



DAILY BIBLE MEDITATION GUIDE

Meditative Bible Readings for a Year

Down through the ages, Christians have taught that we need to drink deeply from the fountain of God's word and we need to savor its truths if they are to satisfy our deepest longings for greater intimacy with God and if we are to experience a greater healing of our souls from his hand. The purpose of this Bible reading schedule (shortened considerably from schedules that get through the Bible in one year) is actually to *limit* the amount of Bible we read daily. Reading quickly through many verses may not be as profitable as savoring deeply a few verses. So the aim of this schedule is not to read less, but to meditate more.

Most Christians feel they don't spend enough time with God. We don't want this to add to your burden. And simply spending time in devotions does NOTHING spiritually in and of itself. But Christians over the centuries testify that real soul-change occurs through years of meditating as much as possible. We recommend you try to spend 30-60 minutes a day whenever possible, in order to develop the kind of soul that is able to access God and his spiritual truths and loving embrace. Of course, we don't always have this time, but the more frequently we do, the more it becomes woven into our desires and daily agenda.

This Bible reading schedule is offered with a long-range view of the Christian life. While your present struggles and sins are very important to God, we want to encourage you to focus less on your spirituality today and focus more on 1) God (his glory, love and holiness), 2) his perfect salvation for you in Christ, and 3) where He will be bringing you 10-20 years from now as you seek his face day after day, month after month. He has promised that if we seek, we will find (Mt. 7:7). We cannot, however, expect to find him after a week of Bible reading or at the end of a one-day fast. God is trying to develop people who persevere in seeking him. As we patiently seek his face, not giving up (especially when we don't feel or seem very different), over the years, he will increasingly manifest himself to us. It's no different in any love relationship. Real love takes time to develop and grow.

Another thing – Meditation is quite different from Bible study. Bible study is terribly important, particularly for coming to understand God, our sin and salvation, and the world, things we all need to understand better (especially young Christians). However, Bible study generally addresses the mind; it is usually primarily a mental activity. Bible meditation is mental (as well reading is), but it aims at slowing down the mind in order to savor and relish God and his truths in such a way that it goes down deeper than the mind and reaches the heart. Bible meditation is a spiritual discipline and so doesn't come in 3 easy steps. It takes time to learn how to

quiet one's mind and soul and how to savor the truth so that God speaks through his word. Don't give up. Think about it: the best activities in life take practice. Why would coming to know and love God be any different? Hang in there, asking God for help, and he will grant you the grace you need.

How do we meditate? What works seems to differ for different people. However, a few rules of thumb seem pretty universal. 1. Relax your body. When your body is tense, your brain probably is too. We can't think deeply when our brain is going fast. 2. Slow down. Take your time reading, pausing, and deeply reflecting on the point of the verse. 3. Read prayerfully, waiting on God to speak to you words of encouragement, conviction, and wisdom. 4. Use your imagination to picture the truth when appropriate.

In meditating there will be times where it is necessary to stop on a good phrase or verse and chew on it for a while. As a result, it is likely that you'll find yourself getting behind some in the readings. At the end of each month there will be a few days with no readings so you can catch up or go over favorite passages from that month's readings or your own favorites. The readings that were chosen were believed to be some of the most helpful for meditation. Doubtless some good chapters were left out. Feel free to supplement this with your own favorite passages, especially during the catch-up period.

Daily Reading Plan

Jan 1	John 1:1-18	Jan 15	John 10
Jan 2	John 1:19-51	Jan 16	John 11
Jan 3	John 2	Jan 17	John 12
Jan 4	John 3	Jan 18	John 13
Jan 5	John 4	Jan 19	John 14
Jan 6	John 5:1-24	Jan 20	John 15:1-11
Jan 7	John 5:25-47	Jan 21	John 15:12-27
Jan 8	John 6:1-34	Jan 22	John 16
Jan 9	John 6:35-51	Jan 23	John 17
Jan 10	John 6:52-71	Jan 24	John 18
Jan 11	John 7	Jan 25	John 19
Jan 12	John 8:1-30	Jan 26	John 20
Jan 13	John 8:31-59	Jan 27	John 21
Jan 14	John 9	Jan 28-31	Catch up

Feb 1	Ps 1	Mar 18	Zech 6	June 2	Ps 37:1-11	Aug 15	John 10	Oct 1	Ps 63	Nov 15	Hosea 8
Feb 2	Ps 6	Mar 19	Zech 7	June 3	Ps 38	Aug 16	John 11	Oct 2	Ps 90	Nov 16	Hosea 9
Feb 3	Ps 8	Mar 20	Zech 8	June 4	Ps 40	Aug 17	John 12	Oct 3	Ps 91	Nov 17	Hosea 10
Feb 4	Ps 13	Mar 21	Zech 9	June 5	Ecc 1	Aug 18	John 13	Oct 4	Ps 100	Nov 18	Hosea 11
Feb 5	Ps 14	Mar 22	Zech 10	June 6	Ecc 2	Aug 19	John 14	Oct 5	Ps 102	Nov 19	Hosea 12
Feb 6	Gal 1	Mar 23	Zech 11	June 7	Ecc 3	Aug 20	John 15:1-11	Oct 6	Ps 103	Nov 20	Hosea 13
Feb 7	Gal 2	Mar 24	Zech 12	June 8	Ecc 4	Aug 21	John 15:12-27	Oct 7	Ps 104	Nov 21	Hosea 14
Feb 8	Gal 3	Mar 25	Zech 13	June 9	Ecc 5	Aug 22	John 16	Oct 8	Ps 119:1-24	Nov 22	Ephesians 1
Feb 9	Gal 4	Mar 26	Zech 14	June 10	Ecc 6	Aug 23	John 17	Oct 9	Ps 119:25-48	Nov 23	Ephesians 2
Feb 10	Gal 5	Mar 27-31	Catch up	June 11	Ecc 7	Aug 24	John 18	Oct 10	Ps 119:49-72	Nov 24	Ephesians 3
Feb 11	Gal 6			June 12	Ecc 8	Aug 25	John 19	Oct 11	Heb 1	Nov 25	Ephesians 4
Feb 12	Heb 1	Apr 1	Ps 23	June 13	Ecc 9	Aug 26	John 20	Oct 12	Heb 2	Nov 26	Ephesians 5
Feb 13	Heb 2	Apr 2	Ps 25	June 14	Ecc 10	Aug 27	John 21	Oct 13	Heb 3	Nov 27	Ephesians 6
Feb 14	Heb 3	Apr 3	Ps 27	June 15	Ecc 11	Aug 28-31	Catch up	Oct 14	Heb 4	Nov 28-30	Catch up
Feb 15	Heb 4	Apr 4	Ps 31	June 16	Php 1			Oct 15	Heb 5		
Feb 16	Heb 5	Apr 5	Ps 32	June 17	Php 2	Sep 1	Ps 42	Oct 16	Heb 6	Dec 1	Ps 139:1-12
Feb 17	Heb 6	Apr 6	Ps 33	June 18	Php 3	Sep 2	Ps 48	Oct 17	Heb 7	Dec 2	Ps 139:13-24
Feb 18	Heb 7	Apr 7	Ro 1	June 19	Php 4	Sep 3	Ps 51	Oct 18	Heb 8	Dec 3	Ps 141
Feb 19	Heb 8	Apr 8	Ro 2	June 20	Ja 1	Sep 4	Ps 62	Oct 19	Heb 9	Dec 4	Ps 144
Feb 20	Heb 9	Apr 9	Ro 3:1-20	June 21	Ja 2	Sep 5	Ps 69:1-15	Oct 20	Heb 10:1-18	Dec 5	Ps 145
Feb 21	Heb 10	Apr 10	Ro 3:21-31	June 22	Ja 3	Sep 6	Ps 69:16-36	Oct 21	Heb 10:19-39	Dec 6	Ro 1
Feb 22	Heb 11	Apr 11	Ro 4	June 23	Ja 4	Sep 7	Ps 22:1-10	Oct 22	Heb 11:1-23	Dec 7	Ro 2
Feb 23	Heb 12	Apr 12	Ro 5:1-11	June 24	Ja 5	Sep 8	Ps 22:15-31	Oct 23	Heb 11:24-40	Dec 8	Ro 3:1-20
Feb 24	Heb 13	Apr 13	Ro 5:12-21	June 25	1 Co 13	Sep 9	1 Peter 1	Oct 24	Heb 12	Dec 9	Ro 3:21-31
Feb 25-28	Catch up	Apr 14	Ro 6:1-11	June 26-30	Catch up	Sep 10	1 Peter 2	Oct 25	Heb 13	Dec 10	Ro 4
		Apr 15	Ro 6:12-23			Sep 11	1 Peter 3	Oct 26	1 Co 13	Dec 11	Ro 5:1-11
Mar 1	Ps 18:1-15	Apr 16	Ro 7	July – Read through		Sep 12	1 Peter 4	Oct 27-31	Catch up	Dec 12	Ro 5:12-21
Mar 2	Ps 18:16-30	Apr 17	Ro 8:1-11	Isaiah 40-66 (26 chapters)		Sep 13	1 Peter 5			Dec 13	Ro 6:1-11
Mar 3	Ps 18:31-50	Apr 18	Ro 8:12-27			Sep 14	Rev 1	Nov 1	Ps 130	Dec 14	Ro 6:12-23
Mar 4	Ps 22:1-10	Apr 19	Ro 8:28-39	Aug 1	John 1:1-18	Sep 15	Rev 2	Nov 2	Ps 135	Dec 15	Ro 7
Mar 5	Ps 22:11-31	Apr 20	Ro 9	Aug 2	John 1:19-51	Sep 16	Rev 3	Nov 3	S of Songs 1	Dec 16	Ro 8:1-11
Mar 6	Col 1:1-14	Apr 21	Ro 12	Aug 3	John 2	Sep 17	Rev 4		(as Christ and believer)	Dec 17	Ro 8:12-27
Mar 7	Col 1:15-29	Apr 22	1 John 1	Aug 4	John 3	Sep 18	Rev 5	Nov 4	S of Songs 2-3	Dec 18	Ro 8:28-39
Mar 8	Col 2:1-12	Apr 23	1 John 2	Aug 5	John 4	Sep 19	Rev 19	Nov 5	S of Songs 4-5	Dec 19	Ro 9
Mar 9	Col 2:13-3:11	Apr 24	1 John 3	Aug 6	John 5:1-24	Sep 20	Rev 20	Nov 6	S of Songs 6-7	Dec 20	Ro 12
Mar 10	Col 3:1-11	Apr 25	1 John 4	Aug 7	John 5:25-47	Sep 21	Rev 21	Nov 7	S of Songs 8	Dec 21	Matthew 1:18-25
Mar 11	Col 3:12-25	Apr 26	1 John 5	Aug 8	John 6:1-34	Sep 22	Ez 16:1-14	Nov 8	Hosea 1	Dec 22	Matthew 2
Mar 12	Col 4	Apr 27-30	Catch up	Aug 9	John 6:35-51	Sep 23	Ez 16:15-63	Nov 9	Hosea 2	Dec 23	Luke 1:1-38
Mar 13	Zech 1			Aug 10	John 6:52-71	Sep 24	2 Co 3	Nov 10	Hosea 3	Dec 24	Luke 1:39-80
Mar 14	Zech 2	May	Read through	Aug 11	John 7	Sep 25	2 Co 4	Nov 11	Hosea 4	Dec 25	Luke 2:1-20
Mar 15	Zech 3		Matthew (28 chap)	Aug 12	John 8:1-30	Sep 26	2 Co 5	Nov 12	Hosea 5	Dec 26	Ps 147
Mar 16	Zech 4			Aug 13	John 8:31-59	Sep 27-30	Catch up	Nov 13	Hosea 6	Dec 27	Psalms 148
Mar 17	Zech 5	June 1	Ps 34	Aug 14	John 9			Nov 14	Hosea 7	Dec 28-31	Catch up