



Meditate and journal about how God is doing a new thing in your life.

Day 1 – Numbers 23:19-20

Day 2 – 2 Samuel 22:32-37

Day 3 – Job 8:5-7

Day 4 – Psalm 23:4-6

Day 5 – Psalm 27:10-14

Day 6 – Psalm 30:2-5

Day 7 – Psalm 40:1-3

Day 8 – Psalm 77:10-15

Day 9 – Psalm 84:5-7

Day 10 – Psalm 103:1-5

Day 11 – Psalm 126

Day 12 – Proverbs 16:9

Day 13 – Ecclesiastes 3:11

Day 14 – Isaiah 43:18-19

Day 15 – Isaiah 62:2-4

Day 16 – Isaiah 65:17-19

Day 17 – Lamentations 3:19-26

Day 18 – Ezekiel 36:24-26

Day 19 – Malachi 3:6

Day 20 – Romans 8:16-18

Day 21 – Romans 12:1-2

Day 22 – 2 Corinthians 3:17-18

Day 23 – 2 Corinthians 4:16-18

Day 24 – 2 Corinthians 5:16-21

Day 25 – Ephesians 4:22-24

Day 26 – Philippians 1:3-11

Day 27 – Philippians 3:12-14

Day 28 – Colossians 3:1-4

Day 29 – 1 John 3:2-3

Day 30 – Revelation 2:17

Day 31 – Revelation 21:1-5a

Questions to Ask: How does God change us? What does He make new?
How is He trustworthy? How does He fulfill His purposes in our lives?



Spend this month meditating on how much He loves you!

Day 1 – Exodus 14:13-14

Day 2 – Deuteronomy 32:10-11

Day 3 – Deuteronomy 33:12

Day 4 – Deuteronomy 33:26-27a

Day 5 – 2 Samuel 14:14

Day 6 – Psalm 18:16-19

Day 7 – Psalm 18:28-35

Day 8 – Psalm 27:5-6; 10

Day 9 – Psalm 31:7-8

Day 10 – Psalm 34:17-19

Day 11 – Psalm 40:5

Day 12 – Psalm 46:1-7

Day 13 – Psalm 56:8-11

Day 14 – Psalm 91:3-8

Day 15 – Psalm 145:13-20

Day 16 – Isaiah 40:11

Day 17 – Isaiah 41:10-13

Day 18 – Isaiah 43:1-7

Day 19 – -Isaiah 45:2-4

Day 20 – Isaiah 49:15-16

Day 21 – Isaiah 63:9

Day 22 – Isaiah 64:3-4

Day 23 – Zephaniah 3:17-20

Day 24 – John 10:11-18

Day 25 – John 15:12-15

Day 26 – Romans 8:31b-34

Day 27 – -Romans 8:35-39

Day 28 – Hebrews 4:14-16

Day 29 – 1 John 4:9-11

Questions to Ask: How does God demonstrate His love to me? How far will He go to show His love? Can you make a list of all He does to love you from the verses above?



Meditate and journal about how God is your peace and you can place your trust in Him.

Day 1 – Genesis 15:1

Day 2 – Numbers 6:24-26

Day 3 – Joshua 1:6-9

Day 4 – 2 Chronicles 20:12 (Read whole chapter if you can)

Day 5 – Psalm 3:3-6

Day 6 – Psalm 20

Day 7 – Psalm 23

Day 8 – Psalm 27:1-3

Day 9 – Psalm 34:4-7

Day 10 – Psalm 34:11-14

Day 11 – Psalm 46:1-3

Day 12 – Psalm 62:5-8

Day 13 – Psalm 91:1-6

Day 14 – Psalm 94:16-19

Day 15 – Psalm 119:161-168

Day 16 – Proverbs 14:26-27

Day 17 – Proverbs 14:30

Day 18 – Isaiah 9:6-7

Day 19 – Isaiah 26:3-4

Day 20 – Isaiah 30:15

Day 21 – Isaiah 41:10-13

Day 22 – Jeremiah 17:5-8

Day 23 – Habakkuk 3:17-19

Day 24 – Matthew 6:25-34

Day 25 – Matthew 8:23-27

Day 26 – John 14:25-27

Day 27 – John 16:32-33

Day 28 – Romans 5:1-5

Day 29 – Philippians 4:6-7

Day 30 – Philippians 4:8-9

Day 31 – Colossians 3:15-17

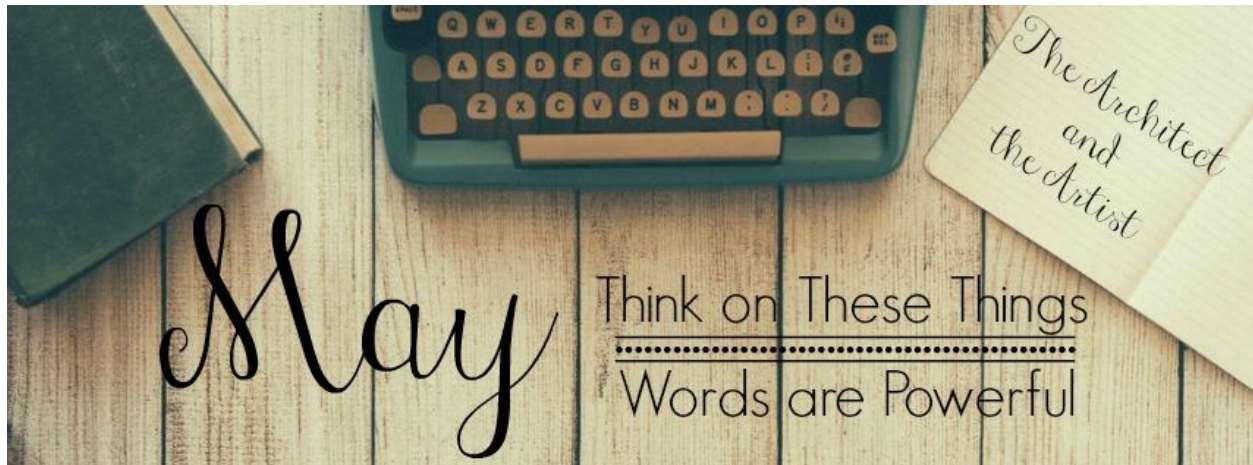
Questions to Ask: Why can we trust God? How can we have peace? How does fearing God bring peace? How do we go about trusting Him?



This month focus on God's forgiveness of you as you work towards forgiving others.

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| Day 1 – Genesis 50:19-20 | Day 17 – -Matthew 18:15-17 |
| Day 2 – Leviticus 19:17-18 | Day 18 – Matthew 18:21-22 |
| Day 3 – 2 Samuel 14:14 | Day 19 – -Mark 12:29-31 |
| Day 4 – Psalm 10:12-15 | Day 20 – Luke 23:33-34 |
| Day 5 – Psalm 56:8-10 | Day 21 – Romans 12:18-21 |
| Day 6 – Psalm 103:2-5 | Day 22 – 1 Corinthians 13:4-6 |
| Day 7 – Psalm 103:10-14 | Day 23 – Ephesians 4:31-32 |
| Day 8 – Psalm 130:3-5 | Day 24 – Colossians 3:12-14 |
| Day 9 – Proverbs 15:1 | Day 25 – Hebrews 12:14-15 |
| Day 10 – Proverbs 19:11 | Day 26 – James 2:12-13 |
| Day 11 – Proverbs 20:22 | Day 27 – James 5:16 |
| Day 12 – Proverbs 25:21-22 | Day 28 – 1 Peter 3:8-9 |
| Day 13 – Isaiah 1:18-20 | Day 29 – 1 John 1:8-10 |
| Day 14 – Micah 7:18-20 | Day 30 – 1 John 3:14-15 |
| Day 15 – Matthew 5:23-24 | |
| Day 16 – Matthew 6:14-15 | |

Questions to Ask: How can we forgive? What does God's forgiveness look like? When others come up against us how should we respond?



Let's meditate on the power of God's words and ours.

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| Day 1 – Genesis 1:1-3 | Day 17 – Matthew 5:37 |
| Day 2 – Deuteronomy 8:3 | Day 18 – Matthew 12:35-37 |
| Day 3 – Deuteronomy 11:18-21 | Day 19 – John 1:1-2 |
| Day 4 – 2 Samuel 22:31 | Day 20 – John 1:14 |
| Day 5 – Psalm 33:6-9 | Day 21 – John 6:68-69 |
| Day 6 – Psalm 119:9-11 | Day 22 – Philippians 2:14-16 |
| Day 7 – Psalm 119:103-105 | Day 23 – Colossians 3:16 |
| Day 8 – Proverbs 12:25 | Day 24 – Colossians 4:6 |
| Day 9 – Proverbs 15:1-4 | Day 25 – 2 Timothy 2:14-15 |
| Day 10 – Proverbs 16:24 | Day 26 – 2 Timothy 2:16-17a |
| Day 11 – Proverbs 17:27 | Day 27 – Hebrews 4:12 |
| Day 12 – Proverbs 18:20-21 | Day 28 – James 1:22-25 |
| Day 13 – Proverbs 25:11 | Day 29 – James 3:2 |
| Day 14 – Ecclesiastes 10:12-14 | Day 30 – James 3:5-7 |
| Day 15 – Isaiah 55:10-11 | Day 31 – James 3:9-12 |
| Day 16 – Amos 5:13 | |

Questions to Ask: What does God do with His words? What should our words be to others? What can words do?



This month let's focus on the joy He gives!

Day 1 – 1 Samuel 2:1

Day 2 – 1 Chronicles 16:27-31

Day 3 – Nehemiah 8:9-10

Day 4 – Psalm 4:6-7

Day 5 – Psalm 5:11-12

Day 6 – Psalm 16:9-11

Day 7 – Psalm 30:4-5

Day 8 – Psalm 30:11-12

Day 9 – Psalm 31:7-8

Day 10 – Psalm 51:8-12

Day 11 – Psalm 84:1-4

Day 12 – Psalm 94:19

Day 13 – Psalm 96:11-13

Day 14 – Psalm 107:21-22

Day 15 – Proverbs 12:20

Day 16 – Proverbs 17:22

Day 17 – Isaiah 51:11

Day 18 – Isaiah 61:1-3

Day 19 – Jeremiah 15:16

Day 20 – Habakkuk 3:17-19

Day 21 – Luke 2:10-11

Day 22 – John 16:20-22

Day 23 – Romans 12:12-15

Day 24 – 2 Corinthians 9:7

Day 25 – Galatians 5:22-23

Day 26 – James 1:2-4

Day 27 – 1 Peter 1:6-7

Day 28 – 1 Peter 1:8-9

Day 29 – 1 Peter 4:12-13

Day 30 – Revelation 7:15-17

Questions to Ask: What does joy do for us? Where does joy come from?
What can we rejoice about?

Activity Suggestion: Start a "Joy Journal."



This month we will focus on the freedom we have in Christ and how sin can be a master we don't want.

Day 1 – Psalm 68:4-6
Day 2 – Psalm 107:10-13
Day 3 – Psalm 107:14-16
Day 4 – Psalm 119:44-45
Day 5 – Psalm 142:6-7
Day 6 – Proverbs 5:22-23
Day 7 – Proverbs 18:6-7
Day 8 – Proverbs 29:5-6
Day 9 – Isaiah 42:6-7
Day 10 – Isaiah 61:1
Day 11 – Zechariah 9:11-12
Day 12 – John 8:32-36
Day 13 – Romans 6:6-8
Day 14 – Romans 6:15-16
Day 15 – Romans 6:17-18
Day 16 – Romans 6:22-23

Day 17 – Romans 8:1-4
Day 18 – Romans 8:5-8
Day 19 – Romans 8:9-11
Day 20 – Romans 8:14-15
Day 21 – 1 Corinthians 7:23-24
Day 22 – 2 Corinthians 3:16-18
Day 23 – Galatians 3:22-25
Day 24 – Galatians 5:1
Day 25 – Galatians 5:13-14
Day 26 – Colossians 1:13-14
Day 27 – Hebrews 2:14-15
Day 28 – Hebrews 12:1-2
Day 29 – 1 Peter 2:16
Day 30 – 2 Peter 2:19
Day 31 – Revelation 1:5b-6

Questions to Ask: Where is freedom found? What are we prisoners of? Who controls us? What can trap us?



Meditate and journal about how pleasing God instead of man benefits you.

Day 1 – Deuteronomy 1:17
Day 2 – Deuteronomy 31:5-6
Day 3 – 1 Samuel 15:22
Day 4 – Psalm 25:14
Day 5 – Psalm 27:1-3
Day 6 – Psalm 51:16-17
Day 7 – Psalm 56:10-11
Day 8 – Psalm 118:5-9
Day 9 – Psalm 147:10-11
Day 10 – Proverbs 1:7
Day 11 – Proverbs 15:33
Day 12 – Proverbs 16:7
Day 13 – Proverbs 29:25-26
Day 14 – Isaiah 8:11-13
Day 15 – Isaiah 51:12-13
Day 16 – Matthew 6:1-2

Day 17 – Matthew 6:3-4
Day 18 – Matthew 6:5-6
Day 19 – Luke 12:4-5
Day 20 – John 12:41-43
Day 21 – Romans 2:29
Day 22 – Romans 8:31-34
Day 23 – Romans 12:2
Day 24 – 1 Corinthians 4:3-5
Day 25 – 1 Corinthians 10:31
Day 26 – Galatians 1:10
Day 27 – Ephesians 5:6-10
Day 28 – 1 Thessalonians 2:3-4
Day 29 – Hebrews 11:5-6
Day 30 – Hebrews 13:5-6
Day 31 – James 4:4

Questions to Ask: What are the results of people pleasing? How do we please God? Why should we fear God rather than men? Who really is our judge?

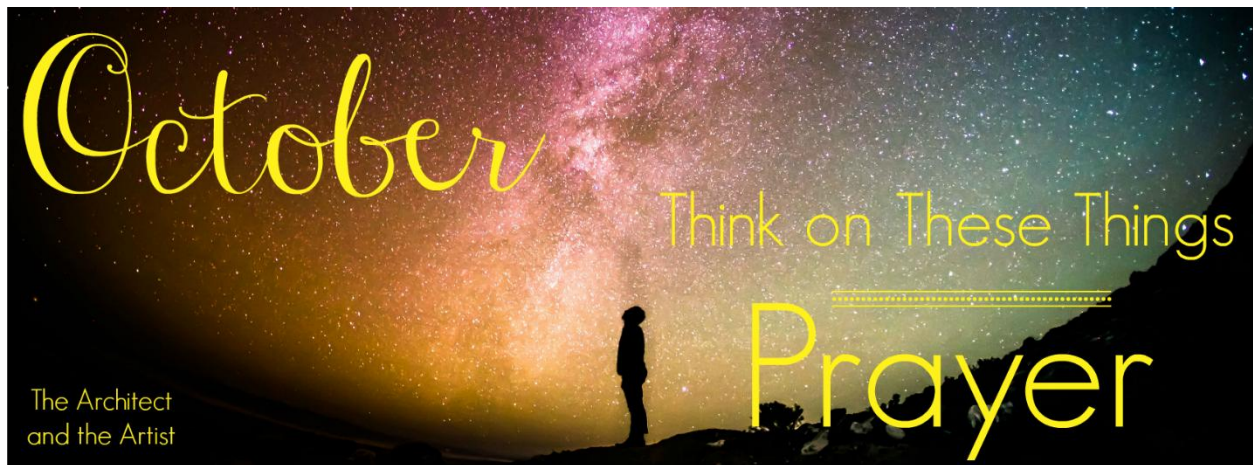


It all starts in the heart ... every action and every word. So, how are things with your heart? Join me as we explore how our hearts affect our lives.

Day 1 – Leviticus 19:17-18
Day 2 – Deuteronomy 6:5-7
Day 3 – Deuteronomy 8:2
Day 4 – 1 Samuel 16:7
Day 5 – 1 Chronicles 28:9
Day 6 – Psalm 51:6-7
Day 7 – Psalm 62:5-8
Day 8 – Psalm 86:11-13
Day 9 – Psalm 90:12
Day 10 – Psalm 119:9-11
Day 11 – Proverbs 4:20-23
Day 12 – Proverbs 7:1-3
Day 13 – Proverbs 16:21-23
Day 14 – Proverbs 24:17-18
Day 15 – Proverbs 27:19
Day 16 – Proverbs 28:13-14

Day 17 – Ecclesiastes 3:11
Day 18 – Jeremiah 17:9-10
Day 19 – Jeremiah 23:23-24
Day 20 – Ezekiel 36:26-27
Day 21 – Matthew 6:19-21
Day 22 – Matthew 12:33-35
Day 23 – Luke 6:43-45
Day 24 – Luke 16:14-15
Day 25 – John 2:23-25
Day 26 – 2 Corinthians 4:16-18
Day 27 – Ephesians 6:5-8
Day 28 – Colossians 3:12-14
Day 29 – 1 Peter 3:3-4
Day 30 – 1 John 3:19-20

Questions to Ask: How are things in your heart? What is the heart a source of? What does God say about our hearts?



This month take time to see the importance of prayer in your life.

Day 1 – Deuteronomy 4:5-7
Day 2 – 2 Chronicles 7:14-15
Day 3 – Nehemiah 1:6 and 11
Day 4 – Psalm 27:7-9
Day 5 – Psalm 28:1-2
Day 6 – Psalm 32:6-7
Day 7 – Psalm 34:1-4
Day 8 – Psalm 61:1-3
Day 9 – Psalm 91:14-16
Day 10 – Psalm 145:18-19
Day 11 – Isaiah 59:1-2
Day 12 – Matthew 5:43-45
Day 13 – Matthew 6:5-6
Day 14 – Matthew 6:7-8
Day 15 – Matthew 6:9-11
Day 16 – Matthew 6:12-13

Day 17 – Matthew 26:40-42
Day 18 – Mark 1:35-37
Day 19 – Luke 11:5-7
Day 20 – Luke 11:8-10
Day 21 – Luke 11:11-13
Day 22 – John 16:23-24
Day 23 – Romans 8:26-27
Day 24 – Philippians 4:6-7
Day 25 – 1 Thessalonians 5:16-18
Day 26 – Hebrews 4:14-16
Day 27 – James 1:5-8
Day 28 – James 4:1-3
Day 29 – James 5:13-14
Day 30 – James 5:15-16
Day 31 – 1 John 5:14-15

Questions to Ask: When should we pray? How should we pray? What can we say in our prayers? How does prayer change our circumstances and ourselves?



Are you broken? It doesn't matter the reason: your sin, another's sin, illness, loss, etc. Let's focus this month on the God who mends us.

Day 1 – Exodus 15:24-26

Day 2 – Psalm 34:18-19

Day 3 – Psalm 51:16-17

Day 4 – Psalm 56:8-11

Day 5 – Psalm 73:25-26

Day 6 – Psalm 103:2-5

Day 7 – Psalm 107:19-20

Day 8 – Psalm 147:1-3

Day 9 – Proverbs 16:24

Day 10 – Isaiah 43:18-19

Day 11 – Isaiah 53:4-5

Day 12 – Isaiah 54:17

Day 13 – Isaiah 57:17-18

Day 14 – Isaiah 61:1-2

Day 15 – Jeremiah 30:16-17

Day 16 – Hosea 6:1-3

Day 17 – Joel 2:25-26

Day 18 – Zephaniah 3:17-18

Day 19 – Zephaniah 3:19-20

Day 20 – Malachi 4:2

Day 21 – Matthew 9:20-22

Day 22 – Matthew 14:35-36

Day 23 – John 9:1-3

Day 24 – John 9:6-7

Day 25 – John 10:9-10

Day 26 – Acts 3:19-21

Day 27 – James 5:16-18

Day 28 – 1 Peter 2:23-25

Day 29 – 1 Peter 5:10-11

Day 30 – Revelation 21:4-6

Questions to Ask: How can you heal? How does God heal us? What is restoration and how do we get it?



Christ came to be the light in our darkness. Let's focus on that Light.

Day 1 – Genesis 1:1-4

Day 2 – 2 Samuel 22:29-31

Day 3 – Psalm 4:6-7

Day 4 – Psalm 34:4-6

Day 5 – Psalm 104:1-2

Day 6 – Psalm 119:105-106

Day 7 – Psalm 119:129-130

Day 8 – Isaiah 9:2-3

Day 9 – Isaiah 42:16

Day 10 – Isaiah 60:19-20

Day 11 – Daniel 12:2-3

Day 12 – Micah 7:7-8

Day 13 – Matthew 5:14-16

Day 14 – Luke 2:8-9

Day 15 – Luke 2:10-12

Day 16 – John 1:4-5

Day 17 – John 1:6-8

Day 18 – John 1:9-11

Day 19 – John 1:12-13

Day 20 – John 3:16-18

Day 21 – John 3:19-21

Day 22 – John 8:12

Day 23 – John 12:35-36

Day 24 – Ephesians 5:7-10

Day 25 – Ephesians 5:11-14

Day 26 – Philippians 2:14-16

Day 27 – James 1:17-18

Day 28 – 1 Peter 2:9-10

Day 29 – 1 John 1:5-7

Day 30 – Revelation 21:22-24

Day 31 – Revelation 21:25-27

Questions to Ask: How is God our light? How can we be a light to others?
What does light do for us?