



Welcome to the one-month plan!

You know, a lot of people swear by diets that last a month - that they feel so much healthier by the end of 30 days. This will be true for you at the end of the next 30 days - that as you 'feast' daily on God's words, you'll notice the difference! You'll feel revived like it says in Psalm 19:7, "The law (word) of the LORD is perfect, reviving the soul."

To help you do this, we've put together this one month planner which will help you read through the entire Gospel of Luke in 30 days, and an optional Psalm for each day too (which are poems written by people who loved and longed for God). Use your Bible at home – if you don't have one make sure you get one from your leader.

If you need help finding where things are in the Bible for you to read, there's a helpful diagram to the right.

How?

Ok, so here's how you can do it:

How to look up a verse

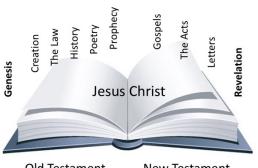
1. Locate the book from the contents page of your Bible.

2. Then located the chapter (usually large type).

3. Then find the verse numbers (usually smaller and slightly raised).

John 3:16-20

The Bible



Old Testament New Testament

- 1. Find your own quiet spot each day where you won't have any distractions. As you open up your Bible to that day's passage, be ready and remember in your mind that God is about to speak to you. Pray a short prayer like, "Dear God, help me to listen as you speak to me now. Amen."
- 2. **Read the passages** for that day (on the back of this page). Tick off each day's boxes when you're done.
- 3. Ask these questions as you read or afterwards:
- What is this telling me about God? (eg. can I learn something about His character, His promises, His plan for me by reading this?)
- Is there an example for me to follow, or perhaps a command for me to obey?
- Is there an error or sin for me to avoid or give up?
- What will I do/think differently now in my life after having read God's words here?
- 4. **Pray.** You're in a relationship with God, and He's just spoken to you. Why not now continue that conversation by speaking words back to Him in prayer? You can pray in any way you'd like, but if you need help praying, you could try the 'ACTOR' model

(try and pray in response to the stuff you've just read):

Adoration: "I love you..." Praise God and express your love for him.

Confession: "I'm sorry..." Admit to God where you have failed him.

Thanks: "Thankyou for..." Thank God for what He's done for you.

Others: "I pray for..." Other people who you know need help or who need to know God.

Requests: "Please..." Ask God for what is needed.

5. Share what you've heard from God today with someone else! A Christian friend at school or leader at your youth group would be heaps keen to hear about a favourite verse you read from that week, or what new things you discovered about God.

Bible Reading Plan

Day	Passage from Luke's Gospel	Completed (tick)	Chapter from Psalms (OPTIONAL Extra)
1	Luke 1:1-38		Psalm 1
2	Luke 1:38-80		Psalm 2
3	Luke 2		Psalm 6
4	Luke 3		Psalm 8
5	Luke 4:1-30		Psalm 14
6	Luke 4:31-44		Psalm 15
7	Luke 5		Psalm 19
8	Luke 6:1-26		Psalm 23
9	Luke 6:27-49		Psalm 30
10	Luke 7		Psalm 32
11	Luke 8		Psalm 33
12	Luke 9		Psalm 34
13	Luke 10		Psalm 36
14	Luke 11:1-13		Psalm 42
15	Luke 11:14-54		Psalm 46
16	Luke 12:1-34		Psalm 49
17	Luke 12:35-59		Psalm 51
18	Luke 13		Psalm 53
19	Luke 14		Psalm 73
20	Luke 15		Psalm 90
21	Luke 16		Psalm 93
22	Luke 17		Psalm 95
23	Luke 18		Psalm 96
24	Luke 19		Psalm 115
25	Luke 20		Psalm 116
26	Luke 21		Psalm 137
27	Luke 22:1-65		Psalm 139
28	Luke 22:66 – Luke 23:25		Psalm 143
29	Luke 23:26-56		Psalm 22
30	Luke 24		Psalm 146