



Bible Reading Plan: Meditation and Journaling

One of the many methods of Bible reading that the church has historically used is known as meditative and imaginative reading. In this practice, the reader engages a small passage of Scripture, often just a singular verse or a short story from the life of Jesus, and meditates on the truths contained within. This meditation is guided by a series of questions as well as the readers' own imagination as they receive and engage the Scriptural message and envision themselves in the Scripture scene. Not every question will apply to every Scripture, but there will often be 2 or 3 questions that jump out as particularly meaningful for the daily passage. In modern times, the practice of journaling has often been a companion to this method of devotional reading as well.

The goal of this slow meditative reading of the Scriptures is to experience what it means to journey with Jesus.¹ When we slow down and consider the truths of the Bible, the love of Jesus, His incredible sacrifice, the invitation to follow Him, and the hope that we have in Christ all become more tangible. Therefore, it's never our goal to simply "complete" the reading for the day. Rather, the process is much slower and more intentional—the goal is to encounter the truth of Jesus in His Word. While everyone's experience is a bit different, the following structure has been helpful to many:

- **Opening** - This time includes intentional prayer, bringing the entirety of your life before God. This means limiting distractions (phones, computers, etc.) and coming whole and honest before Him. I will often use a notecard to quickly jot down concerns, to-do items, etc. that inevitably come to mind so that I can stay focused. It's also vital during this time to intentionally slow down. Much of our lives are lived at a fast pace, and we need to be intentional about slowing down prior to this exercise. Finally, we pray asking God to guide our meditation and to give us His grace as we engage His Word.
- **Exercise** - Slowly read the verse(s) listed for that day, usually at least 3 or 4 times and often using different translations. You will then skim through the questions provided below, asking God to show which 2 or 3 (or more) of those questions are most applicable as you consider the reading. As you engage the questions, you will often find yourself reading back through the Scripture selection a number of times as you slowly meditate on the truths. Note: Several of the exercises each week consist in reviewing the passages from earlier in the week. This is a great time to re-read those passages, consider what God has said during those times, and notice if anything specific stands out to you.
- **Journaling** - Typically, your meditation will smoothly transition into journaling your responses. In fact, many find that journaling throughout, beginning with the Opening through the Closing, is most helpful. For some, this is a narrative approach; for others, it's more of a bullet-point process. The goal is to seal these truths through the act of writing which will then aid the process of revisiting them throughout the week.
- **Closing** - Taking the concepts that you've engaged, you will then pray a summary of them and ask God to go with you as you journey throughout your day.

There is not a "hard and fast" time frame you should strive for when engaging this process. I typically have committed to a minimum of 20-30 minutes daily for the entire process but, as you learn to engage both your mind and emotions during this time, it can certainly stretch to 45 minutes or longer. Be careful to not err on either extreme: (1) Don't rush through this exercise in order to complete it. You will find that you can do it rather quickly, but that it then fails to have any real meaning for you. (2) Don't put off your time with Jesus because you don't feel that you have the time to commit to the practice that day. If your time is limited, engage

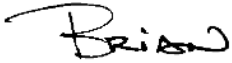
¹ Several of the questions and many of the Scripture passages contained in this plan have been taken from Larry Warner's book of the same name. Larry Warner, *Journey With Jesus*, InterVarsity Press, Downer's Grove, IL, 2010.

what you can and spend a bit more time on that specific passage during one of the review days that week. Also, the plan is designed with 51 weeks, rather than 52, in order to recognize that there will be some making up that will be necessary throughout the year.

Finally, my strong encouragement (If I could possibly enforce the process, it would be a requirement!) is to not engage this process alone. We have published "Discipleship Partner" materials that would be incredibly helpful to access in conjunction with this reading plan and, if you don't already have a Discipleship Partner, this would be a great time to step into that kind of relationship. In addition to the many benefits of co-pilgrimage that are always present with Discipleship Partners, having someone with whom to process this experience will be invaluable for you in the journey. There may be times that you feel stuck, times that patterns are emerging to which you are blind, and times when you simply have a need to tell others about how God is speaking to you through this process. If you desire to have a Discipleship Partner but aren't sure who to ask, feel free to contact us through the website (www.yorkalliance.org/community-groups, scroll down to Discipleship Partners, and click "Sign Up") or email the church office at info@yorkalliance.org.

As always, if you have any questions, feel free to contact me directly at bkannel@yorkalliance.org, or contact the church office. My prayer is that this would be a rich and powerful journey for all of us!

Grace and peace,

A handwritten signature in black ink that reads "Brian". The signature is written in a cursive, slightly stylized font.

Pastor Brian

Bible Reading Plan: Meditation and Journaling

Questions to consider each day as you read:

1. How does this passage make you feel about God? About yourself?
2. What feelings are stirred within you when you consider the unconditional love of Jesus for you?
3. How has your awareness of the love of God been impacted by these truths?
4. Imagine yourself in this passage: (1) as a character in the story, (2) as an observer, and/or (3) as the recipient of the original writing. How does this impact your understanding and experience?
5. As you imagine yourself in the passage, how do you respond to Jesus? What do you experience about the character of Jesus? Share your thoughts, feelings, and concerns with Him.
6. What is God's message to you in this passage?
7. What ideas are you drawn toward in this passage? What ideas are you resistant toward?
8. How does this passage speak to the idea of sin, temptation, and the love of God?
9. Are there ways that this passage creates sorrow, confusion, or even tears? Why is that?
10. What do you feel in this passage? What do you desire? What conflict do you feel?

Questions to consider on review days:

1. What really resonated with you during the previous days? Why is that?
2. What have you been resistant to over these past few days? Why do you think that is?
3. What insights have you gained about Jesus' love and/or your desire to follow Him?

PART 1:

God's Love, Our Sin, and His Grace

Week 1:

Mon: 1 John 3:1, 1 John 4:19
Tues: Psalm 107:43, Ephesians 3:17-19
Wed: Romans 5:6-8
Thurs: Review the past three days
Fri: Ephesians 2:1-5
Sat: Psalm 103:1-14
Sun: Review the past week

Week 2:

Mon: 1 John 3:1-2
Tues: Romans 8:38-39
Wed: Psalm 32:1-5
Thurs: Review the past three days
Fri: Mark 1:40-41
Sat: Isaiah 43:1-7
Sun: Review the past week

Week 3:

Mon: Romans 8:1
Tues: Matthew 20:1-16
Wed: John 10:14-15
Thurs: Review the past three days
Fri: 1 Corinthians 13:3-5
Sat: 1 John 4:16
Sun: Review the past week

Week 4:

Mon: Genesis 1:1-3, John 1:1-5
Tues: Psalm 19:1-4
Wed: Genesis 1:27; Psalm 139:1-16
Thurs: Review the past three days
Fri: 2 Corinthians 5:17
Sat: Ephesians 2:10
Sun: Review the past week

Week 5:

Mon: Psalm 96
Tues: Psalm 103:1-14
Wed: Psalm 136
Thurs: Review the past three days
Fri: Psalm 100
Sat: Romans 11:33-36
Sun: Review the past week

Week 6:

Mon: 1 Chronicles 16:23-25
Tues: Revelation 1:12-18
Wed: Proverbs 1:7, 9:10, Hebrews 10:31
Thurs: Review the past three days
Fri: 1 John 4:18
Sat: Revelation 4:6-11
Sun: Review the past week

Week 7:

Mon: Matthew 20:28
Tues: John 13:12-17
Wed: Romans 12:1-2
Thurs: Review the past three days
Fri: Philippians 2:3-8
Sat: Ephesians 2:10
Sun: Review the past week

Week 8:

Mon: Philippians 4:11-13, Psalm 23:1
Tues: 1 John 2:15-17
Wed: Matthew 6:19-25
Thurs: Review the past three days
Fri: Psalm 63:1, Psalm 42:1-2, Philippians 3:8
Sat: John 21:15-17
Sun: Review the past week

Week 9:

Mon: Jude 6
Tues: Genesis 3:1-13
Wed: Romans 6:23
Thurs: Review the past three days
Fri: Ephesians 2:1-3
Sat: Luke 12:4-5
Sun: Review the past week

Week 10:

Mon: Joshua 7
Tues: Genesis 3:17-19
Wed: Exodus 20:3-12
Thurs: Matthew 5:21-22, 27-30
Fri: Review the past four days
Sat: 2 Thessalonians 1:9
Sun: Review the past week

Week 11:

Mon: James 1:13-15
Tues: 1 Corinthians 10:13, James 4:17
Wed: Romans 8:19-22
Thurs: Review the past three days
Fri: Galatians 5:19-21
Sat: Colossians 3:1-17
Sun: Review the past week

Week 12:

Mon: Psalm 139:23-24
Tues: Romans 8:1, 38-39
Wed: 1 John 1:9
Thurs: Review the past three months of meditations
Fri: Psalm 37:3-6
Sat: Hebrews 11:24-25, 39-40
Sun: Review the past week

Week 13:

Mon: Ephesians 2:1-3
Tues: Ephesians 2:4-10
Wed: Romans 5:6-11
Thurs: Review the past three days
Fri: Romans 6:22-23
Sat: Galatians 2:16-20
Sun: Review the past week

**PART 2:
Walking with Jesus**

Note: In this section, Questions 4 and 5 are especially helpful

Week 14:

Mon: John 15:12-17
Tues: Matthew 8:18-22
Wed: Matthew 10:1-15
Thurs: Review the past three days
Fri: Matthew 10:16-24
Sat: John 15:18-19
Sun: Review the past week

Week 15:

Mon: Matthew 1:18-25
Tues: Matthew 1:23
Wed: Luke 1:26-39
Thurs: Review the past three days
Fri: Luke 1:37-38
Sat: Luke 2:1-7
Sun: Review the past week

Week 16:

Mon: Luke 2:8-14
Tues: Luke 2:22-39
Wed: Matthew 2:13-18
Thurs: Review the past three days
Fri: John 1:14
Sat: Luke 2:41-52
Sun: Review the past week

Week 17:

Mon: Matthew 3:13-17
Tues: Matthew 4:1-11
Wed: John 1:35-42
Thurs: Review the past three days
Fri: Mark 1:16-20
Sat: Luke 5:1-11
Sun: Review the past week

Week 18:

Mon: Matthew 12:43-50
Tues: Matthew 11:27-30
Wed: Matthew 16:24-28
Thurs: Review the past three days
Fri: Luke 14:25-34
Sat: John 6:66-71
Sun: Review the past week

Week 19:

Mon: John 2:1-11
Tues: John 2:13-16
Wed: Matthew 8:5-13
Thurs: Review the past three days
Fri: Matthew 8:23-27
Sat: Matthew 8:28-34
Sun: Review the past week

Week 20:

Mon: Mark 2:1-12
Tues: Mark 2:13-17
Wed: Matthew 9:18-26
Thurs: Review the past three days
Fri: John 1:43-51
Sat: Matthew 7:15-23
Sun: Review the past week

Week 21:

Mon: Matthew 12:1-14
Tues: Luke 7:11-17
Wed: Luke 7:36-50
Thurs: Review the past three days
Fri: John 14:6-7
Sat: John 14:10-14
Sun: Review the past week

Week 22:

Mon: Mark 6:30-44
Tues: Mark 6:45-52
Wed: Mark 7:24-30
Thurs: Review the past three days
Fri: John 4:1-26
Sat: Matthew 14:22-36
Sun: Review the past week

Week 23:

Mon: Mark 9:14-29
Tues: Luke 10:38-42
Wed: Luke 17:11-19
Thurs: Review the past three days
Fri: Mark 10:46-52
Sat: Matthew 17:1-9
Sun: Review the past week

Week 24:

Mon: Matthew 6:19-24
Tues: Matthew 19:16-30
Wed: Luke 18:15-17
Thurs: Review the past three days
Fri: John 11:1-44
Sat: Matthew 20:20-28
Sun: Review the past week

Week 25:

Mon: Matthew 22:34-38
Tues: Matthew 22:34-40
Wed: Review the past two days
Thurs: Matthew 23:1-12
Fri: Matthew 23:13-28
Sat: Matthew 23:29-39
Sun: Review the past week

Week 26:

Mon: John 6:35
Tues: John 8:12
Wed: John 10:7
Thurs: John 10:11
Fri: Review the past four days
Sat: John 11:25
Sun: Review the past week

Week 27:

Mon: John 14:6a
Tues: John 14:6b
Wed: John 14:6c
Thurs: Review the past three days
Fri: John 15:5
Sat: Mark 8:27-29
Sun: Review the past week

Week 28:

Mon: Matthew 21:12-17
Tues: Mark 11:1-11
Wed: Luke 21:1-4
Thurs: Review the past three days
Fri: Matthew 26:6-13 (imagine you are a guest)
Sat: Matthew 26:6-13 (imagine you are the woman)
Sun: Review the past week

PART 3: Journey to the Cross

Week 29:

Mon: 2 Corinthians 5:21
Tues: John 13:1
Wed: John 13:2-12
Thurs: Review the past three days
Fri: Matthew 26:20-30
Sat: Matthew 26:31-35
Sun: Review the past week

Week 30:

Mon: Matthew 26:36-41
Tues: Luke 22:39-44
Wed: Matthew 26:47-54
Thurs: Review the past three days
Fri: Matthew 26:55-56
Sat: John 18:12-27
Sun: Review the past week

Week 31:

Mon: Matthew 26:57-68
Tues: Matthew 26:69-75
Wed: Luke 23:1-7
Thurs: Review the past three days
Fri: Luke 23:8-12
Sat: Luke 23:13-25
Sun: Review the past week

Week 32:

Mon: Matthew 27:32-44
Tues: Luke 23:33-44
Wed: Philippians 2:5-8
Thurs: Review the past three days
Fri: Luke 23:38-43
Sat: John 19:25-27
Sun: Review the past week

Week 33:

Mon: Mark 15:33-36
Tues: Isaiah 53:3-6
Wed: Luke 23:44-46
Thurs: Review the past three days
Fri: John 19:30
Sat: Luke 23:47-49
Sun: Review the past week

PART 4: Journey through Resurrection

Week 34:

Mon: Mark 16:1-16
Tues: Luke 24:1-9
Wed: Luke 24:10-11
Thurs: Review the past three days
Fri: Luke 24:1, John 20:3-10
Sat: John 20:11-18
Sun: Review the past week

Week 35:

Mon: Luke 24:13-24
Tues: Luke 24:25-32
Wed: John 20:19-23
Thurs: Review the past three days
Fri: John 20:24-25
Sat: John 20:26-29
Sun: Review the past week

Week 36:

Mon: John 21:1-14
Tues: John 21:15-19
Wed: Matthew 28:16-20
Thurs: Review the past three days
Fri: Luke 24:53
Sat: Acts 1:3, 1 Corinthians 15:3-9
Sun: Review the past week

Week 37:

Mon: Acts 1:6-11
Tues: Acts 2:1-13
Wed: Joel 2:24-29
Thurs: Review the past three days
Fri: Zechariah 8:1-8
Sat: Acts 2:42-47
Sun: Review the past week

Week 38:

Mon: Acts 3:1-10
Tues: John 14:12-14
Wed: Acts 4:5-13
Thurs: Review the past three days
Fri: Acts 4:24-31
Sat: 1 Peter 2:11-17
Sun: Review the past week

Week 39:

Mon: Acts 5:1-11
Tues: Acts 5:12-16
Wed: Acts 5:17-32
Thurs: Acts 5:33-42
Fri: Review the past four days
Sat: Romans 8:12-17
Sun: Review the past week

Week 40:

Mon: Acts 7:51-60
Tues: Hebrews 11:1-3
Wed: Hebrews 11:13-16
Thurs: Review the past three days
Fri: Hebrews 12:1-4
Sat: Hebrews 12:12-17
Sun: Review the past week

Week 41:

Mon: Acts 8:26-30
Tues: Romans 6:1-4
Wed: Romans 6:15-23
Thurs: Review the past three days
Fri: Acts 9:1-9
Sat: Ephesians 1:3-14
Sun: Review the past week

Week 42:

Mon: Acts 9:10-16
Tues: Acts 10:9-16
Wed: Acts 10:42-48
Thurs: Review the past three days
Fri: Galatians 2:19-3:3
Sat: Galatians 3:23-29
Sun: Review the past week

Week 43:

Mon: Acts 11:19-26
Tues: Acts 12:6-17
Wed: 2 Corinthians 4:16-18
Thurs: Review the past three days
Fri: 2 Corinthians 2:14-16
Sat: 1 Corinthians 16:13-14
Sun: Review the past week

Week 44:

Mon: Acts 13:1-3
Tues: Acts 13:44-50
Wed: Luke 10:1-12
Thurs: Review the past three days
Fri: Galatians 5:13-15
Sat: 2 Corinthians 5:14-21
Sun: Review the past week

Week 45:

Mon: Acts 14:8-18
Tues: Acts 15:1-12
Wed: Galatians 2:11-16
Thurs: Review the past three days
Fri: Acts 16:6-10
Sat: 2 Corinthians 3:16-18
Sun: Review the past week

Week 46:

Mon: Acts 16:25-34
Tues: Romans 5:1-5
Wed: Luke 12:8-12
Thurs: Review the past three days
Fri: Acts 17:11-12
Sat: 2 Corinthians 10:3-6
Sun: Review the past week

Week 47:

Mon: Acts 17:24-27, Philemon 6
Tues: Hebrews 12:28-29
Wed: James 5:17-18
Thurs: Review the past three days
Fri: Acts 19:1-7
Sat: Ephesians 5:15-21
Sun: Review the past week

Week 48:

Mon: Acts 20:17-24
Tues: Galatians 5:16-26
Wed: Acts 20:17-27
Thurs: Review the past three days
Fri: 1 Corinthians 9:24-27
Sat: 2 Corinthians 8:8-15
Sun: Review the past week

Week 49:

Mon: 2 Corinthians 9:6-15

Tues: 2 Corinthians 12:7-10

Wed: 1 Peter 2:4-10

Thurs: Review the past three days

Fri: Colossians 1:15-20

Sat: 1 John 4:13-19

Sun: Review the past week

Week 50:

Mon: Revelation 2:1-7

Tues: Revelation 2:8-11

Wed: Revelation 2:12-17

Thurs: Revelation 2:18-29

Fri: Revelation 3:1-6

Sat: Revelation 3:7-13

Sun: Review the past week

Week 51:

Mon: Revelation 3:14-22

Tues: Revelation 7:9-17

Wed: 2 Peter 1:3-11

Thurs: Review the past three days

Fri: Isaiah 64:4, James 1:17

Sat: Revelation 21:1-7

Sun: Review the past week