



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

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|--------|--------------|-----------|---------------|
| 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 |

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|-----------|---------------|-----------|-------------------|----------------------------|--------------|-----------|---------------|-----------|--------------------------|-----------|-----------------|
| 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 |