



MAY 2020

BIBLE READING PLAN

*Join us as we read through the entire New Testament in 2020.
5 minutes a day. 5 days a week.*

- | | |
|---|---|
| <input type="checkbox"/> Day 1: Acts 13 | <input type="checkbox"/> Day 17: REFLECT / CATCH UP |
| <input type="checkbox"/> Day 2: REFLECT / CATCH UP | <input type="checkbox"/> Day 18: Acts 24 |
| <input type="checkbox"/> Day 3: REFLECT / CATCH UP | <input type="checkbox"/> Day 19: Acts 25 |
| <input type="checkbox"/> Day 4: Acts 14 | <input type="checkbox"/> Day 20: Acts 26 |
| <input type="checkbox"/> Day 5: Acts 15 | <input type="checkbox"/> Day 21: Acts 27 |
| <input type="checkbox"/> Day 6: Acts 16 | <input type="checkbox"/> Day 22: Acts 28 |
| <input type="checkbox"/> Day 7: Acts 17 | <input type="checkbox"/> Day 23: REFLECT / CATCH UP |
| <input type="checkbox"/> Day 8: Acts 18 | <input type="checkbox"/> Day 24: REFLECT / CATCH UP |
| <input type="checkbox"/> Day 9: REFLECT / CATCH UP | <input type="checkbox"/> Day 25: John 1 |
| <input type="checkbox"/> Day 10: REFLECT / CATCH UP | <input type="checkbox"/> Day 26: John 2 |
| <input type="checkbox"/> Day 11: Acts 19 | <input type="checkbox"/> Day 27: John 3 |
| <input type="checkbox"/> Day 12: Acts 20 | <input type="checkbox"/> Day 28: John 4 |
| <input type="checkbox"/> Day 13: Acts 21 | <input type="checkbox"/> Day 29: John 5 |
| <input type="checkbox"/> Day 14: Acts 22 | <input type="checkbox"/> Day 30: REFLECT / CATCH UP |
| <input type="checkbox"/> Day 15: Acts 23 | <input type="checkbox"/> Day 31: REFLECT / CATCH UP |
| <input type="checkbox"/> Day 16: REFLECT / CATCH UP | |



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31 Days of Scripture

for a Healthy Free Life

Commit to the Lord whatever you do, and he will establish your plans. Proverbs 16:3

But seek first his kingdom and his righteousness, and all these things will be given to you as well. Matthew 6:33

Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty." John 6:35

Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. Ephesians 6:10-11

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Ephesians 6:12

So whether you eat or drink or whatever you do, do it all for the glory of God. 1 Corinthians 10:31

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. 2 Corinthians 10:5

Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. Romans 8:5

Since we live by the Spirit, let us keep in step with the Spirit. Galatians 5:25

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Matthew 6:25

You will keep in perfect peace those whose minds are steadfast, because they trust in you. Isaiah 26:3

But whoever has doubts is condemned if they eat, because their eating is not from faith; and everything that does not come from faith is sin. Romans 14:23

No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize. 1 Corinthians 9:27

Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland. Isaiah 43:18-19

His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness. 2 Peter 1:3

He gives strength to the weary and increases the power of the weak. Isaiah 40:29

Blessed are those who hunger and thirst for righteousness, for they will be filled. Matthew 5:6

Man does not live on bread alone but on every word that comes from the mouth of the Lord. Matthew 4:4



For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. 2 Timothy 1:7

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. Philippians 4:6

For he satisfies the thirsty and fills the hungry with good things. Psalm 107:9

Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the flesh. Romans 13:14

So then, those who suffer according to God's will should commit themselves to their faithful Creator and continue to do good. 1 Peter 4:19

Therefore, brothers and sisters, we have an obligation—but it is not to the flesh, to live according to it. Romans 8:12

In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven. Matthew 5:16

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. John 14:27

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. Isaiah 41:10

May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer. Psalm 19:14

When your words came, I ate them; they were my joy and my heart's delight, for I bear your name, Lord God Almighty. Jeremiah 15:16

To him who is able to keep you from stumbling and to present you before his glorious presence without fault and with great joy. Jude 1:24

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! 2 Corinthians 5:17



MEDITATING ON SCRIPTURE & APPLYING WHAT YOU READ

These are some application questions to use after reading; taken from Josh McDowell's book, *A Guide to Understanding Your Bible*.

What are the basic, timeless truths in this book or passage?

How does this truth apply to my life? Be specific.

What am I to believe?

Are there attitudes or actions that I need to change?

What do I learn about my relationship with God, with people?

What is the Good News for me?



CREATE YOUR SYSTEM

MAKING WORSHIP A HABIT

1. WHAT BABY STEP HABIT WILL YOU BE WORKING ON THIS MONTH?

2. WHAT'S YOUR WHY? WHY IS THIS HABIT IMPORTANT IN YOUR LIFE?

3. COMMIT YOUR SPIRIT HABIT TO THE LORD & ASK FOR HIS POWER:

4. APPLY THE 4 LAWS TO YOUR SPIRIT HABIT:

1. How I will make it OBVIOUS:

- a) I will [BEHAVIOR] at [TIME] in [LOCATION].
- b) After [CURRENT HABIT] I will [NEW HABIT].

2. How I will make it ATTRACTIVE:

3. How I will make it EASY:

4. How I will make it SATISFYING:

HABIT TRACKER

Spirit



My SPIRIT habit intention statement (from the "make it obvious" section):

Pray over your new habit daily:

Dear God, Thank you for leaning in to death on a cross so that I didn't have to be afraid of death. Help me to live each day with the full realization of the victory you won. Help my soul to yearn after you like a doe panting for water. I love you, Jesus. Help me to love you more. Help me to choose daily to glorify you. Amen!

Habits of a Healthy Free Life

May HABIT:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
#1 SPIRIT;																															
HABITS TO MAINTAIN:																															
#6 Food:																															
#5 Move:																															
#4 Sleep:																															
#3 Water:																															
#2 Mind:																															
#7 Exercise:																															

Share a photo of your tracker in the Facebook group EVERY FRIDAY in the designated post!