



Spiritual Practices Training Plan

Name:	 	
Date Started:		

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WHY THIS TRAINING PLAN

The American church is facing a discipleship crisis. It's become clear that our current approaches to church growth—marked by entertainment, high production, sporadic attendance, casual small groups, and volunteer roles on Sunday mornings—are not cultivating a deep formation of Christ within those who profess faith (Galatians 4:19).

A routine of worship services and sermons alone is falling short of fostering the spiritual maturity needed for profound wholeness and healing in people's lives. Nor has this model created the transparent, trusted communities where people feel fully known, seen, and loved—a community that embraces them as they are, propelling them toward greater healing and transformation.

Meanwhile, the devil has a strategy. He works relentlessly to keep us fractured, hollow, isolated, and spiritually drained—burdened by hidden sins, resentment, despair, and unresolved brokenness (Eph. 6:11; 1 Pet. 5:8-9; 2 Cor. 2:11).

The path forward is clear: we must return to the spiritual practices Jesus Himself modeled—practices that granted Him constant access to the Source of Life, God the Father, through the Holy Spirit. Jesus engaged in fasting, prayer, silence, solitude, scripture reading and memorization, giving, serving, fellowship, and public worship.

The New Testament authors urge us to "be alert," "put on," "be sober," "be watchful," and "stay awake." They call us to have a plan for spiritual growth and victorious living, standing firm against the devil, the world, and the flesh. The enemy has a strategy for our downfall; we need a strategy to stand tall in our growth in Christ.

What follows is a one-year training plan connecting us to the source of God's glory and grace, the wellspring of life and transformation. Commit to it, and I guarantee your life will grow in wholeness, healing, and hope in Christ!

Remember: we're not simply trying to be godly people; we're training to be godly people (1 Tim. 4:7-8). Training requires effort. God's grace is opposed to earning—not effort (*Willard*). This journey is about shedding old habits and putting on Jesus' way of life, and that takes intentional work. But thanks be to God—the Holy Spirit empowers us with both the desire and the strength to do this! (Phil. 2:12-13)

Pastor Kyn

"The greatest issue facing the world today, with all its heartbreaking needs, is whether those who, by profession or culture, are identified as 'Christians' will become disciples students, apprentices, practitioners – of Jesus Christ, steadily learning from him how to live the life of the Kingdom of the Heavens into every corner of human existence."

[—] Dallas Willard, The Great Omission: Reclaiming Jesus's Essential Teachings on Discipleship

SPIRITUAL PRACTICES TRAINING PLAN

A Pathway to Hope, Healing, and Wholeness

This spiritual discipline training plan is an invitation to step into a life of greater hope, healing, and wholeness as we are deeply formed by Jesus. Each day's practice is a way to intentionally center our hearts and minds on Christ, letting His life shape ours in profound ways. By embracing these morning and evening rhythms, we open ourselves to God's transforming presence, where our old patterns are replaced with the love, peace, and joy of Jesus. Through small steps consistently taken, we learn to align our lives with His, experiencing deeper spiritual health and a sense of identity and purpose rooted in Christ.

A step-by-step guide on how to use this plan

Morning Spiritual Practices Plan (27-42 Minutes)

- 1. Centering Prayer (5 Minutes)
 - Begin in stillness. Take deep breaths and open with a prayer, such as:
 - "Lord, I surrender my life to You this day. Fill me with your unfailing love. Search my thoughts, words, and actions. Highlight anything in me that does not reflect Your heart and lead me in Your everlasting way. May all my life demonstrate all that You are."
- 2. Silence (5-10 Minutes)
 - Spend a few minutes in silent reflection. Rest in God's presence and listen for His voice in response to your prayer.

- 3. Scripture Meditation and Journaling (10-15 Minutes)
 - Locate today's scripture passage from our Daily Bible Reading plan.
 - Follow the SOAP method (Scripture, Observation, Application, Prayer) to meditate on the passage and journal your insights.
- 4. Who I Am in Christ Affirmations (2 Minutes)
 - o Read the "Who I Am in Christ" statements aloud. Declare them with conviction to affirm your identity in Christ.
- 5. Morning Prayer (5-10 Minutes)
 - Pray for strength and guidance, and include:
 - o Gratitude for life and relationships
 - o Prayers for others (family, friends, city)
 - o Guidance for the day ahead
 - o Courage to live and share your faith with others
 - Example: "Lord, thank You for this new day. Help me to live in a way that honors You, shows Your love to others, and draws people closer to You. Walk with and in me in every situation, conversation, task, and thought. Give me the boldness and courage to live as a child of Your Light in a dark world."

Evening Spiritual Practices Plan (20-25 Minutes)

Important: After completing your evening practices, avoid screens to maintain a peaceful, reflective state.

- 1. Scripture Memory Verse (5 Minutes)
 - Review the month's memory verse. Read it twice, then repeat it twice, letting it resonate as you wind down.

2. Examine (5-10 Minutes)

- Prayerfully reflect on your day in light of God's presence. Ask yourself:
 - o What moment today was I closest to Jesus?
 - o What moment today was I distant from Jesus?
 - o Was there a moment where I missed an opportunity to show God's love or kindness?
- End by giving thanks for the moments of nearness, asking forgiveness where you fell short, and grace for tomorrow.

3. Gratitude List (5 Minutes)

• List 3-5 things you're thankful for today. This helps close the day with appreciation and trust in God.

4. Evening Prayer (5 Minutes)

• Surrender your worries and burdens to God, asking for peace, rest, and renewal.

Pray for:

- o Physical and spiritual rest
- o Blessings on others who need rest and healing
- Example: "Father, thank You for today. For the good, I give thanks. For the challenges, I seek Your grace. May Your peace fill my heart as I rest and renew me for tomorrow."
- Psalm 4:8 (TPT) Now, because of you, Lord, I will lie down in peace and sleep comes at once, for no matter what happens, I will live unafraid."

Additional Weekly Spiritual Practices

Incorporate these practices weekly to deepen your spiritual growth:

• Fasting Friday: Fast weekly, either for a meal, from sunup to sundown, or for 24 hours. Use hunger as a reminder to seek God in prayer.

- Discipleship Band: Join or form a group of 4-5 like-minded believers for weekly reflection, prayer, and accountability.
- Generosity: Set an intentional amount to give. Start with 10% or another percentage you feel led to give and contribute that to the ministry of City First Church.
- Sunday Worship: Attend Sunday service for worship, teaching, community, and communion.
- 24-Hour Work and Digital Rest: Set aside one full day each week to disconnect from work and screens. Use this time to restore, pray, and do things that fill your soul.

BEING TRANSFORMED, TOGETHER, IN CHRIST

This plan is not just a checklist but a sacred pathway toward living a whole, healed, and hope-filled life with Jesus. Each practice draws us closer to being fully known, loved, and formed by Him. Over time, these rhythms will help us release the broken parts of ourselves and embrace the fullness of life Jesus offers. In Him, we find not only personal transformation but a vibrant community of faith, all growing together in love, hope, and unity. As you embark on this journey, may you be renewed each day, knowing that every step, no matter how small, consistently taken brings you closer to the heart of Christ and the life of wholeness He has for you.

SOAP BIBLE READING METHOD

Here's a clear, step-by-step guide to practicing the SOAP method for Bible reading and journaling. The SOAP method is a simple, structured way to meditate on scripture, allowing God's Word to speak into your life deeply and personally.

SOAP Method Step-by-Step Guide

1. Scripture

- Begin by selecting the passages from today's Bible Reading Plan.
- Read through the scripture, paying close attention to words or phrases that stand out.
- Write down the specific verse or passage that resonates with you in your journal.

2. Observation

- Take a moment to reflect on the scripture. Ask yourself, "What is happening in this passage? What stands out or seems important?"
- Consider the context: Who is speaking or writing? Who is the audience? What is the main message?
- Write down your observations about the verse, focusing on its meaning, any themes, or spiritual insights that arise.

3. Application

- Think about how this scripture applies to your own life. Ask, "How does this passage connect with what I'm experiencing, or what can I learn from it?"
- Reflect on how this truth can guide your actions, attitudes, or perspective. Be specific in identifying how you can apply it to a current challenge, relationship, or situation.
- Write down how you plan to incorporate this truth into your day-to-day life.

4. Prayer

- Conclude by writing a prayer related to what you've learned.
- This could be a prayer of thanksgiving, a request for help in applying the scripture, or simply asking God to deepen your understanding.
- Write down your prayer, expressing your thoughts and gratitude to God, and asking for strength to live out the scripture.

Example of the SOAP Method in Action

SCRIPTURE "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight." – Proverbs 3:5-6

OBSERVATION This passage encourages a deep, whole-hearted trust in God rather than relying on my own limited perspective. It promises guidance when I submit to God's direction.

APPLICATION I often try to handle everything myself, and I feel anxious when I don't have control. Today, I will remind myself to trust God's wisdom, especially in situations where I feel uncertain. I'll pause, take a deep breath, and choose to surrender my worries to Him.

PRAYER Lord, thank You for being trustworthy and wise. Help me to lean on You today, to trust Your ways above my own. Remind me to submit my decisions and actions to You. Guide my steps and make my path clear. Amen.

Practicing the SOAP method regularly creates a meaningful way to connect with scripture, making space for God's Word to shape your heart and life.

WHO I AM

I AM ACCEPTED ...

John 1:12 I am God's child.

John 15:15 I am Christ's friend.

Romans 5:1 I have been justified.

1 Cor. 6:17 I am united with the Lord and I am one spirit with him.

1 Cor. 6:19-20 I have been bought with a price. I belong to God.

1 Cor. 12:27 I am a member of Christ's body.

Eph. 1:1 I am a saint.

Eph. 1:5 I have been adopted as God's child.

Eph. 2:18 I have direct access to God through the Holy Spirit.

Col. 1:14 I have been redeemed and forgiven of all my sins.

Col. 2:10 I am complete in Christ.

I AM SECURE ...

Romans 8:1-2 I am forever free from condemnation.

Romans 8:28 I am assured that all things work together for good.

Romans 8:31 I am free from any condemning charges against me.

Romans 8:35 I cannot be separated from the love of God.

2 Cor. 1:21-22 I have been established, anointed, and sealed by God.

Col. 3:3 I am hidden with Christ in God.

Phil. 1:6	I am confident that the good work that God has begun in me will be perfected.
Phil. 3:20	I am a citizen of heaven.
	I have not been given a spirit of fear but of power, love, and a sound mind.
Heb. 4:16	I can find grace and mercy in a time of need.
1 John 5:19	I am harm of God and the avil and connect touch ma

I AM SIGNIFICANT ...

Phil. 4:12

Matt. 5:13-14	I am the salt and light of the earth.
John 15:1 & 5	I am a branch of the true vine, a channel of His life.
John 15:16	I have been chosen and appointed to bear fruit.
Acts. 1:8	I am a personal witness of Christ.
1 Cor. 3:16	I am God's temple.
2 Cor. 5:17	I am a minister of reconciliation for God.
2 Cor. 6:1	I am God's co-worker.
Eph. 2:6	I am seated with Christ in the heavenly realm.
Eph. 2:10	I am God's workmanship.
Eph. 3:12	I may approach God with freedom and confidence.

I can do all things through Christ who strengthens me.

Here's a format for tracking daily prayer requests, designed to help you stay organized, consistent, and intentional with your prayers. This layout includes sections to track each request, record updates, and mark answered prayers.

This format allows you to return to each request with updates and gratitude when prayers are answered. You can keep multiple entries on a single page for ongoing tracking.



Date: _		
1.	Name /	Request:
	o	Who/What: [Person's name or topic of prayer]
	o	Request: [Brief description of the prayer need]
	o	Scripture (Optional): [Verse to pray over this request]
	0	Updates / Progress:
		☐ [Date & note any updates on this request]
	O	Answered? Yes No
	O	Date Answered:
2.	Name /	Request:
	o	Who/What: [Person's name or topic of prayer]
	O	Request: [Brief description of the prayer need]
	O	Scripture (Optional): [Verse to pray over this request]
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		☐ [Date & note any updates on this request]
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	o	Scripture (Optional): [Verse to pray over this request]
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		☐ [Date & note any updates on this request]
	0	Answered? Yes No
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MONTHLY MEMORY VERSES

Here are our 12 Monthly Bible verses that many people find especially meaningful to memorize. These selections cover themes of faith, strength, love, forgiveness, and guidance.

JANUARY

□ John 3:16-17 (NIV)

¹⁶ For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. ¹⁷ For God did not send his Son into the world to condemn the world, but to save the world through him.

FEBRUARY

□ Philippians 4:12-13 (NIV)

¹² I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. ¹³ I can do all this through him who gives me strength.

MARCH

□ Proverbs 3:5-6 (NIV)

⁵ Trust in the Lord with all your heart and lean not on your own understanding; ⁶ in all your ways submit to him, and he will make your paths straight.

WHY ARE WE MEMORIZING BIBLE VERSES?

We are making a conscience effort to renew our minds and hide God's Word in our hearts. With God's Word is in us, it can more readily and easily come out of us when we are squeezed by life, needing to pray for others, or to speak a life giving word to another human being.

APRIL

□ Romans 8:28-29 (NLT)

²⁸And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them. ²⁹ For God knew his people in advance, and he chose them to become like his Son, so that his Son would be the firstborn among many brothers and sisters.

MAY

□ Psalm 23:1-3 (NIV)

¹ The Lord is my shepherd, I lack nothing. ² He makes me lie down in green pastures, he leads me beside quiet waters, ³ he refreshes my soul. He guides me along the right paths for his name's sake.

JUNE

☐ Isaiah 41:10 (NIV)

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

JULY

□ Ephesians 2:8-10 (NIV)

⁸ For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— ⁹ not by works, so that no one can boast. ¹⁰ For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

AUGUST

☐ Matthew 6:33-34 (NIV)

³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

SEPTEMBER

□ Joshua 1:8-9 (NIV)

⁸ Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. ⁹ Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.

OCTOBER

□ Galatians 5:22-25 (NLT)

²² But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, and self-control. There is no law against these things! ²⁴ Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there.

NOVEMBER

☐ Jeremiah 29:11-13 (NLT)

¹¹ For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope. ¹² In those days when you pray, I will listen. ¹³ If you look for me wholeheartedly, you will find me."

DECEMBER

□ 1 John 4:7-8 (NLT)

⁷ Dear friends, let us continue to love one another, for love comes from God. Anyone who loves is a child of God and knows God. ⁸ But anyone who does not love does not know God, for God is love.



DAILY READING PLAN



JANUARY

Date	New Testament	Psalms	Proverbs
1	Matthew 1	Psalm 1	Proverbs 1
2	Matthew 2	Psalm 2	Proverbs 2
3	Matthew 3	Psalm 3	Proverbs 3
4		Psalm 4	Proverbs 4
5		Psalm 5	Proverbs 5
6	Matthew 4	Psalm 6	Proverbs 6
7	Matthew 5	Psalm 7	Proverbs 7
8	Matthew 6	Psalm 8	Proverbs 8
9	Matthew 7	Psalm 9	Proverbs 9
10	Matthew 8	Psalm 10	Proverbs 10
11		Psalm 11	Proverbs 11
12		Psalm 12	Proverbs 12
13	Matthew 9	Psalm 13	Proverbs 13
14	Matthew 10	Psalm 14	Proverbs 14
15	Matthew 11	Psalm 15	Proverbs 15
16	Matthew 12	Psalm 16	Proverbs 16
17	Matthew 13	Psalm 17	Proverbs 17
18		Psalm 18	Proverbs 18
19		Psalm 19	Proverbs 19
20	Matthew 14	Psalm 20	Proverbs 20
21	Matthew 15	Psalm 21	Proverbs 21
22	Matthew 16	Psalm 22	Proverbs 22
23	Matthew 17	Psalm 23	Proverbs 23
24	Matthew 18	Psalm 24	Proverbs 24
25		Psalm 25	Proverbs 25
26		Psalm 26	Proverbs 26
27	Matthew 19	Psalm 27	Proverbs 27
28	Matthew 20	Psalm 28	Proverbs 28
29	Matthew 21	Psalm 29	Proverbs 29
30	Matthew 22	Psalm 30	Proverbs 30
31	Matthew 23	Psalm 31	Proverbs 31

FEBRUARY

Date	New Testament	Psalms	Proverbs
1		Psalm 32	Proverbs 1
2		Psalm 33	Proverbs 2
3	Matthew 24	Psalm 34	Proverbs 3
4	Matthew 25	Psalm 35	Proverbs 4
5	Matthew 26	Psalm 36	Proverbs 5
6	Matthew 27	Psalm 37	Proverbs 6
7	Matthew 28	Psalm 38	Proverbs 7
8		Psalm 39	Proverbs 8
9		Psalm 40	Proverbs 9
10	Mark 1	Psalm 41	Proverbs 10
11	Mark 2	Psalm 42	Proverbs 11
12	Mark 3	Psalm 43	Proverbs 12
13	Mark 4	Psalm 44	Proverbs 13
14	Mark 5	Psalm 45	Proverbs 14
15		Psalm 46	Proverbs 15
16		Psalm 47	Proverbs 16
17	Mark 6	Psalm 48	Proverbs 17
18	Mark 7	Psalm 49	Proverbs 18
19	Mark 8	Psalm 50	Proverbs 19
20	Mark 9	Psalm 51	Proverbs 20
21	Mark 10	Psalm 52	Proverbs 21
22		Psalm 53	Proverbs 22
23		Psalm 54	Proverbs 23
24	Mark 11	Psalm 55	Proverbs 24
25	Mark 12	Psalm 56	Proverbs 25
26	Mark 13	Psalm 57	Proverbs 26-27
27	Mark 14	Psalm 58	Proverbs 28-29
28	Mark 15	Psalm 59	Proverbs 30-31

MARCH

Date	New Testament	Psalms	Proverbs
1		Psalm 60	Proverbs 1
2		Psalm 61	Proverbs 2
3	Mark 16	Psalm 62	Proverbs 3
4	Luke 1	Psalm 63	Proverbs 4
5	Luke 2	Psalm 64	Proverbs 5
6	Luke 3	Psalm 65	Proverbs 6
7	Luke 4	Psalm 66	Proverbs 7
8		Psalm 67	Proverbs 8
9		Psalm 68	Proverbs 9
10	Luke 5	Psalm 69	Proverbs 10
11	Luke 6	Psalm 70	Proverbs 11
12	Luke 7	Psalm 71	Proverbs 12
13	Luke 8	Psalm 72	Proverbs 13
14	Luke 9	Psalm 73	Proverbs 14
15		Psalm 74	Proverbs 15
16		Psalm 75	Proverbs 16
17	Luke 10	Psalm 76	Proverbs 17
18	Luke 11	Psalm 77	Proverbs 18
19	Luke 12	Psalm 78	Proverbs 19
20	Luke 13	Psalm 79	Proverbs 20
21	Luke 14	Psalm 80	Proverbs 21
22		Psalm 81	Proverbs 22
23		Psalm 82	Proverbs 23
24	Luke 15	Psalm 83	Proverbs 24
25	Luke 16	Psalm 84	Proverbs 25
26	Luke 17	Psalm 85	Proverbs 26
27	Luke 18	Psalm 86	Proverbs 27
28	Luke 19	Psalm 87	Proverbs 28
29		Psalm 88	Proverbs 29
30		Psalm 89	Proverbs 30
31	Luke 20	Psalm 90	Proverbs 31

APRIL

Date	New Testament	Psalms	Proverbs
1	Luke 21	Psalm 91	Proverbs 1
2	Luke 22	Psalm 92	Proverbs 2
3	Luke 23	Psalm 93	Proverbs 3
4	Luke 24	Psalm 94	Proverbs 4
5		Psalm 95	Proverbs 5
6		Psalm 96	Proverbs 6
7	John 1	Psalm 97	Proverbs 7
8	John 2	Psalm 98	Proverbs 8
9	John 3	Psalm 99	Proverbs 9
10	John 4	Psalm 100	Proverbs 10
11	John 5	Psalm 101	Proverbs 11
12		Psalm 102	Proverbs 12
13		Psalm 103	Proverbs 13
14	John 6	Psalm 104	Proverbs 14
15	John 7	Psalm 105	Proverbs 15
16	John 8	Psalm 106	Proverbs 16
17	John 9	Psalm 107	Proverbs 17
18	John 10	Psalm 108	Proverbs 18
19		Psalm 109	Proverbs 19
20		Psalm 110	Proverbs 20
21	John 11	Psalm 111	Proverbs 21
22	John 12	Psalm 112	Proverbs 22
23	John 13	Psalm 113	Proverbs 23
24	John 14	Psalm 114	Proverbs 24
25	John 15	Psalm 115	Proverbs 25
26		Psalm 116	Proverbs 26
27		Psalm 117	Proverbs 27
28	John 16	Psalm 118	Proverbs 28
29	John 17	Psalm 119	Proverbs 29
30	John 18	Psalm 120	Proverbs 30-31

MAY

Date	New Testament	Psalms	Proverbs
1	John 19	Psalm 121	Proverbs 1
2	John 20	Psalm 122	Proverbs 2
3		Psalm 123	Proverbs 3
4		Psalm 124	Proverbs 4
5	John 21	Psalm 125	Proverbs 5
6	Acts 1	Psalm 126	Proverbs 6
7	Acts 2	Psalm 127	Proverbs 7
8	Acts 3	Psalm 128	Proverbs 8
9	Acts 4	Psalm 129	Proverbs 9
10		Psalm 130	Proverbs 10
11		Psalm 131	Proverbs 11
12	Acts 5	Psalm 132	Proverbs 12
13	Acts 6	Psalm 133	Proverbs 13
14	Acts 7	Psalm 134	Proverbs 14
15	Acts 8	Psalm 135	Proverbs 15
16	Acts 9	Psalm 136	Proverbs 16
17		Psalm 137	Proverbs 17
18		Psalm 138	Proverbs 18
19	Acts 10	Psalm 139	Proverbs 19
20	Acts 11	Psalm 140	Proverbs 20
21	Acts 12	Psalm 141	Proverbs 21
22	Acts 13	Psalm 142	Proverbs 22
23	Acts 14	Psalm 143	Proverbs 23
24		Psalm 144	Proverbs 24
25		Psalm 145	Proverbs 25
26	Acts 15	Psalm 146	Proverbs 26
27	Acts 16	Psalm 147	Proverbs 27
28	Acts 17	Psalm 148	Proverbs 28
29	Acts 18	Psalm 149	Proverbs 29
30	Acts 19	Psalm 150	Proverbs 30
31		Psalm 1	Proverbs 31

JUNE

Date	New Testament	Psalms	Proverbs
1		Psalm 2	Proverbs 1
2	Acts 20	Psalm 3	Proverbs 2
3	Acts 21	Psalm 4	Proverbs 3
4	Acts 22	Psalm 5	Proverbs 4
5	Acts 23	Psalm 6	Proverbs 5
6	Acts 24	Psalm 7	Proverbs 6
7		Psalm 8	Proverbs 7
8		Psalm 9	Proverbs 8
9	Acts 25	Psalm 10	Proverbs 9
10	Acts 26	Psalm 11	Proverbs 10
11	Acts 27	Psalm 12	Proverbs 11
12	Acts 28	Psalm 13	Proverbs 12
13	Romans 1	Psalm 14	Proverbs 13
14		Psalm 15	Proverbs 14
15		Psalm 16	Proverbs 15
16	Romans 2	Psalm 17	Proverbs 16
17	Romans 3	Psalm 18	Proverbs 17
18	Romans 4	Psalm 19	Proverbs 18
19	Romans 5	Psalm 20	Proverbs 19
20	Romans 6	Psalm 21	Proverbs 20
21		Psalm 22	Proverbs 21
22		Psalm 23	Proverbs 22
23	Romans 7	Psalm 24	Proverbs 23
24	Romans 8	Psalm 25	Proverbs 24
25	Romans 9	Psalm 26	Proverbs 25
26	Romans 10	Psalm 27	Proverbs 26
27	Romans 11	Psalm 28	Proverbs 27
28		Psalm 29	Proverbs 28
29		Psalm 30	Proverbs 29
30	Romans 12	Psalm 31	Proverbs 30-31

JULY

Date	New Testament	Psalms	Proverbs
1	Romans 13	Psalm 32	Proverbs 1
2	Romans 14	Psalm 33	Proverbs 2
3	Romans 15	Psalm 34	Proverbs 3
4	Romans 16	Psalm 35	Proverbs 4
5		Psalm 36	Proverbs 5
6		Psalm 37	Proverbs 6
7	1 Corinthians 1	Psalm 38	Proverbs 7
8	1 Corinthians 2	Psalm 39	Proverbs 8
9	1 Corinthians 3	Psalm 40	Proverbs 9
10	1 Corinthians 4	Psalm 41	Proverbs 10
11	1 Corinthians 5	Psalm 42	Proverbs 11
12		Psalm 43	Proverbs 12
13		Psalm 44	Proverbs 13
14	1 Corinthians 6	Psalm 45	Proverbs 14
15	1 Corinthians 7	Psalm 46	Proverbs 15
16	1 Corinthians 8	Psalm 47	Proverbs 16
17	1 Corinthians 9	Psalm 48	Proverbs 17
18	1 Corinthians 10	Psalm 49	Proverbs 18
19		Psalm 50	Proverbs 19
20		Psalm 51	Proverbs 20
21	1 Corinthians 11	Psalm 52	Proverbs 21
22	1 Corinthians 12	Psalm 53	Proverbs 22
23	1 Corinthians 13	Psalm 54	Proverbs 23
24	1 Corinthians 14	Psalm 55	Proverbs 24
25	1 Corinthians 15	Psalm 56	Proverbs 25
26		Psalm 57	Proverbs 26
27		Psalm 58	Proverbs 27
28	1 Corinthians 16	Psalm 59	Proverbs 28
29	2 Corinthians 1	Psalm 60	Proverbs 29
30	2 Corinthians 2	Psalm 61	Proverbs 30
31	2 Corinthians 3	Psalm 62	Proverbs 31

AUGUST

Date	New Testament	Psalms	Proverbs
1	2 Corinthians 4	Psalm 63	Proverbs 1
2		Psalm 64	Proverbs 2
3		Psalm 65	Proverbs 3
4	2 Corinthians 5	Psalm 66	Proverbs 4
5	2 Corinthians 6	Psalm 67	Proverbs 5
6	2 Corinthians 7	Psalm 68	Proverbs 6
7	2 Corinthians 8	Psalm 69	Proverbs 7
8	2 Corinthians 9	Psalm 70	Proverbs 8
9		Psalm 71	Proverbs 9
10		Psalm 72	Proverbs 10
11	2 Corinthians 10	Psalm 73	Proverbs 11
12	2 Corinthians 11	Psalm 74	Proverbs 12
13	2 Corinthians 12	Psalm 75	Proverbs 13
14	2 Corinthians 13	Psalm 76	Proverbs 14
15	Galatians 1	Psalm 77	Proverbs 15
16		Psalm 78	Proverbs 16
17		Psalm 79	Proverbs 17
18	Galatians 2	Psalm 80	Proverbs 18
19	Galatians 3	Psalm 81	Proverbs 19
20	Galatians 4	Psalm 82	Proverbs 20
21	Galatians 5	Psalm 83	Proverbs 21
22	Galatians 6	Psalm 84	Proverbs 22
23		Psalm 85	Proverbs 23
24		Psalm 86	Proverbs 24
25	Ephesians 1	Psalm 87	Proverbs 25
26	Ephesians 2	Psalm 88	Proverbs 26
27	Ephesians 3	Psalm 89	Proverbs 27
28	Ephesians 4	Psalm 90	Proverbs 28
29	Ephesians 5	Psalm 91	Proverbs 29
30		Psalm 92	Proverbs 30
31		Psalm 93	Proverbs 31

SEPTEMBER

Date	New Testament	Psalms	Proverbs
1	Ephesians 6	Psalm 94	Proverbs 1
2	Philippians 1	Psalm 95	Proverbs 2
3	Philippians 2	Psalm 96	Proverbs 3
4	Philippians 3	Psalm 97	Proverbs 4
5	Philippians 4	Psalm 98	Proverbs 5
6		Psalm 99	Proverbs 6
7		Psalm 100	Proverbs 7
8	Colossians 1	Psalm 101	Proverbs 8
9	Colossians 2	Psalm 102	Proverbs 9
10	Colossians 3	Psalm 103	Proverbs 10
11	Colossians 4	Psalm 104	Proverbs 11
12	1 Thessalonians 1	Psalm 105	Proverbs 12
13		Psalm 106	Proverbs 13
14		Psalm 107	Proverbs 14
15	1 Thessalonians 2	Psalm 108	Proverbs 15
16	1 Thessalonians 3	Psalm 109	Proverbs 16
17	1 Thessalonians 4	Psalm 110	Proverbs 17
18	1 Thessalonians 5	Psalm 111	Proverbs 18
19	2 Thessalonians 1	Psalm 112	Proverbs 19
20		Psalm 113	Proverbs 20
21		Psalm 114	Proverbs 21
22	2 Thessalonians 2	Psalm 115	Proverbs 22
23	2 Thessalonians 3	Psalm 116	Proverbs 23
24	1 Timothy 1	Psalm 117	Proverbs 24
25	1 Timothy 2	Psalm 118	Proverbs 25
26	1 Timothy 3	Psalm 119	Proverbs 26
27		Psalm 120	Proverbs 27
28		Psalm 121	Proverbs 28
29	1 Timothy 4	Psalm 122	Proverbs 29
30	1 Timothy 5	Psalm 123	Proverbs 30-31

OCTOBER

Date	New Testament	Psalms	Proverbs
1	1 Timothy 6	Psalm 124	Proverbs 1
2	2 Timothy 1	Psalm 125	Proverbs 2
3	2 Timothy 2	Psalm 126	Proverbs 3
4		Psalm 127	Proverbs 4
5		Psalm 128	Proverbs 5
6	2 Timothy 3	Psalm 129	Proverbs 6
7	2 Timothy 4	Psalm 130	Proverbs 7
8	Titus 1	Psalm 131	Proverbs 8
9	Titus 2	Psalm 132	Proverbs 9
10	Titus 3	Psalm 133	Proverbs 10
11		Psalm 134	Proverbs 11
12		Psalm 135	Proverbs 12
13	Philemon	Psalm 136	Proverbs 13
14	Hebrews 1	Psalm 137	Proverbs 14
15	Hebrews 2	Psalm 138	Proverbs 15
16	Hebrews 3	Psalm 139	Proverbs 16
17	Hebrews 4	Psalm 140	Proverbs 17
18		Psalm 141	Proverbs 18
19		Psalm 142	Proverbs 19
20	Hebrews 5	Psalm 143	Proverbs 20
21	Hebrews 6	Psalm 144	Proverbs 21
22	Hebrews 7	Psalm 145	Proverbs 22
23	Hebrews 8	Psalm 146	Proverbs 23
24	Hebrews 9	Psalm 147	Proverbs 24
25		Psalm 148	Proverbs 25
26		Psalm 149	Proverbs 26
27	Hebrews 10	Psalm 150	Proverbs 27
28	Hebrews 11	Psalm 1	Proverbs 28
29	Hebrews 12	Psalm 2	Proverbs 29
30	Hebrews 13	Psalm 3	Proverbs 30
31	James 1	Psalm 4	Proverbs 31
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NOVEMBER

Date	New Testament	Psalms	Proverbs
1		Psalm 5	Proverbs 1
2		Psalm 6	Proverbs 2
3	James 2	Psalm 7	Proverbs 3
4	James 3	Psalm 8	Proverbs 4
5	James 4	Psalm 9	Proverbs 5
6	James 5	Psalm 10	Proverbs 6
7	1 Peter 1	Psalm 11	Proverbs 7
8		Psalm 12	Proverbs 8
9		Psalm 13	Proverbs 9
10	1 Peter 2	Psalm 14	Proverbs 10
11	1 Peter 3	Psalm 15	Proverbs 11
12	1 Peter 4	Psalm 16	Proverbs 12
13	1 Peter 5	Psalm 17	Proverbs 13
14	2 Peter 1	Psalm 18	Proverbs 14
15		Psalm 19	Proverbs 15
16		Psalm 20	Proverbs 16
17	2 Peter 2	Psalm 21	Proverbs 17
18	2 Peter 3	Psalm 22	Proverbs 18
19	1 John 1	Psalm 23	Proverbs 19
20	1 John 2	Psalm 24	Proverbs 20
21	1 John 3	Psalm 25	Proverbs 21
22		Psalm 26	Proverbs 22
23		Psalm 27	Proverbs 23
24	1 John 4	Psalm 28	Proverbs 24
25	1 John 5	Psalm 29	Proverbs 25
26	2 John	Psalm 30	Proverbs 26
27	3 John	Psalm 31	Proverbs 27
28	Jude	Psalm 32	Proverbs 28
29		Psalm 33	Proverbs 29
30		Psalm 34	Proverbs 30-31

DECEMBER

Date	New Testament	Psalms	Proverbs
1	Revelation 1	Psalm 35	Proverbs 1
2	Revelation 2	Psalm 36	Proverbs 2
3	Revelation 3	Psalm 37	Proverbs 3
4	Revelation 4	Psalm 38	Proverbs 4
5	Revelation 5	Psalm 39	Proverbs 5
6		Psalm 40	Proverbs 6
7		Psalm 41	Proverbs 7
8	Revelation 6	Psalm 42	Proverbs 8
9	Revelation 7	Psalm 43	Proverbs 9
10	Revelation 8	Psalm 44	Proverbs 10
11	Revelation 9	Psalm 45	Proverbs 11
12	Revelation 10	Psalm 46	Proverbs 12
13		Psalm 47	Proverbs 13
14		Psalm 48	Proverbs 14
15	Revelation 11	Psalm 49	Proverbs 15
16	Revelation 12	Psalm 50	Proverbs 16
17	Revelation 13	Psalm 51	Proverbs 17
18	Revelation 14	Psalm 52	Proverbs 18
19	Revelation 15	Psalm 53	Proverbs 19
20		Psalm 54	Proverbs 20
21		Psalm 55	Proverbs 21
22	Revelation 16	Psalm 56	Proverbs 22
23	Revelation 17	Psalm 57	Proverbs 23
24	Revelation 18	Psalm 58	Proverbs 24
25	Revelation 19	Psalm 59	Proverbs 25
26	Revelation 20	Psalm 60	Proverbs 26
27		Psalm 61	Proverbs 27
28		Psalm 62	Proverbs 28
29	Revelation 21	Psalm 63	Proverbs 29
30	Revelation 22	Psalm 64	Proverbs 30
31		Psalm 65	Proverbs 31

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Trust the process, surrender the results

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Becoming disciples who reorient our lives to be formed by Jesus, together, for others

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