How to Use This Booklet

This book contains a plan for reading the Bible in a year. But not just reading it: there are also some tools which are designed to help you really get to grips with the Bible; to let it get into your head – and stay there!

How It Works

Reading the whole Bible is vital to the life and growth of our faith. Oddly, however, many Christians have never read the entire Bible – and one of the major reasons is method. The most natural approach is to start in Genesis and work your way through: this is a natural approach that has foiled many, many good intentions.

Genesis goes quite well, as does most of Exodus – but then you hit Leviticus, with lots of legal code and massively detailed advice on pitching tents. It's hard work. If you sweat your way through Leviticus, you plough right into Numbers – with its heavy genealogies rolling on, one after another. Make it through Numbers and you're into Deuteronomy, and you're slogging through rituals and laws again. Now this is important stuff – but it can also be a bit hard on the reader.

This book divides the Bible into three sections:

- History: The books from Genesis to Esther. These books tell the story of God's people, a grand, sweeping narrative which gives us a historical framework for understanding what God is doing in the world.
- Writings: From Job to the end of the Old Testament, this section takes in poetry, song, wisdom literature and prophecy. This is exciting and diverse material, which reveals a lot about God's character, and the nature of His creation and His great plans for it.
- New Testament: From Matthew to Revelation, the New Testament tells the story of Jesus, the promised Saviour; how he was born, lived, died and rose again; how he will return and in the meantime, what life is like for the Church, his gathered people.

In this reading plan, every day (except Sundays, which are free for your own reflection!) you get a reading from each of these three sections. The history reading is usually the longest, although the readings do vary in length somewhat to keep pieces of stories together. This way, every day has variety, excitement and profound grace, and the risky Leviticus-Numbers-Deuteronomy slog becomes a useful backdrop for the other parts of the Bible. You still read the whole Bible, and I trust that this approach will be a blessing!

This is a portable and cheap booklet. You should plan to read it with a pen in hand – at least to tick off the passages as you read them, but also to scribble down notes, questions and inspirations you may have. This is not a document to keep looking pristine on the shelf – it's intended to get battered and dog-eared from everyday use. Hopefully, you'll get or print out a new one next year!

Studying the Bible

There's no point in reading the Bible if your goal is simply to 'get through the pages'. We want more than that: we want its story to become our story, its wisdom to become our wisdom, its path to become our path. I have three suggestions to help with this:

- Each month begins with a reflection on some of the material which will be covered that month. Our suggestion is that you read through this material at the start of each month, and then use it to help you think through some of what you read.
- This booklet is best printed single-sided. The blank reverse sides are for your own notes, questions and inspirations. If you run out of space, just grab more paper! The idea is to jot down your thoughts as you're reading, and then have something to talk over with others. As you'll see, I strongly recommend a group reflection time to go with your Bible reading. You may find, at first, that you have a bit of a blank after reading a

passage. If so, try asking yourself some of these questions:

- $\circ\,$ Who are the main characters, and what's going on in the passage?
- How does this fit into the overall story of salvation?
- What happened before? What happens after?
- Are there any words or concepts I'm not 100% sure about? Look them up.
- What sort of mood or emotion is in the passage?
- What can I pick up about the character of God in this passage?
- $\circ\,$ Is there something in me that finds this hard to accept or agree with? Why?
- Can I relate this to my own experience or a circumstance in my life at the moment?
- Why did the Holy Spirit preserve this particular piece of writing for thousands of years to bring to my eyes today?
- You'll find a copy of these questions at the back of the booklet, so that you can easily flip to them without losing your place.
- Each week also has a 'memory verse'. Learning these off-by-heart will help fix the shape and the details of the Bible in our minds. It's good to review all the memory verses so far often, at least weekly and maybe a few times per week.

The verses quoted in this book are from the English Standard Version (ESV). The ESV is an outstanding translation which is suitable for general reading and close study. However, we are blessed by many excellent English-language Bible versions, including the NIV, KJV, NLT and many others. Our strong advice is to choose one and stick to it; don't chop and change. This is not a trivial choice: paraphrases like The Message and the Amplified Bible are helpful, but they contain a large element of human interpretation – and we want to get as close to God's ideas as we can. The ideas of a theologian or a translator can be helpful, but not as much as the Word of God!

The ESV, NIV, NLT, KJV, NKJV, NASB, RSV and NRSV are all well-suited to regular reading and memorisation. The Message, CEV, Good News and Amplified Bibles – while very helpful – are probably best considered supporting materials. If you're in doubt, speak to your pastor, who should be able to help.

The complete text of the ESV is available online for free at http://about.esvbible.org/ - you can also listen online if you're not a great reader.

Group Reflection

God sets His Spirit on everyone who receives Jesus as Lord and Saviour. The Bible is clear that the Spirit gifts us for discipleship. We all receive different gifts, and we are gathered together as the Body of Christ so that we can complete the work of God's Kingdom. We cannot truly function as disciples of Jesus without being part of his Body, the church. This is true of understanding the Bible, too. The insight that one committed Christian has into Scripture is necessary limited compared to the insight that a group of committed disciples receives from the Spirit.

Accordingly, I reckon that it is important to reflect on the Bible together. I strongly urge you to do this – either gather a few friends who want to do this Bible Year thing together and meet weekly, or maybe set aside a portion of time from an existing church meeting. Bring the questions and notes you jot down in the 'Reflection' section – and share them fearlessly. Try to cultivate an atmosphere of openness, never ridicule a question or a particular interpretation – but recognised that we're all in this together, searching the mysteries of an unfathomable God by the power of His Spirit. Don't always assume that those who have been Christians longer or those who have theological training are automatically 'right': the Spirit teaches us all new things in God's Word as long as our hearts are open to be taught. Come together humbly, prayerfully, to be blessed by each other – it doesn't need to take long but could radically deepen the impact that Scripture has on us.

Memory Verses

Jesus quoted Scripture all the time; so did his disciples. Were they tapping into some supernatural Bible database that made this easy for them? No: they committed time to learning God's word, because it was important. Having Scripture memorised can help us leap forward in our own discipleship, growing in Christlikeness and being more effective in ministry. It can help us to see the world more clearly – in the light of God's Word – and live as God wants us to. Unfortunately, memorising texts is also something which is culturally foreign to us. So we find it hard, or we don't bother to try, and we think that people who actually seem to know a lot of Bible verses are some kind of spiritual superheroes.

Brothers and sisters, our Lord wants us all to be spiritual superheroes. He's given us the job of bringing his Kingdom to fruition amidst all the darkness of this broken world. We need the sharpest weapons to do it. I believe that any Christian can memorise Scripture; that while it may be hard at first it is a skill we can learn, and we will get better at it – and that God will honour our discipline and sweat as we try.

This book contains a very modest starting-point. Each month, a few verses from that week's reading have been chosen as the 'memory verses' for the month. The idea is that if you learn these verses, by the end of the year you'll be armed with some powerful weapons, and you will be growing in your ability to wield them.

How do you learn these verses? Some folk will find it really easy, maybe just reading them a few times. Other people might struggle – but the reality is that if we're determined, we can all manage it. Here are some suggestions for you:

- Read the verse out loud several times. Do this each day of the week, perhaps twice or three times a day. Don't forget to read out the reference you want to know the verse, and how to look it up!
- Write the verse and reference out several times, filling up both sides of an A4 sheet of paper.
- Write the verse out on flashcards. Build up a collection of flashcards and keep them with you to practice during the day.

A key to success here is revision. You'll see that at the beginning of each month in this book, there's a selection of verses for you to revise. Even when you've memorised a verse, if you refresh it in your mind it will be much more likely to 'stick'. In the revision section, you get the verse reference and the page number where the memory verse appears in this book (in case you're stuck!) For your convenience, there is also a list of all 52 memory verses in Bible order near the end of the book (page 156). Make sure that you get them 100% word-perfect; Scripture is important and we want to get it *right*!

Catching Up

Some of us are more disciplined than others. And sometimes we have seasons of life that are busier than others. For many who start this book, a time will come when you find yourself slipping behind a bit. While you should try to avoid this, don't beat yourself up if it happens – instead, make a plan to get back on track. Arrange a quiet day and work through a block of Scripture. Or read two days' worth each day for a while. Be careful, however, not to fall into the mindset of just 'getting through the material'. This is still God's word, and we are reading it not to put a tick into a box, but to see changed lives.

Whatever you do, don't give up! It only takes about 75 hours to read the whole Bible at a steady speaking pace; you can easily catch up. Recommit yourself to reading the whole of God's Word this year, and go for it!

Copies

You can generate free, up-to-date PDFs of this booklet for home printing by visiting the Milestone Christian Fellowship website (http://www.milestonegirvan.org). Go to the 'Bible' section and follow the instructions. Feel free to help yourself each year, and to make copies to

share with friends!

May 2025

This month sees us begin working through the Proverbs, a collection of wisdom sayings primarily from Solomon, David's son, but also from a number of other notable ancients, written and compiled under the inspiration of the Holy Spirit. The book contains a collection of punchy, quotable and often familiar statements – but most often each little statement stands on its own, not necessarily bound by theme or structure to the preceding or following proverbs.

How do these proverbs function? It's best to understand them as stating how things generally are in God's economy, rather than making specific promises. For example, there are many proverbs stating that wealth and success belong to the wise and hard-working. While this is generally the way things work, it is not necessarily a specific promise: we all know of wise, hard-working folk who have fallen on hard times – in the Bible the story of Job is the obvious example, but the lives of the Apostles – and even Jesus – indicate quite clearly that in a broken world, the general wisdom of Proverbs does not necessarily make specific promises about how life will be for us. Nevertheless, if the proverbs describe an ideal world, in some sense they tell us about Jesus' coming kingdom – and that makes them words to live by!

Sometimes we need to do a little thinking and pondering to glean the power of a proverb. For example, Proverbs 14:4 says, "Where there are no oxen, the manger is clean, but abundant crops come by the strength of the ox." There's more to this than a handy tip for would-be farmers. With lots of oxen jostling each other, the proverb says, things get messy – but that very mess brings a powerful harvest. Pondering this one, I found myself thinking of the church: if there were no sinners (oxen) in the church, the sanctuary (manger) would be clean – but praise be to God that we are all in the church, messy, sinful oxen that we are – because the life of the church and the harvest of the kingdom come through the very oxen which make a mess of our church mangers!

It's very easy to just "push through" these long lists of sayings, but I'd encourage you to take one from your reading each day, maybe one which seems weird or hard to understand, and chew it over for the day – after all, "blessed is the one who finds wisdom, and the one who gets understanding, for the gain from her is better than gain from silver and her profit better than gold!" *Proverbs 3:13-14*

Suggested Memory Verses

- And then they will see the Son of Man coming in a cloud with power and great glory. Now when these things begin to take place, straighten up and raise your heads, because your redemption is drawing near. Luke 21:27-28Let everything that has breath praise the Lord! Praise the Lord! Psalm 150:6
- In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. John 1:1-2
- Hear, O Israel: The Lord our God, the Lord is one. You shall love the Lord your God with all your heart and with all your soul and with all your might. Deuteronomy 6:4-5

May 20	May 2025			
Date	History	Writings	New Testament	
01/05/25	Genesis 1:1 - 2:3	Job 1:1 - 2:10	Matthew 1:1-25	
02/05/25	Genesis 2:4 - 3:24	Job 2:11 - 3:26	Matthew 2:1 - 2:23	
03/05/25	Genesis 4:1 - 5:32	Job 4:1 - 5:27	Matthew 3:1 - 4:11	
04/05/25				
05/05/25	Genesis 6:1 - 7:5	Job 6:1 - 6:30	Matthew 4:12 - 5:12	
06/05/25	Genesis 7:6 - 8:19	Job 7:1-21	Matthew 5:13-37	
07/05/25	Genesis 8:20 - 9:29	Job 8:1 - 9:35	Matthew 5:38 - 6:15	
08/05/25	Genesis 10:1 - 11:26	Job 10:1-22	Matthew 6:16 - 7:6	
09/05/25	Genesis 11:27 - 13:18	Job 11:1 - 11:20	Matthew 7:7 - 8:4	
10/05/25	Genesis 14:1 - 15:21	Job 12:1 - 13:28	Matthew 8:5-34	
11/05/25				
12/05/25	Genesis 16:1 - 17:14	Job 14:1-22	Matthew 9:1 - 9:17	
13/05/25	Genesis 17:15 - 18:33	Job 15:1-35	Matthew 9:18 - 10:4	
14/05/25	Genesis 19:1-38	Job 16:1-22	Matthew 10:5-33	
15/05/25	Genesis 20:1 - 21:21	Job 17:1 - 18:21	Matthew 10:34 - 11:19	
16/05/25	Genesis 21:22 - 22:24	Job 19:1-29	Matthew 11:20 - 12:21	
17/05/25	Genesis 23:1 - 24:28	Job 20:1-29	Matthew 12:22-37	
18/05/25				
19/05/25	Genesis 24:29-67	Job 21:1-34	Matthew 12:38 - 13:17	
20/05/25	Genesis 25:1-34	Job 22:1 - 23:17	Matthew 13:18-43	
21/05/25	Genesis 26:1-35	Job 24:1-25	Matthew 13:44-58	
22/05/25	Genesis 27:1 - 28:9	Job 25:1 - 27:23	Matthew 14:1-36	
23/05/25	Genesis 28:10 - 29:35	Job 28:1 - 28:28	Matthew 15:1-20	
24/05/25	Genesis 30:1-43	Job 29:1-25	Matthew 15:21 - 16:12	
25/05/25				
26/05/25	Genesis 31:1-35	Job 30:1-31	Matthew 16:13-28	
27/05/25	Genesis 31:36 - 32:21	Job 31:1-40	Matthew 17:1-27	
28/05/25	Genesis 32:22 - 33:20	Job 32:1-22	Matthew 18:1-35	
29/05/25	Genesis 34:1 - 35:15	Job 33:1-33	Matthew 19:1-15	
30/05/25	Genesis 35:16 - 36:30	Job 34:1-37	Matthew 19:16 - 20:19	
31/05/25	Genesis 36:31 - 37:36	Job 35:1 - 36:33	Matthew 20:20 - 21:11	

June 2025

We roar through a lot of endings and beginnings this month! This month, we finish the book of Deuteronomy, thus ending the Pentateuch, the first five books of the Bible written by Moses. We plunge into Joshua, a book of pacy narrative which will launch us headlong into Judges next month. We also finish Proverbs, cover the entire books of Ecclesiastes and the Song of Solomon, and dive into the great book of Isaiah. In the New Testament, we finish John's Gospel, completing the Gospels and beginning Acts, Luke's history of the early Church. We're into action-packed territory now!

Of all these books, we might struggle with Ecclesiastes the most. When a book begins by describing everything as 'vanity' or 'utterly meaningless', you might suspect it won't have the most positive outlook on life. And indeed, as you work through the book which is usually ascribed to Solomon, almost all human effort is regarded as meaningless in the light of a God whose plans and purposes are beyond even the wisest and most accomplished of men. Having disposed of hard toil, living for pleasure and living wisely as all meaningless in the light of death that comes to all, the Preacher is left wondering what is left. The book closes with his conclusion (12:13): "The end of the matter; all has been heard. Fear God and keep his commandments, for this is the whole duty of man."

Even for followers of Jesus, it is tempting to pack our lives full of work, of entertainment, of hobbies, of church, of busyness – and having crammed our lives, to find ourselves on the endless treadmill of trying to keep up with all these obligations we've made for ourselves. But many of the things we hold onto as important in our lives, the Preacher would (rightly!) dismiss as vanity. Let's search our lives again, and make a new commitment to let the one true duty of man shape our diaries: to fear God and keep his commandments.

Suggested Memory Verses

- Train up a child in the way he should go; even when he is old he will not depart from it. *Proverbs 22:6*
- I am the good shepherd. I know my own and my own know me, just as the Father knows me and I know the Father; and I lay down my life for the sheep. *John 10:14-15*
- Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me." John 14:6
- Behold, you are beautiful, my love, behold, you are beautiful! Your eyes are doves behind your veil. Your hair is like a flock of goats leaping down the slopes of Gilead. *Song of Songs 4:1*
- And there is salvation in no one else, for there is no other name under heaven given among men by which we must be saved. *Acts 4:12*

June 20	25		
Date	History	Writings	New Testament
01/06/25			
02/06/25	Genesis 38:1-30	Job 37:1-24	Matthew 21:12-32
03/06/25	Genesis 39:1 - 40:23	Job 38:1-41	Matthew 21:33 - 22:14
04/06/25	Genesis 41:1-36	Job 39:1-30	Matthew 22:15-46
05/06/25	Genesis 41:37 - 42:25	Job 40:1-24	Matthew 23:1-39
06/06/25	Genesis 42:26 - 43:25	Job 41:1-34	Matthew 24:1-14
07/06/25	Genesis 43:26 - 44:34	Job 42:1-17	Matthew 24:15-35
08/06/25			
09/06/25	Genesis 45:1 - 46:15	Psalms 1:1 - 5:12	Matthew 24:36 - 25:13
10/06/25	Genesis 46:16 - 47:22	Psalms 6:1 - 8:9	Matthew 25:14-30
11/06/25	Genesis 47:23 - 48:22	Psalms 9:1 - 10:18	Matthew 25:31 - 26:5
12/06/25	Genesis 49:1 - 50:26	Psalms 11:1 - 14:7	Matthew 26:6-35
13/06/25	Exodus 1:1 - 2:10	Psalms 15:1 - 17:15	Matthew 26:36-56
14/06/25	Exodus 2:11 - 3:22	Psalms 18:1-50	Matthew 26:57 - 27:10
15/06/25			
16/06/25	Exodus 4:1 - 5:23	Psalms 19:1 - 20:9	Matthew 27:11-31
17/06/25	Exodus 6:1 - 7:13	Psalms 21:1 - 22:31	Matthew 27:32-56
18/06/25	Exodus 7:14 - 8:19	Psalms 23:1 - 24:10	Matthew 27:57 - 28:20
19/06/25	Exodus 8:20 - 9:35	Psalms 25:1 - 26:12	Mark 1:1-28
20/06/25	Exodus 10:1-29	Psalms 27:1 - 29:11	Mark 1:29-45
21/06/25	Exodus 11:1 - 12:32	Psalms 30:1 - 31:24	Mark 2:1-28
22/06/25			
23/06/25	Exodus 12:33 - 13:22	Psalms 32:1 - 33:22	Mark 3:1-35
24/06/25	Exodus 14:1 - 15:21	Psalms 34:1-22	Mark 4:1-20
25/06/25	Exodus 15:22 - 16:36	Psalms 35:1 - 36:12	Mark 4:21-41
26/06/25	Exodus 17:1 - 18:27	Psalms 37:1-40	Mark 5:1-20
27/06/25	Exodus 19:1-25	Psalms 38:1-22	Mark 5:21-43
28/06/25	Exodus 20:1 - 21:36	Psalms 39:1 - 40:17	Mark 6:1-44
29/06/25			
30/06/25	Exodus 22:1-31	Psalms 41:1 - 43:5	Mark 6:45 - 7:13

July 2025

Some amazing Scripture for us this month – the Israel so faithful through the book of Joshua now finds itself on a downward spiral into idolatry and wickedness through the Judges; wild signs and prophecies in Isaiah, including some remarkable descriptions of the Christ which are so specific and accurate you have to keep reminding yourself Isaiah was writing 700 years before Jesus' birth! The pacy narrative of Acts continues to unfold, with the conversion of Saul triggering the massive spread of the Gospel. But just before that, we find (Acts 8) the account of the Ethiopean eunoch, struggling to understand the things of the Lord (struggling with the very passage we'll read on the 26th!). Philip comes and clears things up, and immediately the Ethiopean says, "See, here is water! What prevents me from being baptized?" As the Ethiopean receives Jesus, his desire is to follow him in baptism – the mark of a faithful, obedient disciple.

In our discipleship, that same question is pertinent. When the Lord reveals a new calling to us, we should ask "What prevents me...?" For the Ethiopean, it might have been his dignity, his foreign identity, or the importance of his office. But faithful obedience to Jesus sets all these aside: whatever prevents is simply dismissed, and he enters the water. What prevents that new calling Jesus has laid on your heart? Are you embarrassed? Worried what people will think? Don't think you have what it takes? Don't want to give up the money or the time it would need? Don't want to seem to putting yourself forward? There are hundreds of little things that can hold us back from following Jesus. Why not ask "what prevents me...?" - and when you have the answer, push it aside, and with the Ethiopean, plunge headlong into following Jesus!

Suggested Memory Verses

- And if it is evil in your eyes to serve the Lord, choose this day whom you will serve, whether the gods your fathers served in the region beyond the River, or the gods of the Amorites in whose land you dwell. But as for me and my house, we will serve the Lord. *Joshua 24:15*
- To him all the prophets bear witness that everyone who believes in him receives forgiveness of sins through his name. *Acts* 10:43
- The grass withers, the flower fades, but the word of our God will stand forever. *Isaiah* 40:8
- All we like sheep have gone astray; we have turned every one to his own way; and the Lord has laid on him the iniquity of us all. *Isaiah 53:6*

July 202	July 2025			
Date	History	Writings	New Testament	
01/07/25	Exodus 23:1-33	Psalms 44:1 - 45:17	Mark 7:14-37	
02/07/25	Exodus 24:1 - 25:30	Psalms 46:1 - 48:14	Mark 8:1-21	
03/07/25	Exodus 25:31 - 26:37	Psalms 49:1 - 50:23	Mark 8:22 - 9:13	
04/07/25	Exodus 27:1 - 28:14	Psalms 51:1-19	Mark 9:14-37	
05/07/25	Exodus 28:15 - 29:14	Psalms 52:1 - 55:23	Mark 9:38 - 10:10	
06/07/25				
07/07/25	Exodus 29:15 - 30:10	Psalms 56:1 - 57:11	Mark 10:11-34	
08/07/25	Exodus 30:11 - 31:18	Psalms 58:1 - 59:17	Mark 10:35 - 11:11	
09/07/25	Exodus 32:1-35	Psalms 60:1 - 62:12	Mark 11:12-33	
10/07/25	Exodus 33:1 - 34:28	Psalms 63:1 - 65:13	Mark 12:1-27	
11/07/25	Exodus 34:29 - 35:29	Psalms 66:1 - 67:7	Mark 12:28-44	
12/07/25	Exodus 35:30 - 36:30	Psalms 68:1-35	Mark 13:1-37	
13/07/25				
14/07/25	Exodus 36:31 - 38:7	Psalms 69:1 - 70:5	Mark 14:1-21	
15/07/25	Exodus 38:8 - 39:21	Psalms 71:1 - 72:20	Mark 14:22-50	
16/07/25	Exodus 39:22 - 40:15	Psalms 73:1-28	Mark 14:51-72	
17/07/25	Exodus 40:16-38	Psalms 74:1-23	Mark 15:1-32	
18/07/25	Leviticus 1:1 - 3:17	Psalms 75:1 - 77:20	Mark 15:33-47	
19/07/25	Leviticus 4:1 - 5:13	Psalms 78:1-72	Mark 16:1-20	
20/07/25				
21/07/25	Leviticus 5:14 - 6:30	Psalms 79:1-13	Luke 1:1-38	
22/07/25	Leviticus 7:1-38	Psalms 80:1-19	Luke 1:39-66	
23/07/25	Leviticus 8:1 - 9:14	Psalms 81:1 - 82:8	Luke 1:67-80	
24/07/25	Leviticus 9:15 - 11:12	Psalms 83:1 - 84:12	Luke 2:1-38	
25/07/25	Leviticus 11:13-47	Psalms 85:1 - 87:7	Luke 2:39-52	
26/07/25	Leviticus 12:1 - 13:39	Psalms 88:1-18	Luke 3:1-38	
27/07/25				
28/07/25	Leviticus 13:40 - 14:32	Psalms 89:1-52	Luke 4:1-30	
29/07/25	Leviticus 14:33-57	Psalms 90:1 - 91:16	Luke 4:31-44	
30/07/25	Leviticus 15:1 - 16:14	Psalms 92:1 - 93:5	Luke 5:1-26	
31/07/25	Leviticus 16:15 - 17:16	Psalms 94:1 - 95:11	Luke 5:27 - 6:16	

August 2025

August brings us another intense month in the Bible! In our historical reading we get into the harrowing, painful and yet hope-filled story of David, the "man after God's own heart". In the Writings and Prophets we get into Jeremiah, one of the longest books in the Bible – and quite a tough book to follow as God warns, judges and ultimately smashes Israel, all as part of His amazing plan to restore the purity of their worship. In the New Testament we finish the history of the early Church in Acts, and work through the whole of the mighty book of Romans before beginning Paul's first letter to the struggling church in Corinth.

Romans lays out God's plan of salvation and new righteousness for men and women in Jesus. But it isn't simply theological propositions – we catch a glimpse of Paul the man as well. In Romans 7 we find that very personal cry of Paul's:

So I find it to be a law that when I want to do right, evil lies close at hand. For I delight in the law of God, in my inner being, but I see in my members another law waging war against the law of my mind and making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will deliver me from this body of death? Thanks be to God through Jesus Christ our Lord!

It's easy to feel the force of Paul's distress. We all find ourselves in that position: hating our sin, longing to be pure and perfect, yet – when we're honest with ourselves – recognising that we face an ongoing battle with our old natures. For all the anguish in Paul's words, it is tremendously encouraging to us – when we find ourselves filled with remorse for something we've done, loathing our own "bodies of death", we can remember with Paul that there is one who delivers us: Jesus Christ our Lord!

Suggested Memory Verses

- Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke? *Isaiah 58:6*
- For this people's heart has grown dull, and with their ears they can barely hear, and their eyes they have closed; lest they should see with their eyes and hear with their ears and understand with their heart and turn, and I would heal them. *Acts 28:27*
- The Spirit himself bears witness with our spirit that we are children of God, and if children, then heirs—heirs of God and fellow heirs with Christ, provided we suffer with him in order that we may also be glorified with him. *Romans 8:16-17*
- Then King David went in and sat before the Lord and said, "Who am I, O Lord God, and what is my house, that you have brought me thus far?" 2 Samuel 7:18
- For I know the plans I have for you, declares the Lord, plans for wholeness and not for evil, to give you a future and a hope. *Jeremiah 29:11*

August	2025		
Date	History	Writings	New Testament
01/08/25	Leviticus 18:1 - 19:17	Psalms 96:1 - 98:9	Luke 6:17-36
02/08/25	Leviticus 19:18 - 20:21	Psalms 99:1 - 102:28	Luke 6:37 - 7:17
03/08/25			
04/08/25	Leviticus 20:22 - 22:16	Psalms 103:1-22	Luke 7:18-35
05/08/25	Leviticus 22:17 - 23:22	Psalms 104:1-35	Luke 7:26 - 8:18
06/08/25	Leviticus 23:23 - 24:16	Psalms 105:1-45	Luke 8:19-39
07/08/25	Leviticus 24:17 - 25:34	Psalms 106:1-48	Luke 8:40 - 9:9
08/08/25	Leviticus 25:35 - 26:13	Psalms 107:1-43	Luke 9:10-36
09/08/25	Leviticus 26:14-46	Psalms 108:1-13	Luke 9:37-62
10/08/25			
11/08/25	Leviticus 27:1-34	Psalms 109:1-31	Luke 10:1-24
12/08/25	Numbers 1:1-54	Psalms 110:1 - 111:10	Luke 10:25 - 11:13
13/08/25	Numbers 2:1 - 3:4	Psalms 112:1 - 115:18	Luke 11:14-36
14/08/25	Numbers 3:5-51	Psalms 116:1-19	Luke 11:37 - 12:12
15/08/25	Numbers 4:1-49	Psalms 117:1 - 118:29	Luke 12:13-48
16/08/25	Numbers 5:1-31	Psalms 119:1-40	Luke 12:49 - 13:9
17/08/25			
18/08/25	Numbers 6:1-27	Psalms 119:41-72	Luke 13:10-35
19/08/25	Numbers 7:1-89	Psalms 119:73-88	Luke 14:1-11
20/08/25	Numbers 8:1-26	Psalms 119:89-128	Luke 14:12-15:7
21/08/25	Numbers 9:1 - 10:10	Psalms 119:129-160	Luke 15:8-32
22/08/25	Numbers 10:11 - 11:15	Psalms 119:161-176	Luke 16:1-31
23/08/25	Numbers 11:16 - 12:16	Psalms 120:1 - 126:6	Luke 17:1-19
24/08/25			
25/08/25	Numbers 13:1 - 14:19	Psalms 127:1 - 132:18	Luke 17:20 - 18:8
26/08/25	Numbers 14:20 - 15:21	Psalms 133:1 - 135:21	Luke 18:9-34
27/08/25	Numbers 15:22 - 16:11	Psalms 136:1 - 137:9	Luke 18:35 - 19:27
28/08/25	Numbers 16:12-50	Psalms 138:1 - 139:24	Luke 19:28-47
29/08/25	Numbers 17:1 - 18:32	Psalms 140:1 - 142:7	Luke 20:1-18
30/08/25	Numbers 19:1 - 20:21	Psalms 143:1 - 144:15	Luke 20:19-47
31/08/25			

September 2025

This month brings us to a world of trouble. In our historical readings, David dies after trouble about the succession. Solomon makes a good start, but gets distracted by sex, wealth and power and falls into idolatry. The kingdom is divided, and takes on deepening patterns of wickedness. Over in the Prophets, we're reading in Jeremiah of what this wickedness will ultimately bring – the destruction of a nation. And then we feel the pain of Jeremiah's own heart at what happens to his people as we read through Lamentations. In the New Testament, Paul has to write to the Corinthians to straighten out all sorts of problems.

In 1 Kings 15 we read these words: "Nadab the son of Jeroboam began to reign over Israel in the second year of Asa king of Judah, and he reigned over Israel two years. He did what was evil in the sight of the Lord and walked in the way of his father, and in his sin which he made Israel to sin." Of course, Nadab is not the only evil king. The books of the kings become almost a litany of evil, with just occasional gracenotes lightening the horror. The most surprising thing is the great patience God exercises – giving them every chance before judgement becomes necessary. And even then he does not completely destroy: he keeps for himself a remnant, promises homecoming even as he warns of exile. In the New Testament, the Corinthians have made a mess of their church, but the Spirit is still working to put things right.

As you read these fearful words of Scripture, you may find yourself thinking of them as if spoken over our own country. We have reached a point, now, where generation after generation of us walk in the ways of our fathers – turning away from God. But God's forbearance is remarkable. Not alone one Nathan or one Jeremiah or one Ezekiel or one Paul does he send, but a whole community of prophetic witness: the Church. God has called us to Himself in the midst of the darkness for a time like this – so that we would speak with His voice, that our words and our deeds would say 'no!' to the wickedness of our day. But not only a word of judgement: our life together, even here in Girvan, is meant to say a resounding 'yes!' to the possibility of new life, of new creation, of death turned to life – our shared life as the Church in Girvan is to show a nation of exiles from God how to find their way back to the land of promise. Jesus is the only one who can offer hope to Girvan – and he has chosen our tongues, our minds, our bodies to do it!

Suggested Memory Verses

- For I received from the Lord what I also delivered to you, that the Lord Jesus on the night when he was betrayed took bread, and when he had given thanks, he broke it, and said, "This is my body which is for you. Do this in remembrance of me." In the same way also he took the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes. *1 Corinthians 11:23-26*
- If all were a single member, where would the body be? As it is, there are many parts, yet one body. *1 Corinthians 12:19-20*
- Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. *2 Corinthians 5:17*
- The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness. *Lamentations 3:22-23*

		2025
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	iber 2025		
			New Testament
01/09/25	Numbers 20:22 - 21:30	Psalms 145:1 - 146:10	Luke 21:1-24
02/09/25	Numbers 21:31 - 22:35	Psalms 147:1 - 148:14	Luke 21:25-38
03/09/25	Numbers 22:36 - 23:30	Psalms 149:1 - 150:6	Luke 22:1-34
04/09/25	Numbers 24:1 - 25:18	Proverbs 1:1 - 2:22	Luke 22:35-62
05/09/25	Numbers 26:1-51	Proverbs 3:1-35	Luke 22:63 - 23:16
06/09/25	Numbers 26:52 - 27:23	Proverbs 4:1-27	Luke 23:17-43
07/09/25			
08/09/25	Numbers 28:1 - 29:11	Proverbs 5:1 - 6:19	Luke 23:44 - 24:12
09/09/25	Numbers 29:12 - 30:16	Proverbs 6:20 - 7:27	Luke 24:13-35
10/09/25	Numbers 31:1-41	Proverbs 8:1-22	Luke 24:36-53
11/09/25	Numbers 31:42 - 32:27	Proverbs 8:23 - 9:18	John 1:1-34
12/09/25	Numbers 32:28 - 33:37	Proverbs 10:1-32	John 1:35 - 2:12
13/09/25	Numbers 33:38 - 34:15	Proverbs 11:1-31	John 2:13-25
14/09/25			
15/09/25	Numbers 34:16 - 35:21	Proverbs 12:1 - 13:8	John 3:1-21
16/09/25	Numbers 35:22 - 36:13	Proverbs 13:9 - 14:16	John 3:22-4:30
17/09/25	Deuteronomy 1:1 - 2:15	Proverbs 14:17 - 15:15	John 4:31-54
18/09/25	Deuteronomy 2:16 - 3:22	Proverbs 15:16 - 16:13	John 5:1-18
19/09/25	Deuteronomy 3:23 - 4:24	Proverbs 16:14 - 17:13	John 5:18-47
20/09/25	Deuteronomy 4:25 - 5:27	Proverbs 17:14 - 18:18	John 6:1-24
21/09/25			
22/09/25	Deuteronomy 5:28 - 6:25	Proverbs 18:19 - 19:29	John 6:25-59
23/09/25	Deuteronomy 7:1 - 8:20	Proverbs 20:1-30	John 6:60-71
24/09/25	Deuteronomy 9:1 - 10:11	Proverbs 21:1-31	John 7:1-31
25/09/25	Deuteronomy 10:12 - 11:32	Proverbs 22:1-29	John 7:32-8:11
26/09/25	Deuteronomy 12:1 - 13:11	Proverbs 23:1-35	John 8:12-30
27/09/25	Deuteronomy 13:12 - 14:29	Proverbs 24:1-34	John 8:31-59
28/09/25			
29/09/25	Deuteronomy 15:1 - 16:22	Proverbs 25:1-28	John 9:1-17
30/09/25	Deuteronomy 17:1 - 18:22	Proverbs 26:1 - 27:14	John 9:18-41

October 2025

This month seems to bring us into murky waters. In the books of the Kings and Chronicles, there is a litany of increasingly-evil kings. Our readings in Ezekiel start with the Lord's wrath, cover idolatry and God's abandoning the temple, captivity and false prophets, rebellion and bloodshed. Even in the New Testament, we have false teachers. How can God's people stand faithfully against such mighty opposition?

In II Kings 6:8-23 we read a story of Elisha. Ben-Hadad, king of Syria, was warring against Israel, but Elisha's divine intelligence kept frustrating his plans. So, on hearing that Elisha has come to Dothan, Ben-Hadad sends a huge army – to crush the entire city, just to get at Elisha. Elisha's servant gets up early one morning to see the city surrounded by a vast army with horses and chariots – powerful military technology! His despair is clear in v15: "Alas, my master! What shall we do?" But Elisha just prays for the servant&'s eyes to be opened – and the young man sees, for the first time, the way things really are. The mountain is full of horses and chariots of fire, surrounding Elisha. Ben-Hadad's army is nothing by comparison.

When the Syrians attack, Elisha prays – and they army is struck with blindness. And Elisha leads the enemy army away to Samaria, the capital city. There, surrounded by the forces of Israel, Israel's king asks if he can strike them down. No, says Elisha: instead they prepare a feast and send them back to Ben-Hadad. Why so lenient? Because, like toddlers assaulting the Parachute Regiment, there was never any threat.

If we allow our eyes to close to the reality of God's power, the enemies around us can seem overwhelming. How can we change Girvan in the face of unemployment, materialism, atheism, selfishness and all the rest? O Lord, please open our eyes that we may see that those with us are far greater than those against.

Suggested Memory Verses

- I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me. *Galatians 2:20*
- There is one body and one Spirit—just as you were called to the one hope that belongs to your call— one Lord, one faith, one baptism, one God and Father of all, who is over all and through all and in all. *Ephesians 4:4-6*
- But whatever gain I had, I counted as loss for the sake of Christ. Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ. *Philippians 3:7-8*
- Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person. *Colossians 4:6*

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Date F			
			New Testament
01/10/25	Deuteronomy 19:1 - 20:20	Proverbs 27:15 - 28:28	John 10:1 - 39
02/10/25	Deuteronomy 21:1 - 22:12	Proverbs 29:1-27	John 10:40 - 11:16
	Deuteronomy 22:13 - 23:25	Proverbs 30:1-33	John 11:17-44
04/10/25	Deuteronomy 24:1 - 25:19	Proverbs 31:1-31	John 11:45 - 12:8
05/10/25			
06/10/25	Deuteronomy 26:1 - 27:26	Ecclesiastes 1:1-18	John 12:9-35
07/10/25	Deuteronomy 28:1-35	Ecclesiastes 2:1 - 3:22	John 12:36-50
08/10/25	Deuteronomy 28:36-69	Ecclesiastes 4:1 - 5:20	John 13:1-38
09/10/25	Deuteronomy 29:1 - 30:20	Ecclesiastes 6:1 - 7:29	John 14:1-31
10/10/25	Deuteronomy 31:1-29	Ecclesiastes 8:1-17	John 15:1-17
	Deuteronomy 31:30 - 32:52	Ecclesiastes 9:1 - 10:20	John 15:18 - 16:15
12/10/25			
13/10/25	Deuteronomy 33:1 - 34:12	Ecclesiastes 11:1 - 12:14	John 16:16-33
14/10/25	Joshua 1:1 - 2:24	Song of Songs 1:1 - 2:17	John 17:1-26
15/10/25	Joshua 3:1 - 4:24	Song of Songs 3:1 - 5:9	John 18:1-40
16/10/25	Joshua 5:1 - 6:27	Song of Songs 5:10 - 7:13	John 19:1-27
17/10/25	Joshua 7:1 - 8:29	Song of Songs 8:1-14	John 19:28-42
18/10/25	Joshua 8:30 - 9:27	Isaiah 1:1 - 2:22	John 20:1-31
19/10/25			
20/10/25	Joshua 10:1-43	Isaiah 3:1 - 4:6	John 21:1-25
21/10/25	Joshua 11:1 - 12:24	Isaiah 5:1-30	Acts 1:1-26
22/10/25	Joshua 13:1-33	Isaiah 6:1 - 7:25	Acts 2:1-21
23/10/25	Joshua 14:1 - 15:19	Isaiah 8:1 - 9:21	Acts 2:22-47
24/10/25	Joshua 15:20-63	Isaiah 10:1-34	Acts 3:1-26
25/10/25	Joshua 16:1 - 18:28	lsaiah 11:1 - 12:6	Acts 4:1-22
26/10/25			
27/10/25	Joshua 19:1-39	Isaiah 13:1-22	Acts 4:23 - 5:11
28/10/25	Joshua 19:40 - 21:12	lsaiah 14:1 - 15:9	Acts 5:12-42
29/10/25	Joshua 21:13 - 22:9	lsaiah 16:1 - 18:7	Acts 6:1 - 7:8
30/10/25	Joshua 22:10 - 23:16	lsaiah 19:1 - 20:6	Acts 7:9-34
31/10/25	Joshua 24:1-33	Isaiah 21:1 - 22:25	Acts 7:35-60

November 2025

It's easy to think of church as an "optional extra". Discipleship, we might say, is about a personal relationship with Jesus, and that is mainly about my quiet time, praying and reading the Bible, worshipping on my own, and serving the Lord. Church is a great boost, but not as essential as personal devotions in following Jesus.

This idea fits nicely with our contemporary Western way of thinking, which is very much about the individual and sculpting our lives to suit us. In Hebrews 10, which we'll read on the 16th, the writer considers Jesus' once-for-all sacrifice, which secures the forgiveness of our sins and a new covenant. Verse 19 follows with a therefore... but the "therefore" is not about personal discipleship. Oh, it's about discipleship, but a discipleship that's full of "us" and "we". Verse 24-25 puts it bluntly: "And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near."

Hebrews 10 just keeps on coming, though: verse 26 and forward explains that if we go on sinning deliberately, there remains nothing but a "fearful expectation of judgement" (v27). Here's the problem with our hyperfocus on "personal" discipleship: if we do our discipleship on our own, when temptation comes we may well fail on our own. If we do our discipleship shared with our brothers and sisters in Christ, when temptation comes the strength of others will bear us through. And we, in our turn, may bear another through.

We are not strong enough to be Christians on our own. Jesus never intended us to be Christians on our own. He's gathered us into his body, one of many parts working together in harmony. He has given us to the church, and the church to us, because he knows that it is a crucial part of what we need to survive in faith, never profaning the blood of the covenant (v29) or throwing away our confidence (v35). We need endurance, says v36, because the day of Jesus is coming – and endurance comes from sharing life with our brothers and sisters, from stirring one another up, encouraging each other and serving each other.

Church is no "optional extra" when it comes to discipleship. Church is the very thing that keeps us going when we begin to struggle – and which can keep us ready, day by day for as long as it takes, for the Day of Christ's appearing.

Suggested Memory Verses

- The saying is trustworthy and deserving of full acceptance, that Christ Jesus came into the world to save sinners, of whom I am the foremost. *1 Timothy 1:15*
- All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be competent, equipped for every good work. *2 Timothy 3:16-17*
- And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near. *Hebrews* 10:24-25
- And to him was given dominion and glory and a kingdom, that all peoples, nations, and languages should serve him; his dominion is an everlasting dominion, which shall not pass away, and his kingdom one that shall not be destroyed. *Daniel 7:14*
- Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise. Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. *James 5:13-14*

November 2025			
Date	History	Writings	New Testament
01/11/25	Judges 1:1 - 2:10	Isaiah 23:1 - 24:23	Acts 8:1-25
02/11/25			
03/11/25	Judges 2:11 - 3:31	Isaiah 25:1-12	Acts 8:26 - 9:9
04/11/25	Judges 4:1 - 5:31	Isaiah 26:1 - 27:13	Acts 9:10-35
05/11/25	Judges 6:1-27	Isaiah 28:1-29	Acts 9:36 - 10:33
06/11/25	Judges 6:28 - 7:25	Isaiah 29:1 - 30:33	Acts 10:34-48
07/11/25	Judges 8:1 - 9:21	lsaiah 31:1 - 32:8	Acts 11:1-30
08/11/25	Judges 9:22-57	lsaiah 32:9 - 33:24	Acts 12:1-19
09/11/25			
10/11/25	Judges 10:1 - 11:28	lsaiah 34:1 - 35:10	Acts 12:20 - 13:12
11/11/25	Judges 11:29 - 12:15	lsaiah 36:1 - 37:13	Acts 13:13-52
12/11/25	Judges 13:1 - 14:20	lsaiah 37:14 - 38:22	Acts 14:1-18
13/11/25	Judges 15:1 - 16:22	lsaiah 39:1 - 40:31	Acts 14:19 - 15:21
14/11/25	Judges 16:23 - 18:31	lsaiah 41:1-29	Acts 15:22-41
15/11/25	Judges 19:1-30	lsaiah 42:1-25	Acts 16:1-24
16/11/25			
17/11/25	Judges 20:1-48	lsaiah 43:1-28	Acts 16:25-40
18/11/25	Judges 21:1-25	lsaiah 44:1-28	Acts 17:1-34
19/11/25	Ruth 1:1 - 2:23	lsaiah 45:1 - 46:13	Acts 18:1-28
20/11/25	Ruth 3:1 - 4:22	lsaiah 47:1 - 48:22	Acts 19:1-20
21/11/25	1 Samuel 1:1 - 2:21	lsaiah 49:1-26	Acts 19:21 - 20:6
22/11/25	1 Samuel 2:22 - 3:21	lsaiah 50:1 - 51:23	Acts 20:7-38
23/11/25			
24/11/25	1 Samuel 4:1 - 6:21	lsaiah 52:1 - 53:12	Acts 21:1-16
25/11/25	1 Samuel 7:1 - 8:18	lsaiah 54:1 - 56:12	Acts 21:17 - 22:1
26/11/25	1 Samuel 8:19 - 9:27	lsaiah 57:1 - 58:14	Acts 22:2-30
27/11/25	1 Samuel 10:1 - 11:15	lsaiah 59:1-21	Acts 23:1-35
28/11/25	1 Samuel 12:1 - 13:23	lsaiah 60:1 - 62:12	Acts 24:1-21
29/11/25	1 Samuel 14:1-46	lsaiah 63:1 - 64:12	Acts 24:22 - 25:12
30/11/25			

December 2025

December brings us Christmas. The shops are already festive, the Christmas hits of yore are already sounding ragged. But that's not what it's about: Christmas is about incarnation, God-made-flesh, a Saviour become meat and bones, just like us.

The traditional Christmas readings are back in the Gospels, but we do have some incarnation Scripture this month. On the 5th, our New Testament reading starts with these words:

That which was from the beginning, which we have heard, which we have seen with our eyes, which we looked upon and have touched with our hands, concerning the word of life— the life was made manifest, and we have seen it, and testify to it and proclaim to you the eternal life, which was with the Father and was made manifest to us— that which we have seen and heard we proclaim also to you, so that you too may have fellowship with us; and indeed our fellowship is with the Father and with his Son Jesus Christ.

The word of life, made manifest, made real to us – our salvation revealed to us, and proclaimed to us, and proclaimed by us in turn: Jesus Christ, the babe of Bethlehem.

Lucky we find a Christmassy reading in our month's texts, right? Well... if Christmas is about the incarnation, and the incarnation is about our salvation revealed in Christ, there's a lot of other Christmassy texts we could choose this month. Micah 5 contains the prophecy of a ruler to be born in Bethlehem, following on the heels of the promise that God Himself would rescue his people. Joel 2 tells of the day of the Lord's coming; Amos 5 urges the people to seek the Lord and live. In Esther, we read of a young woman willing to give up her life if necessary to save her people – surely a Christmas theme. Even in 2 Chronicles 32:20 we have God sending one of His own to deliver his people. The incarnation – Christmas – seems to be all over our readings this month!

This is not a coincidence. It is not because I manipulated the reading program so that it would work out that way. It is not even a special, miraculous occurrence. It is simply this: the idea of incarnation – of God coming among us to save His people – is all over our Bibles; from Genesis to Revelation! Christmas isn't confined to Matthew 1-2, Luke 1-2 and John 1. Christmas is on every page. The story of God at work in the world to rescue us, not by our goodness but by His grace – that is the great true story of Scripture.

Suggested Memory Verses

- Seek good, and not evil, that you may live; and so the Lord, the God of hosts, will be with you, as you have said. *Amos 5:14*
- He has told you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God? *Micah 6:8*
- Worthy are you, our Lord and God, to receive glory and honour and power, for you created all things, and by your will they existed and were created. *Revelation 4:11*
- They will make war on the Lamb, and the Lamb will conquer them, for he is Lord of lords and King of kings, and those with him are called and chosen and faithful. *Revelation 17:14*

Decem	December 2025			
Date	History	Writings	New Testament	
01/12/25	1 Samuel 14:47 - 15:35	lsaiah 65:1-25	Acts 25:13 - 26:11	
02/12/25	1 Samuel 16:1-23	Isaiah 66:1-24	Acts 26:12 - 27:12	
03/12/25	1 Samuel 17:1-58	Jeremiah 1:1-19	Acts 27:13-38	
04/12/25	1 Samuel 18:1-30	Jeremiah 2:1 - 3:5	Acts 27:39 - 28:16	
05/12/25	1 Samuel 19:1 - 20:42	Jeremiah 3:6 - 4:31	Acts 28:17-30	
06/12/25	1 Samuel 21:1 - 22:5	Jeremiah 5:1-31	Romans 1:1-32	
07/12/25				
08/12/25	1 Samuel 22:6 - 23:29	Jeremiah 6:1-30	Romans 2:1-29	
09/12/25	1 Samuel 24:1-22	Jeremiah 7:1-34	Romans 3:1-31	
10/12/25	1 Samuel 25:1-44	Jeremiah 8:1 - 9:26	Romans 4:1-25	
11/12/25	1 Samuel 26:1 - 27:12	Jeremiah 10:1-25	Romans 5:1-21	
12/12/25	1 Samuel 28:1 - 29:11	Jeremiah 11:1-23	Romans 6:1-23	
13/12/25	1 Samuel 30:1 - 31:13	Jeremiah 12:1 - 13:27	Romans 7:1-25	
14/12/25				
15/12/25	2 Samuel 1:1 - 2:32	Jeremiah 14:1-22	Romans 8:1-39	
16/12/25	2 Samuel 3:1-39	Jeremiah 15:1 - 16:21	Romans 9:1-33	
17/12/25	2 Samuel 4:1 - 5:25	Jeremiah 17:1-27	Romans 10:1-21	
18/12/25	2 Samuel 6:1 - 7:29	Jeremiah 18:1 - 19:15	Romans 11:1-24	
19/12/25	2 Samuel 8:1 - 9:13	Jeremiah 20:1 - 21:14	Romans 11:25-36	
20/12/25	2 Samuel 10:1 - 11:27	Jeremiah 22:1-30	Romans 12:1-21	
21/12/25				
22/12/25	2 Samuel 12:1 - 13:22	Jeremiah 23:1-40	Romans 13:1 - 14:23	
23/12/25	2 Samuel 13:23 - 14:33	Jeremiah 24:1 - 25:38	Romans 15:1-33	
24/12/25	2 Samuel 15:1-37	Jeremiah 26:1-24	Romans 16:1-27	
25/12/25	2 Samuel 16:1-23	Jeremiah 27:1-22	1 Corinthians 1:1-16	
26/12/25	2 Samuel 17:1 - 18:18	Jeremiah 28:1 - 29:23	1 Corinthians 1:17-31	
27/12/25	2 Samuel 18:19 - 19:43	Jeremiah 29:24 - 30:24	1 Corinthians 2:1-16	
28/12/25				
29/12/25	2 Samuel 20:1-26	Jeremiah 31:1-40	1 Corinthians 3:1-4:21	
30/12/25	2 Samuel 21:1 - 22:51	Jeremiah 32:1-44	1 Corinthians 5:1-13	
31/12/25	2 Samuel 23:1-39	Jeremiah 33:1-26	1 Corinthians 6:1-20	

January 2026

Our very first Bible reading takes in those famous words "In the beginning, God created...". We each have many beginnings: new jobs, new schools, new partners, new babies... new years! We each look back to the beginning of faith that marks our new birth in Jesus. Each of our lives has a beginning, though we don't remember that! From that first breath, our lives are filled with beginnings: of new relationships, new stages of life, new tasks, new journeys – but each beginning can bring nervousness, fear or worry. Why does beginning something completely new make us uncomfortable, even though we've made so many beginnings already? I think it's because "in the beginning" we are often not in control of the situation.

But that is not to say that the situation is out of control. Genesis 1 reminds us that God was in control of the first beginning; that creation was formed by His speaking according to His will. That beginning and every beginning since is in God's hands. Though our minds were "formless and void" at the beginning of our lives, God was there, creating. Though our spirits were "formless and void" when we first turned to Christ, God was there, creating. He is the God of all beginnings, and every beginning is safe with Him.

Suggested Memory Verses

- And he said, "Naked I came from my mother's womb, and naked shall I return. The Lord gave, and the Lord has taken away; blessed be the name of the Lord." *Job 1:21*
- You therefore must be perfect, as your heavenly Father is perfect. *Matthew 5:48*
- My foot has held fast to his steps; I have kept his way and have not turned aside. I have not departed from the commandment of his lips; I have treasured the words of his mouth more than my portion of food. *Job 23:11-12*
- As they were gathering in Galilee, Jesus said to them, "The Son of Man is about to be delivered into the hands of men, and they will kill him, and he will be raised on the third day." And they were greatly distressed. *Matthew* 17:22-23

January	January 2026			
Date	History	Writings	New Testament	
01/01/26	2 Samuel 24:1-25	Jeremiah 34:1-22	1 Corinthians 7:1-40	
02/01/26	1 Kings 1:1-27	Jeremiah 35:1-19	1 Corinthians 8:1-13	
03/01/26	1 Kings 1:28 - 2:12	Jeremiah 36:1-32	1 Corinthians 9:1-27	
04/01/26				
05/01/26	1 Kings 2:13 - 3:15	Jeremiah 37:1 - 38:28	1 Corinthians 10:1-33	
06/01/26	1 Kings 3:16 - 4:19	Jeremiah 39:1-18	1 Corinthians 11:1-34	
07/01/26	1 Kings 4:20 - 5:18	Jeremiah 40:1 - 41:18	1 Corinthians 12:1-31	
08/01/26	1 Kings 6:1-38	Jeremiah 42:1 - 43:13	1 Corinthians 13:1-13	
09/01/26	1 Kings 7:1-51	Jeremiah 44:1 - 45:5	1 Corinthians 14:1-40	
10/01/26	1 Kings 8:1-66	Jeremiah 46:1 - 47:7	1 Corinthians 15:1-58	
11/01/26				
12/01/26	1 Kings 9:1-28	Jeremiah 48:1-47	1 Corinthians 16:1-24	
13/01/26	1 Kings 10:1-29	Jeremiah 49:1-39	2 Corinthians 1:1-11	
14/01/26	1 Kings 11:1-43	Jeremiah 50:1-27	2 Corinthians 1:12-24	
15/01/26	1 Kings 12:1-33	Jeremiah 50:28-46	2 Corinthians 2:1-17	
16/01/26	1 Kings 13:1 - 14:20	Jeremiah 51:1-23	2 Corinthians 3:1-18	
17/01/26	1 Kings 14:21 - 15:34	Jeremiah 51:24-64	2 Corinthians 4:1-18	
18/01/26				
19/01/26	1 Kings 16:1-34	Jeremiah 52:1-34	2 Corinthians 5:1-21	
20/01/26	1 Kings 17:1 - 18:46	Lamentations 1:1-22	2 Corinthians 6:1 - 7:16	
21/01/26	1 Kings 19:1-21	Lamentations 2:1-22	2 Corinthians 8:1-24	
22/01/26	1 Kings 20:1-43	Lamentations 3:1-66	2 Corinthians 9:1 - 10:18	
23/01/26	1 Kings 21:1-29	Lamentations 4:1-22	2 Corinthians 11:1-33	
24/01/26	1 Kings 22:1-53	Lamentations 5:1-22	2 Corinthians 12:1-21	
25/01/26				
26/01/26	2 Kings 1:1 - 2:14	Ezekiel 1:1 - 2:10	2 Corinthians 13:1-14	
27/01/26	2 Kings 2:15 - 3:27	Ezekiel 3:1 - 4:17	Galatians 1:1-24	
28/01/26	2 Kings 4:1-44	Ezekiel 5:1 - 6:14	Galatians 2:1-21	
29/01/26	2 Kings 5:1 - 6:23	Ezekiel 7:1-27	Galatians 3:1-29	
30/01/26	2 Kings 6:24 - 7:20	Ezekiel 8:1 - 9:11	Galatians 4:1-31	
31/01/26	2 Kings 8:1 - 9:13	Ezekiel 10:1 - 11:25	Galatians 5:1-26	

February 2026

This month we begin three new books – Exodus, the Psalms and Mark's Gospel! You'll be thrilled to know you've covered nearly 10% of the Bible already, and I trust that God has been blessing you as you've been working through the Scriptures.

There's so much going on in this month's passages that it's hard to know what to talk about. But a passage that particularly struck me as I was working through these was one of the readings for 20 February, the end of Mark 1. In verse 35, we read how Jesus rose very early one morning, while it was still dark, and went out to a 'desolate place' to pray. Then, a few verses later, the crowds become so amazed at Jesus' power that he's totally mobbed – and he can no longer work in the towns, but had to minister in 'desolate places'.

God often does remarkable things in 'desolate places'. When Israel was leaving Egypt, the pillar of fire and the pillar of cloud led them through 'desolate places'. God fed them with manna and quail in 'desolate places'. Moses struck the rock with his staff and water sprang forth in a 'desolate place'. God one Israel's battles in 'desolate places', raised up great prophets in 'desolate places', sent John the Baptist into 'desolate places' – and now Jesus comes, and as he enters the 'desolate places' here in Mark's gospel, you can feel the Kingdom of God coming.

Things are not so great in Girvan as I write. Lots of businesses have closed down or downsized; there are lots of 'For Sale' and 'To Let' signs in the high street. From one point of view Girvan may already be a 'desolate place'. And while this is depressing for most local folk, I find excitement in the idea – because it's in desolate places like this that God shows His power. May Jesus come into our desolation, to heal, to preach, to restore – and to establish His Kingdom!

Suggested Memory Verses

- Then Peter came up and said to him, "Lord, how often will my brother sin against me, and I forgive him? As many as seven times?" Jesus said to him, "I do not say to you seven times, but seventy times seven. *Matthew* 18:21-22
- Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the Lord, and on his law he meditates day and night. *Psalm 1:1-2*
- As for you, you meant evil against me, but God meant it for good, to bring it about that many people should be kept alive, as they are today. *Genesis 50:20*
- And Jesus came and said to them, "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age." *Matthew 28:18-20*

February 2026			
Date	History	Writings	New Testament
01/02/26			
02/02/26	2 Kings 9:14 - 10:36	Ezekiel 12:1-28	Galatians 6:1-18
03/02/26	2 Kings 11:1 - 12:21	Ezekiel 13:1-23	Ephesians 1:1 - 2:10
04/02/26	2 Kings 13:1-25	Ezekiel 14:1 - 15:8	Ephesians 2:11 - 3:21
05/02/26	2 Kings 14:1 - 15:16	Ezekiel 16:1-63	Ephesians 4:1-32
06/02/26	2 Kings 15:17 - 16:20	Ezekiel 17:1-24	Ephesians 5:1-33
07/02/26	2 Kings 17:1-41	Ezekiel 18:1-32	Ephesians 6:1-24
08/02/26			
09/02/26	2 Kings 18:1-37	Ezekiel 19:1 - 20:32	Philippians 1:1-30
10/02/26	2 Kings 19:1-37	Ezekiel 20:33-49	Philippians 2:1-18
11/02/26	2 Kings 20:1 - 21:26	Ezekiel 21:1-32	Philippians 2:19-30
12/02/26	2 Kings 22:1 - 23:37	Ezekiel 22:1-31	Philippians 3:1-21
13/02/26	2 Kings 24:1-20	Ezekiel 23:1-49	Philippians 4:1-23
14/02/26	2 Kings 25:1-30	Ezekiel 24:1-27	Colossians 1:1-29
15/02/26			
16/02/26	1 Chronicles 1:1-54	Ezekiel 25:1-17	Colossians 2:1-23
17/02/26	1 Chronicles 2:1-55	Ezekiel 26:1-21	Colossians 3:1-25
18/02/26	1 Chronicles 3:1-24	Ezekiel 27:1-36	Colossians 4:1-18
19/02/26	1 Chronicles 4:1-43	Ezekiel 28:1 - 29:21	1 Thessalonians 1:1 - 2:20
20/02/26	1 Chronicles 5:1 - 6:15	Ezekiel 30:1-26	1 Thessalonians 3:1 - 4:18
21/02/26	1 Chronicles 6:16-81	Ezekiel 31:1 - 32:32	1 Thessalonians 5:1-28
22/02/26			
23/02/26	1 Chronicles 7:1-40	Ezekiel 33:1-33	2 Thessalonians 1:1 - 2:17
24/02/26	1 Chronicles 8:1-40	Ezekiel 34:1-31	2 Thessalonians 3:1-18
25/02/26	1 Chronicles 9:1-34	Ezekiel 35:1 - 36:15	1 Timothy 1:1-20
26/02/26	1 Chronicles 9:35 - 10:14	Ezekiel 36:16-38	1 Timothy 2:1 - 3:16
27/02/26	1 Chronicles 11:1-47	Ezekiel 37:1-28	1 Timothy 4:1 - 5:25
28/02/26	1 Chronicles 12:1-40	Ezekiel 38:1 - 39:29	1 Timothy 6:1-21

March 2026

March culminates with our celebration of Easter, the central event of the Christian calendar. At Easter we remember our Lord and Saviour, who looked betrayal and death full in the face, and didn't back down. The closing chapters of the Gospel make it clear that Jesus is quite aware that he won't survive the events unfolding in Jerusalem.

In Mark 14, as Jesus is sharing the Passover – the central event of the Jewish calender – with his disciples, he drops something of a conversational bombshell. There they are, enjoying a good meal in a comfortable setting (for a change!) - when Jesus tells them, "Truly, I say to you, one of you will betray me, one who is eating with me." Not exactly pleasant small talk, but something astonishing follows. Jesus takes bread and wine – takes the raw material of the passover – and institutes the Lord's Supper (v22-25). Something ultimately Jewish becomes something ultimately Christian. A celebration of God's redemption of a people from slavery becomes the proclamation of God's rescue of the world – by the death of his son.

The fulcrum between Passover and Communion is torn bread and poured-out wine; the signs of a body tortured and killed. The movement from Passover to Communion is a movement from a people set apart by God to a people gathered into God. It is the astonishing mark of the new covenant – and it is not earned by the disciples, or any others. What is the major contribution that the disciples make here? Betrayal. Judas hands Jesus over to the enemy; the others abandon him. Jesus is gathering a new people for a new kingdom, but their lives do not yet have the shape of that kingdom: quite the opposite.

But the leap from Passover to Communion goes ahead regardless. Betrayal will not stop it. Abandonment will not stop it. Human failure will not stop it. For Jesus has decided to serve the will of God the Father with blood and bone, establishing the new covenant with the marks of his own suffering. Easter reminds us that God is fulfilling His purposes in Christ, and when he calls us, not even our own weakness and brokenness can hold Him back. The Lord's Supper proclaims the salvation of us all even in the midst of betrayal, because of Jesus' faithfulness even to death. It doesn't depend on our goodness, and this Easter we thank God for that!

Suggested Memory Verses

- Delight yourself in the Lord, and he will give you the desires of your heart. Commit your way to the Lord; trust in him, and he will act. *Psalm 37:4-5*
- But it shall not be so among you. But whoever would be great among you must be your servant, and whoever would be first among you must be slave of all. For even the Son of Man came not to be served but to serve, and to give his life as a ransom for many. *Mark* 10:43-45
- Jesus said to them, "Render to Caesar the things that are Caesar's, and to God the things that are God's." And they marveled at him. *Mark* 12:17
- But he remained silent and made no answer. Again the high priest asked him, "Are you the Christ, the Son of the Blessed?" And Jesus said, "I am, and you will see the Son of Man seated at the right hand of Power, and coming with the clouds of heaven." *Mark* 14:61-62

March 2026				
Date	History	Writings	New Testament	
01/03/26				
02/03/26	1 Chronicles 13:1 - 14:17	Ezekiel 40:1-27	2 Timothy 1:1-18	
03/03/26	1 Chronicles 15:1-29	Ezekiel 40:28-49	2 Timothy 2:1-26	
04/03/26	1 Chronicles 16:1 - 17:27	Ezekiel 41:1-26	2 Timothy 3:1-17	
05/03/26	1 Chronicles 18:1 - 19:19	Ezekiel 42:1 - 43:27	2 Timothy 4:1-22	
06/03/26	1 Chronicles 20:1 - 21:30	Ezekiel 44:1-31	Titus 1:1 - 2:15	
07/03/26	1 Chronicles 22:1 - 23:32	Ezekiel 45:1-25	Titus 3:1-15	
08/03/26				
09/03/26	1 Chronicles 24:1-31	Ezekiel 46:1-24	Philemon 1:1-25	
10/03/26	1 Chronicles 25:1 - 26:32	Ezekiel 47:1-23	Hebrews 1:1 - 2:18	
11/03/26	1 Chronicles 27:1-34	Ezekiel 48:1-35	Hebrews 3:1 - 4:16	
12/03/26	1 Chronicles 28:1 - 29:30	Daniel 1:1 - 2:16	Hebrews 5:1 - 6:20	
13/03/26	2 Chronicles 1:1 - 2:18	Daniel 2:17 - 3:30	Hebrews 7:1-28	
14/03/26	2 Chronicles 3:1 - 4:17	Daniel 4:1-37	Hebrews 8:1-13	
15/03/26				
16/03/26	2 Chronicles 5:1 - 6:11	Daniel 5:1-31	Hebrews 9:1-28	
17/03/26	2 Chronicles 6:12 - 7:22	Daniel 6:1-28	Hebrews 10:1-39	
18/03/26	2 Chronicles 8:1 - 9:31	Daniel 7:1-28	Hebrews 11:1-40	
19/03/26	2 Chronicles 10:1 - 11:23	Daniel 8:1-27	Hebrews 12:1-17	
20/03/26	2 Chronicles 12:1 - 13:22	Daniel 9:1-27	Hebrews 12:18-29	
21/03/26	2 Chronicles 14:1 - 15:19	Daniel 10:1-21	Hebrews 13:1-25	
22/03/26				
23/03/26	2 Chronicles 16:1 - 17:19	Daniel 11:1-45	James 1:1-27	
24/03/26	2 Chronicles 18:1 - 19:11	Daniel 12:1-13	James 2:1-26	
25/03/26	2 Chronicles 20:1-37	Hosea 1:1 - 3:5	James 3:1-18	
26/03/26	2 Chronicles 21:1 - 23:21	Hosea 4:1 - 6:11	James 4:1-17	
27/03/26	2 Chronicles 24:1 - 25:28	Hosea 7:1 - 9:17	James 5:1-20	
28/03/26	2 Chronicles 26:1-23	Hosea 10:1-11:12	1 Peter 1:1-25	
29/03/26				
30/03/26	2 Chronicles 27:1 - 28:27	Hosea 13:1-16 - 14:9	1 Peter 2:1 - 3:7	
31/03/26	2 Chronicles 29:1 - 30:27	Joel 1:1 - 2:11	1 Peter 3:8 - 4:19	

April 2026

This month we move from Leviticus into Numbers. Numbers can be a tough read, but you've also got some amazing Psalms to lift your heart, as well as the unfolding of Luke's Gospel all the way from the calling of the Disciples to Jesus' entry into Jerusalem as he prepared for his Passion.

But don't skip over Numbers. You may find yourself wondering at all the lists of names. At the beginning of the chapter, the warriors of each tribe (barring the Levites) are counted for us; then we're told who camped where, their exact positions around the Tabernacle. There's lots of explanation of the duties of the Levites and the Priests, some more laws – and then, at the end of Chapter 6 (18 May), the amazing blessing which Aaron used to bless the people of Israel, and which we still use to this day. After that we plunge right back into the names and numbers, with twelve tribal leaders with impossible names each making offerings which are written out long-hand even though they're all the same. Why the repetition?

Why all the names of all these people who are long gone? Why the great care to set out their positions in the camp? On one level, we must simply acknowledge that this is Scripture, and it isn't for us to question its purpose – it is breathed out by God and it will bless us. Reading Numbers again this time around, I have been moved by the way God made a specific place around the Tabernacle (where His presence was) for all of His people. With loving detail, God told Moses how to make sure that there was a place near to Him for all He had called. Their numbers are all known, their names are remembered, and they have a place before God. Not only that, but every tribe sends a leader to bring an offering – and the names and the numbers are lovingly and precisely recorded and remembered for us over thousands of years.

God made a place for every one of His people – and every one made an offering which He accepted, and which he remembers to this day. Because Jesus died for us, we are also God's chosen people, and Numbers reminds us that the Father has made a place for us in His presence – and that even we can bring Him an offering that pleases Him. Not silver plates, not fine flower, not a bull from the herd – but our own lives offered to His service, as Jesus gave his life for us!

Suggested Memory Verses

- I will not set before my eyes anything that is worthless. I hate the work of those who fall away; it shall not cling to me. *Psalm 101:3*
- And he said to all, "If anyone would come after me, let him deny himself and take up his cross daily and follow me." *Luke 9:23*
- The Lord bless you and keep you; the Lord make his face to shine upon you and be gracious to you; the Lord lift up his countenance upon you and give you peace. Numbers 6:24-26
- Oh how I love your law! It is my meditation all the day. Your commandment makes me *in* ser than my enemies, for it is ever with me. *Psalm 119:97-98*

April 2026				
Date	History	Writings	New Testament	
01/04/26	2 Chronicles 31:1-21	Joel 2:12 - 3:21	1 Peter 5:1-14	
02/04/26	2 Chronicles 32:1-33	Amos 1:1 - 2:5	2 Peter 1:1-21	
03/04/26	2 Chronicles 33:1 - 34:33	Amos 2:6 - 4:5	2 Peter 2:1 - 3:18	
04/04/26	2 Chronicles 35:1-27	Amos 4:6 - 5:27	1 John 1:1 - 2:14	
05/04/26				
06/04/26	2 Chronicles 36:1-23	Amos 6:1 - 7:17	1 John 2:15 - 1 John 3:10	
07/04/26	Ezra 1:1 - 2:58	Amos 8:1 - 9:15	1 John 3:11 - 4:21	
08/04/26	Ezra 2:59 - 4:24	Obadiah 1:1-21	1 John 5:1-21	
09/04/26	Ezra 5:1 - 6:22	Jonah 1:1 - 4:11	2 John 1:1-13	
10/04/26	Ezra 7:1-28	Micah 1:1 - 3:12	3 John 1:1-14	
11/04/26	Ezra 8:1 - 9:15	Micah 4:1 - 5:15	Jude 1:1-25	
12/04/26				
13/04/26	Ezra 10:1-44	Micah 6:1 - 7:20	Revelation 1:1 - 2:7	
14/04/26	Nehemiah 1:1 - 2:20	Nahum 1:1 - 2:13	Revelation 2:8 - 3:22	
15/04/26	Nehemiah 3:1 - 4:23	Nahum 3:1-19	Revelation 4:1 - 5:14	
16/04/26	Nehemiah 5:1 - 6:19	Habakkuk 1:1 - 2:20	Revelation 6:1 - 7:8	
17/04/26	Nehemiah 7:1-65	Habakkuk 3:1-19	Revelation 7:9 - 8:13	
18/04/26	Nehemiah 7:66 - 8:18	Zephaniah 1:1 - 3:20	Revelation 9:1 - 10:11	
19/04/26				
20/04/26	Nehemiah 9:1-38	Haggai 1:1 - 2:23	Revelation 11:1 - 12:6	
21/04/26	Nehemiah 10:1-39	Zechariah 1:1 - 2:13	Revelation 12:7 - 13:18	
22/04/26	Nehemiah 11:1-36	Zechariah 3:1 - 5:11	Revelation 14:1-20	
23/04/26	Nehemiah 12:1-47	Zechariah 6:1 - 7:14	Revelation 15:1 - 16:21	
24/04/26	Nehemiah 13:1-31	Zechariah 8:1 - 9:17	Revelation 17:1-18	
25/04/26	Esther 1:1 - 2:23	Zechariah 10:1 - 11:17	Revelation 18:1-24	
26/04/26				
27/04/26	Esther 3:1 - 4:17	Zechariah 12:1 - 13:9	Revelation 19:1 - 20:15	
28/04/26	Esther 5:1 - 7:10	Zechariah 14:1-21	Revelation 21:1-27	
29/04/26	Esther 8:1 - 10:3	Malachi 1:1 - 4:5	Revelation 22:1-21	
30/04/26				

Starter Questions for Reflection

These questions are intended to help you get started with thinking about a passage of Scripture. They are just a starting-point, however, a way to think yourself into the text. As you ask yourself these questions, other questions and thoughts may come up – explore them! Bible study isn't about answering questions, it's about being shaped by the Bible – and questions like these are really just to help you get started.

- Who are the main characters, and what's going on in the passage?
- What seems out-of-the-ordinary about this text?
- How does this fit into the overall story of salvation?
- What happened before? What happens after?
- Are there any words or concepts I'm not 100% sure about? Look them up.
- What sort of mood or emotion is in the passage?
- What can I pick up about the character of God in this passage?
- Is there something in me that finds this hard to accept or agree with? Why?
- Can I relate this to my own experience or a circumstance in my life at the moment?
- Why did the Holy Spirit preserve this particular piece of writing for thousands of years to bring to my eyes today?