

Holy Habits

The Practice of Daily Scripture Reading

L e c t i o D i v i n a

Lectio Divina stands for *divine reading*. It is a method of reading scripture that posture our hearts in a way to allow for God's word to take root. As you read through the New Testament in a year you can use this format for each chapter to help you dig deeper into the text and listen to the Holy Spirit.

Silence

Take 60 seconds (or more) to disconnect and prepare for the reading in silence. Grab your journal and a pen.

Read

Select the chapter from this plan. Be attentive and read it out loud slowly. It may help to repeat the passage a few times.

Meditate

Open yourself to the Holy Spirit. Meditation engages your thought, imagination, emotion, and hopes. Notice the words or phrases that resonated with you. Make note of what the Spirit highlights. What is God saying in this passage? Offering you? Asking you? What feelings are arising within you? Take time to study, journal, and begin to apply what was read.

Prayer

This is the prayer of the heart. It's unique, honest, and spontaneous specific to what struck you in the verses above. It's a response to the Word from the center of our hearts. Take time now to respond directly to God.

Contemplate

This stage is God's response to us, so it's totally beyond our control. Gaze at God as He gazes at you. Rest in God's presence and allow the scriptures to take root. Share your insights with your group or someone in your community.

Week 35

M □ Ephesians 3
T □ Ephesians 4
W □ Ephesians 5
T □ Ephesians 6
F □ Philippians 1

Week 36

M □ Philippians 2
T □ Philippians 3
W □ Philippians 4
T □ Colossians 1
F □ Colossians 2

Week 37

M □ Colossians 3
T □ Colossians 4
W □ 1 Thess. 1
T □ 1 Thess. 2
F □ 1 Thess. 3

Week 38

M □ 1 Thess. 4
T □ 1 Thess. 5
W □ 2 Thess. 1
T □ 2 Thess. 2
F □ 2 Thess. 3

Week 39

M □ 1 Timothy 1
T □ 1 Timothy 2
W □ 1 Timothy 3
T □ 1 Timothy 4
F □ 1 Timothy 5

Week 40

M □ 1 Timothy 6
T □ 2 Timothy 1
W □ 2 Timothy 2
T □ 2 Timothy 3
F □ 2 Timothy 4

Week 41

M □ Titus 1
T □ Titus 2
W □ Titus 3
T □ Philemon
F □ Hebrews 1

Week 42

M □ Hebrews 2
T □ Hebrews 3
W □ Hebrews 4
T □ Hebrews 5
F □ Hebrews 6

Week 43

M □ Hebrews 7
T □ Hebrews 8
W □ Hebrews 9
T □ Hebrews 10
F □ Hebrews 11

Week 44

M □ Hebrews 12
T □ Hebrews 13
W □ James 1
T □ James 2
F □ James 3

Week 45

M □ James 4
T □ James 5
W □ 1 Peter 1
T □ 1 Peter 2
F □ 1 Peter 3

Week 46

M □ 1 Peter 4
T □ 1 Peter 5
W □ 2 Peter 1
T □ 2 Peter 2
F □ 2 Peter 3

Week 47

M □ 1 John 1
T □ 1 John 2
W □ 1 John 3
T □ 1 John 4
F □ 1 John 5

Week 48

M □ 2 John
T □ 3 John
W □ Jude
T □ Revelation 1
F □ Revelation 2

Week 49

M □ Revelation 3
T □ Revelation 4
W □ Revelation 5
T □ Revelation 6
F □ Revelation 7

Week 50

M □ Revelation 8
T □ Revelation 9
W □ Revelation 10
T □ Revelation 11
F □ Revelation 12

Week 51

M □ Revelation 13
T □ Revelation 14
W □ Revelation 15
T □ Revelation 16
F □ Revelation 17

Week 52

M □ Revelation 18
T □ Revelation 19
W □ Revelation 20
T □ Revelation 21
F □ Revelation 22

Week 1

M □ Matthew 1
T □ Matthew 2
W □ Matthew 3
T □ Matthew 4
F □ Matthew 5

Week 2

M □ Matthew 6
T □ Matthew 7
W □ Matthew 8
T □ Matthew 9
F □ Matthew 10

Week 3

M □ Matthew 11
T □ Matthew 12
W □ Matthew 13
T □ Matthew 14
F □ Matthew 15

Week 4

M □ Matthew 16
T □ Matthew 17
W □ Matthew 18
T □ Matthew 19
F □ Matthew 20

Week 5

M □ Matthew 21
T □ Matthew 22
W □ Matthew 23
T □ Matthew 24
F □ Matthew 25

Week 6

M □ Matthew 26
T □ Matthew 27
W □ Matthew 28
T □ Mark 1
F □ Mark 2

Week 7

M □ Mark 3
T □ Mark 4
W □ Mark 5
T □ Mark 6
F □ Mark 7

Week 8

M □ Mark 8
T □ Mark 9
W □ Mark 10
T □ Mark 11
F □ Mark 12

Week 9

M □ Mark 13
T □ Mark 14
W □ Mark 15
T □ Mark 16
F □ Luke 1

Week 10

M □ Luke 2
T □ Luke 3
W □ Luke 4
T □ Luke 5
F □ Luke 6

Week 11

M □ Luke 7
T □ Luke 8
W □ Luke 9
T □ Luke 10
F □ Luke 11

Week 12

M □ Luke 12
T □ Luke 13
W □ Luke 14
T □ Luke 15
F □ Luke 16

Week 13

M □ Luke 17
T □ Luke 18
W □ Luke 19
T □ Luke 20
F □ Luke 21

Week 14

M □ Luke 22
T □ Luke 23
W □ Luke 24
T □ John 1
F □ John 2

Week 15

M □ John 3
T □ John 4
W □ John 5
T □ John 6
F □ John 7

Week 16

M □ John 8
T □ John 9
W □ John 10
T □ John 11
F □ John 12

Week 17

M □ John 13
T □ John 14
W □ John 15
T □ John 16
F □ John 17

Week 18

M □ John 18
T □ John 19
W □ John 20
T □ John 21
F □ Acts 1

Week 19

M □ Acts 2
T □ Acts 3
W □ Acts 4
T □ Acts 5
F □ Acts 6

Week 20

M □ Acts 7
T □ Acts 8
W □ Acts 9
T □ Acts 10
F □ Acts 11

Week 21

M □ Acts 12
T □ Acts 13
W □ Acts 14
T □ Acts 15
F □ Acts 16

Week 22

M □ Acts 17
T □ Acts 18
W □ Acts 19
T □ Acts 20
F □ Acts 21

Week 23

M □ Acts 22
T □ Acts 23
W □ Acts 24
T □ Acts 25
F □ Acts 26

Week 24

M □ Acts 27
T □ Acts 28
W □ Romans 1
T □ Romans 2
F □ Romans 3

Week 25

M □ Romans 4
T □ Romans 5
W □ Romans 6
T □ Romans 7
F □ Romans 8

Week 26

M □ Romans 9
T □ Romans 10
W □ Romans 11
T □ Romans 12
F □ Romans 13

Week 27

M □ Romans 14
T □ Romans 15
W □ Romans 16
T □ 1 Corinthians 1
F □ 1 Corinthians 2

Week 28

M □ 1 Corinthians 3
T □ 1 Corinthians 4
W □ 1 Corinthians 5
T □ 1 Corinthians 6
F □ 1 Corinthians 7

Week 29

M □ 1 Corinthians 8
T □ 1 Corinthians 9
W □ 1 Corinthians 10
T □ 1 Corinthians 11
F □ 1 Corinthians 12

Week 30

M □ 1 Corinthians 13
T □ 1 Corinthians 14
W □ 1 Corinthians 15
T □ 1 Corinthians 16
F □ 2 Corinthians 1

Week 31

M □ 2 Corinthians 2
T □ 2 Corinthians 3
W □ 2 Corinthians 4
T □ 2 Corinthians 5
F □ 2 Corinthians 6

Week 32

M □ 2 Corinthians 7
T □ 2 Corinthians 8
W □ 2 Corinthians 9
T □ 2 Corinthians 10
F □ 2 Corinthians 11

Week 33

M □ 2 Corinthians 12
T □ 2 Corinthians 13
W □ Galatians 1
T □ Galatians 2
F □ Galatians 3

Week 34

M □ Galatians 4
T □ Galatians 5
W □ Galatians 6
T □ Ephesians 1
F □ Ephesians 2