachin* and his brothers
 (born at the time of the exile to Babylon).
- ¹² After the Babylonian exile:
 Jehoiachin was the father of Shealtiel.
 Shealtiel was the father of Zerubbabel.
- ¹³ Zerubbabel was the father of Abiud.
 Abiud was the father of Eliakim.
 Eliakim was the father of Azor.
- ¹⁴ Azor was the father of Zadok.
 Zadok was the father of Akim.
 Akim was the father of Eliud.
- ¹⁵ Eliud was the father of Eleazar.
 Eleazar was the father of Matthan.
 Matthan was the father of Jacob.
- ¹⁶ Jacob was the father of Joseph, the husband of Mary.
 Mary gave birth to Jesus, who is called the Messiah.

¹⁷All those listed above include fourteen generations from Abraham to David, fourteen from David to the Babylonian exile, and fourteen from the Babylonian exile to the Messiah.

¹⁸This is how Jesus the Messiah was born. His mother, Mary, was engaged to be married to Joseph. But before the marriage took place, while she was still a virgin, she became pregnant through the power of the Holy Spirit. ¹⁹Joseph, her fiancé, was a good man and did not want to disgrace her publicly, so he decided to break the engagement* quietly.

²⁰As he considered this, an angel of the Lord appeared to him in a dream. "Joseph, son of David," the angel said, "do not be afraid to take Mary as your wife. For the child within her was conceived by the Holy Spirit. ²¹And she will have a son, and you are to name him Jesus,* for he will save his people from their sins."

²²All of this occurred to fulfill the Lord's message through his prophet:

- ²³ "Look! The virgin will conceive a child!
 She will give birth to a son,
 and they will call him Immanuel,*
 which means 'God is with us.'"

1:10 Greek *Amos*, a variant spelling of Amon; also in 1:10b. See 1 Chr 3:14. **1:11** Greek *Jeconiah*, a variant spelling of Jehoiachin; also in 1:12. See 2 Kgs 24:6 and note at 1 Chr 3:16. **1:19** Greek *to divorce her*. **1:21** *Jesus* means "The LORD saves." **1:23** Isa 7:14; 8:8, 10 (Greek version).

²⁴When Joseph woke up, he did as the angel of the Lord commanded and took Mary as his wife. ²⁵But he did not have sexual relations with her until her son was born. And Joseph named him Jesus.

Jesus' family tree is filled with imperfect women—Tamar, Rahab, Ruth, Bathsheba. You need not be perfect to be a good mom; you just need to be willing to trust God to guide you.



JANUARY 2

The most powerful people on earth are powerless to thwart God. Those who are wise recognize his work and worship him in response. God provided guidance to Joseph for his family, and they followed his leadership.

MATTHEW 2:1-23

Jesus was born in Bethlehem in Judea, during the reign of King Herod. About that time some wise men* from eastern lands arrived in Jerusalem, asking, ²“Where is the newborn king of the Jews? We saw his star as it rose,* and we have come to worship him.”

³King Herod was deeply disturbed when he heard this, as was everyone in Jerusalem. ⁴He called a meeting of the leading priests and teachers of religious law and asked, “Where is the Messiah supposed to be born?”

⁵“In Bethlehem in Judea,” they said, “for this is what the prophet wrote:

⁶‘And you, O Bethlehem in the land of Judah,
are not least among the ruling cities* of Judah,
for a ruler will come from you
who will be the shepherd for my people Israel.’”

⁷Then Herod called for a private meeting with the wise men, and he learned from them the time when the star first appeared. ⁸Then he told them, “Go to Bethlehem and search carefully for the child. And when you find him, come back and tell me so that I can go and worship him, too!”

⁹After this interview the wise men went their way. And the star they had seen in the east guided them to Bethlehem. It went ahead of them and stopped over the place where the child was. ¹⁰When they saw the star, they were filled with joy! ¹¹They entered the house and saw the child with his mother, Mary, and they bowed down and worshiped him. Then they opened their treasure chests and gave him gifts of gold, frankincense, and myrrh.

2:1 Or *royal astrologers*; Greek reads *magi*; also in 2:7, 16. 2:2 Or *star in the east*. 2:6a Greek *the rulers*. 2:6b Mic 5:2; 2 Sam 5:2.

¹²When it was time to leave, they returned to their own country by another route, for God had warned them in a dream not to return to Herod.

¹³After the wise men were gone, an angel of the Lord appeared to Joseph in a dream. "Get up! Flee to Egypt with the child and his mother," the angel said. "Stay there until I tell you to return, because Herod is going to search for the child to kill him."

¹⁴That night Joseph left for Egypt with the child and Mary, his mother, ¹⁵and they stayed there until Herod's death. This fulfilled what the Lord had spoken through the prophet: "I called my Son out of Egypt."^{*}

¹⁶Herod was furious when he realized that the wise men had outwitted him. He sent soldiers to kill all the boys in and around Bethlehem who were two years old and under, based on the wise men's report of the star's first appearance. ¹⁷Herod's brutal action fulfilled what God had spoken through the prophet Jeremiah:

¹⁸ "A cry was heard in Ramah—
weeping and great mourning.
Rachel weeps for her children,
refusing to be comforted,
for they are dead."^{*}

¹⁹When Herod died, an angel of the Lord appeared in a dream to Joseph in Egypt. ²⁰"Get up!" the angel said. "Take the child and his mother back to the land of Israel, because those who were trying to kill the child are dead."

²¹So Joseph got up and returned to the land of Israel with Jesus and his mother. ²²But when he learned that the new ruler of Judea was Herod's son Archelaus, he was afraid to go there. Then, after being warned in a dream, he left for the region of Galilee. ²³So the family went and lived in a town called Nazareth. This fulfilled what the prophets had said: "He will be called a Nazarene."

God provides guidance through difficult times. When you face danger and difficulty, do your thoughts and prayers turn to him?



JANUARY 3

The way we live shows whether we have really turned from our sins and become God's children.

MATTHEW 3:1-17

In those days John the Baptist came to the Judean wilderness and began preaching. His message was, ²"Repent of your sins and turn to

^{2:15} Hos 11:1. ^{2:18} Jer 31:15.

God, for the Kingdom of Heaven is near.*" ³The prophet Isaiah was speaking about John when he said,

"He is a voice shouting in the wilderness,
 'Prepare the way for the LORD's coming!
 Clear the road for him!'"*

⁴John's clothes were woven from coarse camel hair, and he wore a leather belt around his waist. For food he ate locusts and wild honey. ⁵People from Jerusalem and from all of Judea and all over the Jordan Valley went out to see and hear John. ⁶And when they confessed their sins, he baptized them in the Jordan River.

⁷But when he saw many Pharisees and Sadducees coming to watch him baptize,* he denounced them. "You brood of snakes!" he exclaimed. "Who warned you to flee God's coming wrath? ⁸Prove by the way you live that you have repented of your sins and turned to God. ⁹Don't just say to each other, 'We're safe, for we are descendants of Abraham.' That means nothing, for I tell you, God can create children of Abraham from these very stones. ¹⁰Even now the ax of God's judgment is poised, ready to sever the roots of the trees. Yes, every tree that does not produce good fruit will be chopped down and thrown into the fire.

¹¹"I baptize with* water those who repent of their sins and turn to God. But someone is coming soon who is greater than I am—so much greater that I'm not worthy even to be his slave and carry his sandals. He will baptize you with the Holy Spirit and with fire.* ¹²He is ready to separate the chaff from the wheat with his winnowing fork. Then he will clean up the threshing area, gathering the wheat into his barn but burning the chaff with never-ending fire."

¹³Then Jesus went from Galilee to the Jordan River to be baptized by John. ¹⁴But John tried to talk him out of it. "I am the one who needs to be baptized by you," he said, "so why are you coming to me?"

¹⁵But Jesus said, "It should be done, for we must carry out all that God requires.*" So John agreed to baptize him.

¹⁶After his baptism, as Jesus came up out of the water, the heavens were opened* and he saw the Spirit of God descending like a dove and settling on him. ¹⁷And a voice from heaven said, "This is my dearly loved Son, who brings me great joy."

As you expect obedience from your own children, what will you do today to walk in obedience to your Lord?

3:2 Or *has come*, or *is coming soon*. 3:3 Isa 40:3 (Greek version). 3:7 Or *coming to be baptized*. 3:11a Or *in*. 3:11b Or *in the Holy Spirit and in fire*. 3:15 Or *for we must fulfill all righteousness*. 3:16 Some manuscripts read *opened to him*.



JANUARY 4

When Jesus called, certain men followed—leaving behind their vocations and their families.

MATTHEW 4:1-25

Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. ²For forty days and forty nights he fasted and became very hungry.

³During that time the devil* came and said to him, “If you are the Son of God, tell these stones to become loaves of bread.”

⁴But Jesus told him, “No! The Scriptures say,

‘People do not live by bread alone,
but by every word that comes from the mouth of God.’* ”

⁵Then the devil took him to the holy city, Jerusalem, to the highest point of the Temple, ⁶and said, “If you are the Son of God, jump off! For the Scriptures say,

‘He will order his angels to protect you.
And they will hold you up with their hands
so you won’t even hurt your foot on a stone.’* ”

⁷Jesus responded, “The Scriptures also say, ‘You must not test the LORD your God.’* ”

⁸Next the devil took him to the peak of a very high mountain and showed him all the kingdoms of the world and their glory. ⁹“I will give it all to you,” he said, “if you will kneel down and worship me.”

¹⁰“Get out of here, Satan,” Jesus told him. “For the Scriptures say,

‘You must worship the LORD your God
and serve only him.’* ”

¹¹Then the devil went away, and angels came and took care of Jesus.

¹²When Jesus heard that John had been arrested, he left Judea and returned to Galilee. ¹³He went first to Nazareth, then left there and moved to Capernaum, beside the Sea of Galilee, in the region of Zebulun and Naphtali. ¹⁴This fulfilled what God said through the prophet Isaiah:

¹⁵ “In the land of Zebulun and of Naphtali,
beside the sea, beyond the Jordan River,
in Galilee where so many Gentiles live,

¹⁶ the people who sat in darkness
have seen a great light.

4:3 Greek *the tempter*. 4:4 Deut 8:3. 4:6 Ps 91:11-12. 4:7 Deut 6:16. 4:10 Deut 6:13.

And for those who lived in the land where death casts its shadow,
a light has shined.”*

¹⁷From then on Jesus began to preach, “Repent of your sins and turn to God, for the Kingdom of Heaven is near.”*

¹⁸One day as Jesus was walking along the shore of the Sea of Galilee, he saw two brothers—Simon, also called Peter, and Andrew—throwing a net into the water, for they fished for a living. ¹⁹Jesus called out to them, “Come, follow me, and I will show you how to fish for people!” ²⁰And they left their nets at once and followed him.

²¹A little farther up the shore he saw two other brothers, James and John, sitting in a boat with their father, Zebedee, repairing their nets. And he called them to come, too. ²²They immediately followed him, leaving the boat and their father behind.

²³Jesus traveled throughout the region of Galilee, teaching in the synagogues and announcing the Good News about the Kingdom. And he healed every kind of disease and illness. ²⁴News about him spread as far as Syria, and people soon began bringing to him all who were sick. And whatever their sickness or disease, or if they were demon possessed or epileptic or paralyzed—he healed them all. ²⁵Large crowds followed him wherever he went—people from Galilee, the Ten Towns,* Jerusalem, from all over Judea, and from east of the Jordan River.

Your children will one day go their own way. Pray today that they will follow God’s guidance—and pray that you’ll be ready to let them go!



JANUARY 5

Salt and light—we have them in abundance and take them for granted. Yet God says you are both.

MATTHEW 5:1-26

One day as he saw the crowds gathering, Jesus went up on the mountain-side and sat down. His disciples gathered around him, ²and he began to teach them.

³ “God blesses those who are poor and realize
their need for him,*

for the Kingdom of Heaven is theirs.

⁴ God blesses those who mourn,
for they will be comforted.

⁵ God blesses those who are humble,
for they will inherit the whole earth.

4:15-16 Isa 9:1-2 (Greek version). 4:17 Or *has come*, or *is coming soon*. 4:25 Greek *Decapolis*. 5:3 Greek *poor in spirit*.

- 6 God blesses those who hunger and thirst for justice,*
for they will be satisfied.
- 7 God blesses those who are merciful,
for they will be shown mercy.
- 8 God blesses those whose hearts are pure,
for they will see God.
- 9 God blesses those who work for peace,
for they will be called the children of God.
- 10 God blesses those who are persecuted for doing right,
for the Kingdom of Heaven is theirs.

11“God blesses you when people mock you and persecute you and lie about you* and say all sorts of evil things against you because you are my followers. 12Be happy about it! Be very glad! For a great reward awaits you in heaven. And remember, the ancient prophets were persecuted in the same way.

13“You are the salt of the earth. But what good is salt if it has lost its flavor? Can you make it salty again? It will be thrown out and trampled underfoot as worthless.

14“You are the light of the world—like a city on a hilltop that cannot be hidden. 15No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house. 16In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father.

17“Don’t misunderstand why I have come. I did not come to abolish the law of Moses or the writings of the prophets. No, I came to accomplish their purpose. 18I tell you the truth, until heaven and earth disappear, not even the smallest detail of God’s law will disappear until its purpose is achieved. 19So if you ignore the least commandment and teach others to do the same, you will be called the least in the Kingdom of Heaven. But anyone who obeys God’s laws and teaches them will be called great in the Kingdom of Heaven.

20“But I warn you—unless your righteousness is better than the righteousness of the teachers of religious law and the Pharisees, you will never enter the Kingdom of Heaven!

21“*You have heard that our ancestors were told, ‘You must not murder. If you commit murder, you are subject to judgment.’** 22But I say, if you are even angry with someone,* you are subject to judgment! If you call someone an idiot,* you are in danger of being brought before the court. And if you curse someone,* you are in danger of the fires of hell.*

23“*So if you are presenting a sacrifice* at the altar in the Temple and you suddenly remember that someone has something against you,*

5:6 Or *for righteousness*. 5:11 Some manuscripts omit *and lie about you*. 5:21 Exod 20:13; Deut 5:17. 5:22a Some manuscripts add *without cause*. 5:22b Greek uses an Aramaic term of contempt: *If you say to your brother, ‘Raca.’* 5:22c Greek *if you say, ‘You fool.’* 5:22d Greek *Gehenna*; also in 5:29, 30. 5:23 Greek *gift*; also in 5:24.

²⁴leave your sacrifice there at the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God.

²⁵"When you are on the way to court with your adversary, settle your differences quickly. Otherwise, your accuser may hand you over to the judge, who will hand you over to an officer, and you will be thrown into prison. ²⁶And if that happens, you surely won't be free again until you have paid the last penny."*

In what ways are you salt and light in the lives of your children? How are you helping them let their light shine for all to see?



JANUARY 6

We may have been taught certain patterns from our own families growing up—but Jesus had something to say about the way his children should live.

MATTHEW 5:27-48

"You have heard the commandment that says, 'You must not commit adultery.'* ²⁸But I say, anyone who even looks at a woman with lust has already committed adultery with her in his heart. ²⁹So if your eye—even your good eye*—causes you to lust, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. ³⁰And if your hand—even your stronger hand*—causes you to sin, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell.

³¹"You have heard the law that says, 'A man can divorce his wife by merely giving her a written notice of divorce.'* ³²But I say that a man who divorces his wife, unless she has been unfaithful, causes her to commit adultery. And anyone who marries a divorced woman also commits adultery.

³³"You have also heard that our ancestors were told, 'You must not break your vows; you must carry out the vows you make to the LORD.'* ³⁴But I say, do not make any vows! Do not say, 'By heaven!' because heaven is God's throne. ³⁵And do not say, 'By the earth!' because the earth is his footstool. And do not say, 'By Jerusalem!' for Jerusalem is the city of the great King. ³⁶Do not even say, 'By my head!' for you can't turn one hair white or black. ³⁷Just say a simple, 'Yes, I will,' or 'No, I won't.' Anything beyond this is from the evil one.

³⁸"You have heard the law that says the punishment must match the injury: 'An eye for an eye, and a tooth for a tooth.'* ³⁹But I say, do not

5:26 Greek *the last kodrantes* [i.e., quadrans]. 5:27 Exod 20:14; Deut 5:18. 5:29 Greek *your right eye*. 5:30 Greek *your right hand*. 5:31 Deut 24:1. 5:33 Num 30:2. 5:38 Greek *the law that says: 'An eye for an eye and a tooth for a tooth.'* Exod 21:24; Lev 24:20; Deut 19:21.

resist an evil person! If someone slaps you on the right cheek, offer the other cheek also. ⁴⁰If you are sued in court and your shirt is taken from you, give your coat, too. ⁴¹If a soldier demands that you carry his gear for a mile,* carry it two miles. ⁴²Give to those who ask, and don't turn away from those who want to borrow.

⁴³"You have heard the law that says, 'Love your neighbor'* and hate your enemy. ⁴⁴But I say, love your enemies!* Pray for those who persecute you! ⁴⁵In that way, you will be acting as true children of your Father in heaven. For he gives his sunlight to both the evil and the good, and he sends rain on the just and the unjust alike. ⁴⁶If you love only those who love you, what reward is there for that? Even corrupt tax collectors do that much. ⁴⁷If you are kind only to your friends,* how are you different from anyone else? Even pagans do that. ⁴⁸But you are to be perfect, even as your Father in heaven is perfect."

Are you teaching your children to be truthful? In what ways are you a good example to them of truthfulness?



JANUARY 7

God, "who sees everything," rewards those who give, pray, and fast with pure motives.

MATTHEW 6:1-18

"Watch out! Don't do your good deeds publicly, to be admired by others, for you will lose the reward from your Father in heaven. ²When you give to someone in need, don't do as the hypocrites do—blowing trumpets in the synagogues and streets to call attention to their acts of charity! I tell you the truth, they have received all the reward they will ever get. ³But when you give to someone in need, don't let your left hand know what your right hand is doing. ⁴Give your gifts in private, and your Father, who sees everything, will reward you.

⁵"When you pray, don't be like the hypocrites who love to pray publicly on street corners and in the synagogues where everyone can see them. I tell you the truth, that is all the reward they will ever get. ⁶But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you.

⁷"When you pray, don't babble on and on as people of other religions do. They think their prayers are answered merely by repeating

5:41 Greek *milion* [4,854 feet or 1,478 meters]. 5:43 Lev 19:18. 5:44 Some manuscripts add *Bless those who curse you. Do good to those who hate you.* Compare Luke 6:27-28. 5:47 Greek *your brothers.*

their words again and again. ⁸Don't be like them, for your Father knows exactly what you need even before you ask him! ⁹Pray like this:

- Our Father in heaven,
 may your name be kept holy.
¹⁰ May your Kingdom come soon.
 May your will be done on earth,
 as it is in heaven.
¹¹ Give us today the food we need,*
¹² and forgive us our sins,
 as we have forgiven those who sin against us.
¹³ And don't let us yield to temptation,*
 but rescue us from the evil one.*

¹⁴"If you forgive those who sin against you, your heavenly Father will forgive you. ¹⁵But if you refuse to forgive others, your Father will not forgive your sins.

¹⁶"And when you fast, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. ¹⁷But when you fast, comb your hair and wash your face. ¹⁸Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you."

God knows all about you—that can be comforting and a bit frightening. How are you teaching your kids that God knows them completely and also loves them?



JANUARY 8

"I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing?"

MATTHEW 6:19–7:11

"Don't store up treasures here on earth, where moths eat them and rust destroys them, and where thieves break in and steal. ²⁰Store your treasures in heaven, where moths and rust cannot destroy, and thieves do not break in and steal. ²¹Wherever your treasure is, there the desires of your heart will also be.

²²"Your eye is a lamp that provides light for your body. When your

6:11 Or Give us today our food for the day; or Give us today our food for tomorrow. 6:13a Or And keep us from being tested. 6:13b Or from evil. Some manuscripts add For yours is the kingdom and the power and the glory forever. Amen.