

unLearn



Every new year presents us with a
fresh opportunity for growth and
development

The problem is that at the back of
our minds is the voice that says
“you’ve been here before and
nothing has changed”

Paradigm Toxicity

The behaviour (paradigms) of the past have become toxic towards future growth and development

When what you have been is harmful to what you could be

Bad Medicine, Part 3: Death by Diagnosis

Freakanomics Podcast

JENA: And so it does suggest that more experience (doctors) actually could have a negative effect on outcome.

DUBNER: And what's your best explanation for why that's the case?



Anupam Jena, MD,
PhD, physician and a
healthcare economist
at Harvard

So I think the most likely explanation is two things. One is that the field of medicine is constantly evolving and **there is always new knowledge**, new evidence emerging both in terms of how to make better diagnoses and what are the right treatments for a particular patient. As you get further and further away from residency, **I think what happens is that the knowledge that you had as a resident, which time that you spent 80 to 100 hours per week in a hospital, that knowledge gets somewhat ingrained in you.** New knowledge isn't picked up as rapidly. So I think what happens is older physicians are just less-up-to date, **Anupam Jena**

“You have heard that it was said to the people long ago, ‘You shall not murder, and anyone who murders will be subject to judgment.’
Matthew 5:21

You have heard that it was said, ‘You shall not commit adultery.’ vs 27

“Again, you have heard that it was said to the people long ago, ‘Do not break your oath, but fulfill to the Lord the vows you have made.’ vs 33

“You have heard that it was said, ‘Eye for eye, and tooth for tooth.’ vs 38

“You have heard that it was said, ‘Love your neighbour and hate your enemy.’ vs 43



Benefits of unLearning

unlearning fights the lethargy of
repetition

unlearning creates an attitude of
life long disciple

unlearning refines last years answers
before they become this years problems
(challenging assumptions)

Expectation of Spiritual Growth

When I was a child, I talked like a child, I thought like a child, **I reasoned like a child**. When I became a man, I put the ways of childhood behind me.

1 Corinthians 13:11

In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God's word all over again. You need milk, not solid food! **Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness**. But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.

Hebrews 5:12-14

Brothers and sisters, I could not address you as people who live by the Spirit but as people who are still worldly **mere infants in Christ**. I gave you milk, not solid food, for you were not yet ready for it **1 Corinthians 3:1-2**

We make resolutions about finances, health and relationships but do we ever look at our spiritual health and resolve anything?

unLearning is the examination of beliefs and behaviours in light of the Cross and the Gospel

Three stories of unlearning



Jesus looked at him and loved him. “**One thing you lack,**” he said. “Go, sell everything you have and give to the poor, and you will have treasure in heaven. Then come, follow me.” **Mark 10:21**

We must empty ourselves of ego, agenda and the pursuit of pleasures before we can seek Christ

You say, ‘I am rich; I have acquired wealth and do not need a thing.’ **But you do not realize** that you are wretched, pitiful, poor, blind and naked. **Revelation 3:17**

He told her, “Go, call your husband and come back.”
“I have no husband,” she replied. Jesus said to her,
“You are right when you say you have no
husband. **The fact is, you have had five husbands,
and the man you now have is not your husband.**
What you have just said is quite true.” [John 4:16-18](#)

Your past doesn't have to be your future

Therefore, if anyone is in Christ, the **new
creation** has come: The old has gone, the new is
here! [2 Corinthians 5:17](#)

Many of the Samaritans from that town believed
in him **because of the woman's testimony (I have
had five husbands and still found salvation)**, “He
told me **everything I ever did.**” [John 5:39](#)

Whoever eats my flesh and drinks my blood remains in me, and I in them. On hearing it, many of his disciples said, “**This is a hard teaching. Who can accept it?**” Aware that his disciples were grumbling about this, Jesus said to them, “**Does this offend you?**” ..From this time **many of his disciples turned back and no longer followed him.** [John 6:56-57, 66](#)

We want enough of God to justify our behaviours but not enough to transform our lives

Then he said to them all: “Whoever wants to be my disciple must **deny themselves** and **take up their cross daily** and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will save it. [Luke 9:23-24](#)

Spiritual Resolution

This year I want to see my spiritual
life grow in _____
(wishful thinking)

And this is what I will do to create
space for the Holy Spirit to
accomplish it _____
(sacrificial action)

If you want what you've never had, you
have to do what you've never done

Then the Lord reached out his hand and touched my mouth and said to me, “I have put my words in your mouth. See, today I appoint you over nations and kingdoms to **uproot** and **tear down**, to **destroy** and **overthrow**, to **build** and to **plant**.” **Jeremiah 1:9-10**