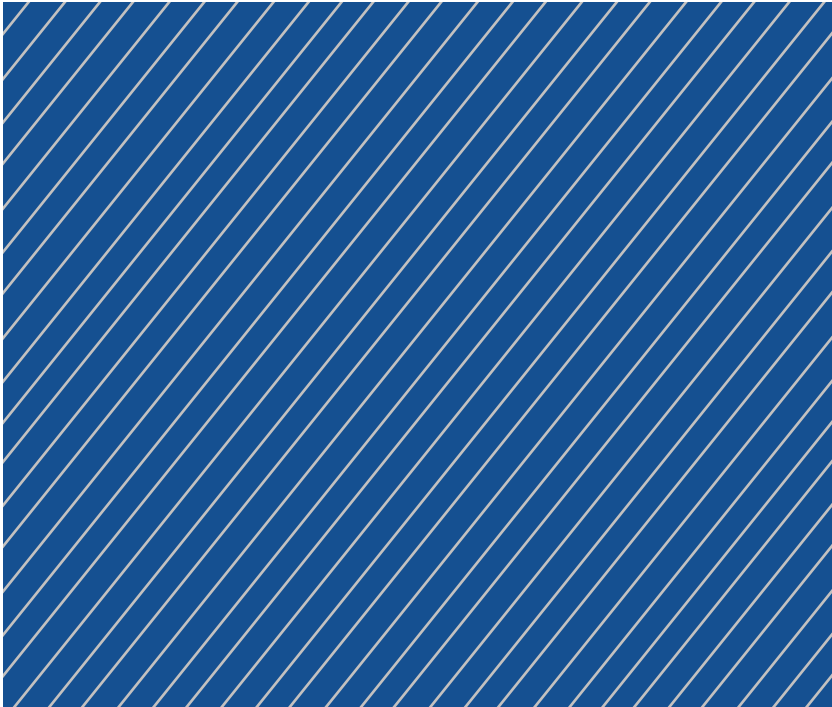


THIRTY DAYS

Kick-Start Your Daily Time with God
Prayer and Bible Reading Guide



THIRTY DAYS

Kick-Start Your Daily Time with God

Prayer and Bible Reading Guide

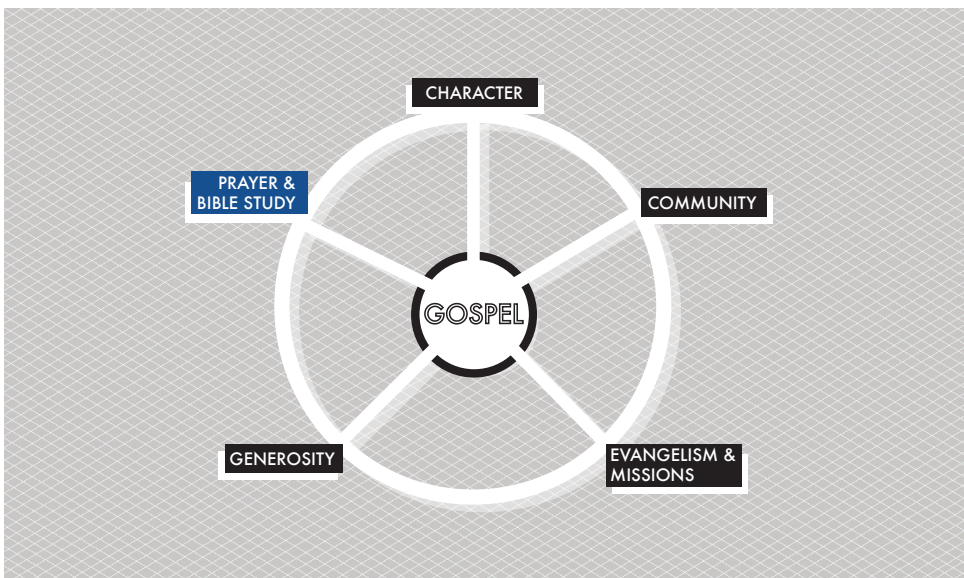
INTRODUCTION

Bible reading and prayer are both things that most of us know we should be doing. In fact, it's one of the five areas we want to see you grow in.

Some of us feel guilty about not doing it but don't really know what the benefit would be. Or maybe we want to, but just don't seem to know how to get started. Or worse yet, we've tried it before and just didn't see much good come from it. Because these disciplines are essential to our growth in discipleship, we want to help you develop in this area of your life.

This guide is designed to help you see the value of time spent with God in prayer and in his Word. In these pages, you will find some instruction and practical help so that you can feel confident in time well spent with God. You will need your Bible, a pen, and this guide (or a notebook). You'll want to write some things down as you go.

Finally, remember the goal is to develop your relationship with God. Let that be your primary focus. This is so much more than just a discipline to be mastered, it's an essential part of knowing and walking with God.



MAKING THE COMMITMENT

One key to success is being diligent and disciplined about time devoted to this. Make a commitment to set aside time over the next 30 days. You'll need at least 15-30 minutes each day. Choose a specific time of day that works best for you and guard that time. Set it as an appointment with God. Remember that saying "yes" to this time with God will mean that you have to say "no" to some other things. It's not likely that you can just add this to your schedule. Be honest with yourself about what you need to do to make space in your day for time alone with God.

In order to be free from distractions, choose a place where you can be alone with God. It's best to find a place where you will not be disturbed or where you aren't prone to be distracted. While this ideal is not always possible, you can at least work to minimize the distractions and interruptions.

Another way to help secure this commitment is to create accountability. Share your plan with a friend and ask them to hold you accountable. Consider asking a friend or members of your small group to take this journey with you. Getting together to talk about what you are learning and praying together will go a long way in helping you remain consistent.

Use the space below to write out your plan.

When? *(time of day that you plan to set aside for time with God)*

Where? *(your place for being alone with God)*

Who? *(person(s) who can help you stick to this commitment)*

THE WORD

This works best if you have a Bible reading plan. Working your way through God's Word in a systematic fashion rather than opening the Bible randomly is ideal. It will give you a greater sense of context and continuity. A great place to start is the plan that we have designed for reading through the New Testament in a year (see Appendix E). You can get a bookmark with the reading plan listed on it at the beginning of each quarter at your Summit campus or you can view the plan at summitrdu.com/bible.

Each day, we encourage you to interact with God's Word in a few key ways.

- One way is by reading it and considering what God is saying to you. Be sure to make the most of this journal by **recording your thoughts**. (2 Peter 3:1-2) In the future you will be able to look back on what God has taught you and how he has been faithful to speak through his Word.
- A second way that you can devote yourself to the Scriptures is by **memorizing key verses**. You can begin by choosing a verse a week and writing that in the space provided each day. This will help you begin the process of hiding God's Word in your heart. (Psalm 119:11, Romans 12:2) You might also consider writing that verse on a card and carrying it with you, repeating it multiple times a day until you have it memorized.
- You can deepen the impact of God's Word on your life by **talking about it**. (Deuteronomy 6:6-9) Share what you are learning with close friends or family members. Use this as an opportunity to encourage your spouse and spur them on in their walk with God. Use what you are learning as fuel for family devotions. Consider setting up an email chain with a few members of your small group. You can email each other a couple of times a week to share something significant that God has spoken to you through his Word.
- Finally, **applying what you learn**. (James 1:22-25) God speaks to us with an expectation that we will obey. Make a plan. Consider what steps you need to take to put into action what God has spoken to you from the passage. Begin by praying, simply tell God that you want to hear from him. Ask him to make you receptive to his Word. Pray for wisdom and understanding as you read.

DAILY TIME

First, read the passage for the day. Read it slowly, letting the words sink in. Note any particular verses that stand out to you as you read. Use the Bible reading section of this guide to make notes as you read.

Second, look back over the chapter and consider the following questions. Be sure to record what stands out to you.

- Is there something specific that you believe God is saying to you in this passage?
- What is the general theme or central truth in this passage?
- Pick a key verse and re-write it in your own words.
- What did you learn about God (his character and his ways) from this passage?
- What did you learn about yourself?
- Is there a directive or command for you to obey?
- Is there a promise that you can claim?
- Is there sin that I need to confess and from which I must repent?
- How does this passage help you have greater understanding of the gospel?

Third, look for ways to apply what you have read. Let God speak as you meditate on his Word. Write out what you sense God is saying to you. Write down what you need to do in response to what God has said to you. James 1:22-25 is a reminder of the value of putting into practice what you hear from God's word and a warning of the dangers of failing to apply it to your life. Make sure that you are praying as you go, asking God to speak and lead you by his Holy Spirit. Appendix B in this guide gives you a sample of a completed Bible reading page.

And finally, pray. As God speaks to you through his Word, you'll want to respond in prayer. Whether it is a commitment to obey his instruction or a desire to see his purposes fulfilled, talk to him about it. Ask him to bring to fruition all that he has spoken.

If you choose to use the Summit Bible reading plan (summitrdu.com/bible), you will notice that there are two days each week set aside for reflection and prayer. You can use these days to read again the passages you have read that week, go back over your notes, spend extra time in prayer, and rehearse your memory verses.

BIBLE READING

Date: _____ Passage: _____

Memory verse for the week: _____

Observations: _____

Application and Prayer: _____

BIBLE READING

Date: _____ Passage: _____

Memory verse for the week: _____

Observations: _____

Application and Prayer: _____

BIBLE READING

Date: _____ Passage: _____

Memory verse for the week: _____

Observations: _____

Application and Prayer: _____

BIBLE READING

Date: _____ Passage: _____

Memory verse for the week: _____

Observations: _____

Application and Prayer: _____

BIBLE READING

Date: _____ Passage: _____

Memory verse for the week: _____

Observations: _____

Application and Prayer: _____

BIBLE READING

Date: _____ Passage: _____

Memory verse for the week: _____

Observations: _____

Application and Prayer: _____

BIBLE READING

Date: _____ Passage: _____

Memory verse for the week: _____

Observations: _____

Application and Prayer: _____

BIBLE READING

Date: _____ Passage: _____

Memory verse for the week: _____

Observations: _____

Application and Prayer: _____

BIBLE READING

Date: _____ Passage: _____

Memory verse for the week: _____

Observations: _____

Application and Prayer: _____

BIBLE READING

Date: _____ Passage: _____

Memory verse for the week: _____

Observations: _____

Application and Prayer: _____

BIBLE READING

Date: _____ Passage: _____

Memory verse for the week: _____

Observations: _____

Application and Prayer: _____

BIBLE READING

Date: _____ Passage: _____

Memory verse for the week: _____

Observations: _____

Application and Prayer: _____

BIBLE READING

Date: _____ Passage: _____

Memory verse for the week: _____

Observations: _____

Application and Prayer: _____

BIBLE READING

Date: _____ Passage: _____

Memory verse for the week: _____

Observations: _____

Application and Prayer: _____

BIBLE READING

Date: _____ Passage: _____

Memory verse for the week: _____

Observations: _____

Application and Prayer: _____

BIBLE READING

Date: _____ Passage: _____

Memory verse for the week: _____

Observations: _____

Application and Prayer: _____

BIBLE READING

Date: _____ Passage: _____

Memory verse for the week: _____

Observations: _____

Application and Prayer: _____

BIBLE READING

Date: _____ Passage: _____

Memory verse for the week: _____

Observations: _____

Application and Prayer: _____

BIBLE READING

Date: _____ Passage: _____

Memory verse for the week: _____

Observations: _____

Application and Prayer: _____

BIBLE READING

Date: _____ Passage: _____

Memory verse for the week: _____

Observations: _____

Application and Prayer: _____

BIBLE READING

Date: _____ Passage: _____

Memory verse for the week: _____

Observations: _____

Application and Prayer: _____

BIBLE READING

Date: _____ Passage: _____

Memory verse for the week: _____

Observations: _____

Application and Prayer: _____

BIBLE READING

Date: _____ Passage: _____

Memory verse for the week: _____

Observations: _____

Application and Prayer: _____

BIBLE READING

Date: _____ Passage: _____

Memory verse for the week: _____

Observations: _____

Application and Prayer: _____

BIBLE READING

Date: _____ Passage: _____

Memory verse for the week: _____

Observations: _____

Application and Prayer: _____

BIBLE READING

Date: _____ Passage: _____

Memory verse for the week: _____

Observations: _____

Application and Prayer: _____

PRAYER

Just like Bible reading, it's extremely helpful to have some structure as you work to develop your prayer life. While you might instinctively pray about certain things, there may be other parts of a healthy prayer life that won't come naturally for you. The disciples asked Jesus to teach them to pray, and you need the Holy Spirit to teach you to pray. Remember this is a conversation, an intimate conversation rooted in love and trust.

As you spend time with God, you will want to let his Word influence and direct your response in prayer. What he says to you should impact what you say to him. Prayer is not supposed to be a monologue but rather a dialogue. This section is designed to help you build a bank of biblical truths that become the foundation of your prayers.

The primary goal of praying is to deepen your relationship with God. Someone once said "if the world looked at your prayer journal, would God look more like a genie or a treasure?" Worshipping God, adoring him, and giving thanks will be a critical part of a balanced prayer life. This kind of praying deepens your love for God and your confidence in his love for you. Praise and thanksgiving are faith building, so don't rush through this time or treat it as unimportant. Take some time to feed your adoration and gratitude with scriptures. Use the **Praise** and **Gratitude** sections of this book to help cultivate this part of your prayer life.

1 John 5:14-15: This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.

The best way for us to insure that we are praying according to the will of God is to pray the Word of God. What are the promises of God that you can claim as you pray? What are the purposes of God that you can ask him to fulfill? What prayers from the Bible can you use to give voice to your own heart's cry? Appendices C and D in the back of this guide will list some samples to help you. Use the **Requests** section to record these and use them as you pray over various people and areas of concern in your life.

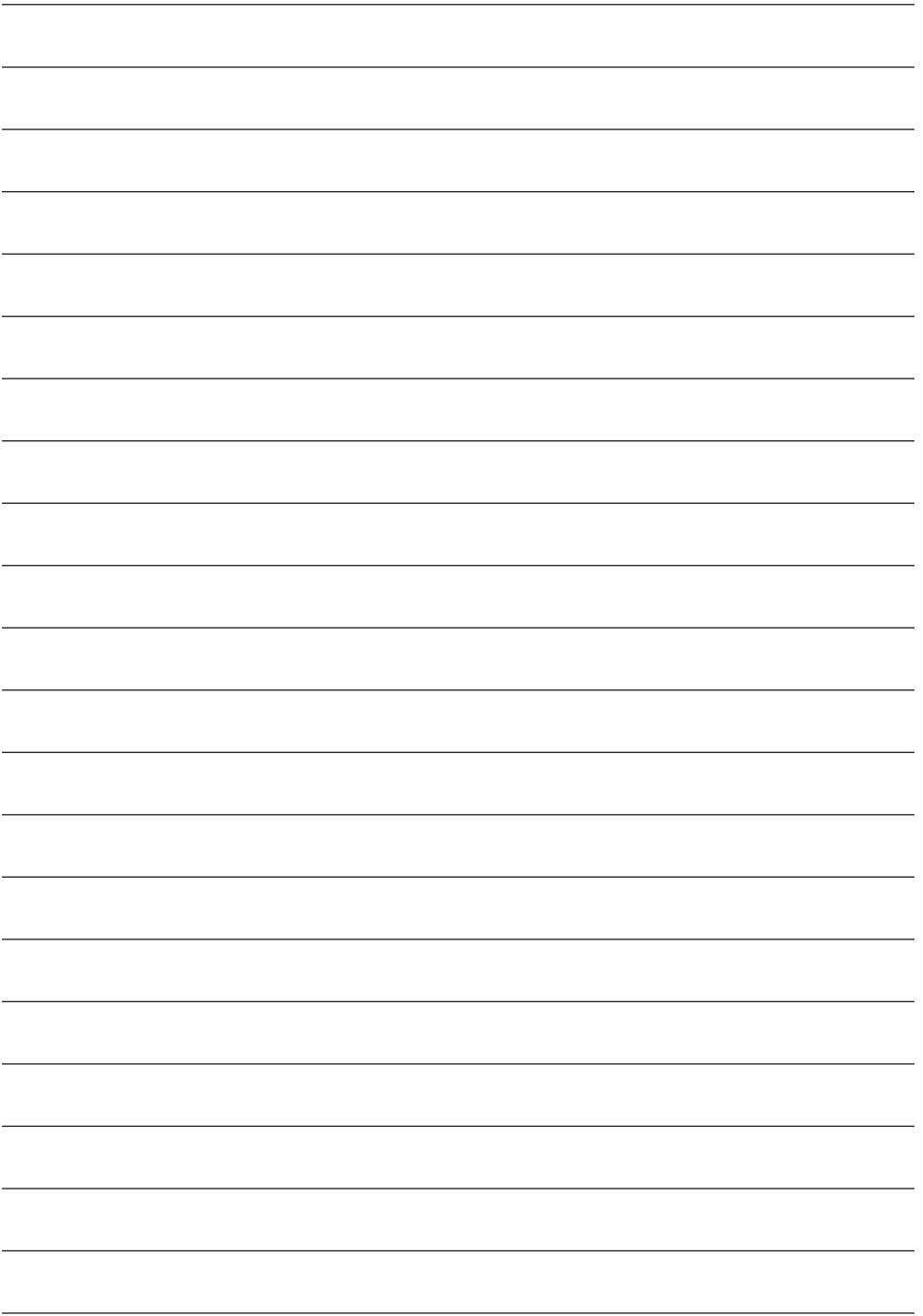
The **People** section of this guide is intended to give you a place to keep track of the people and needs over which you want to pray. Be sure to think beyond

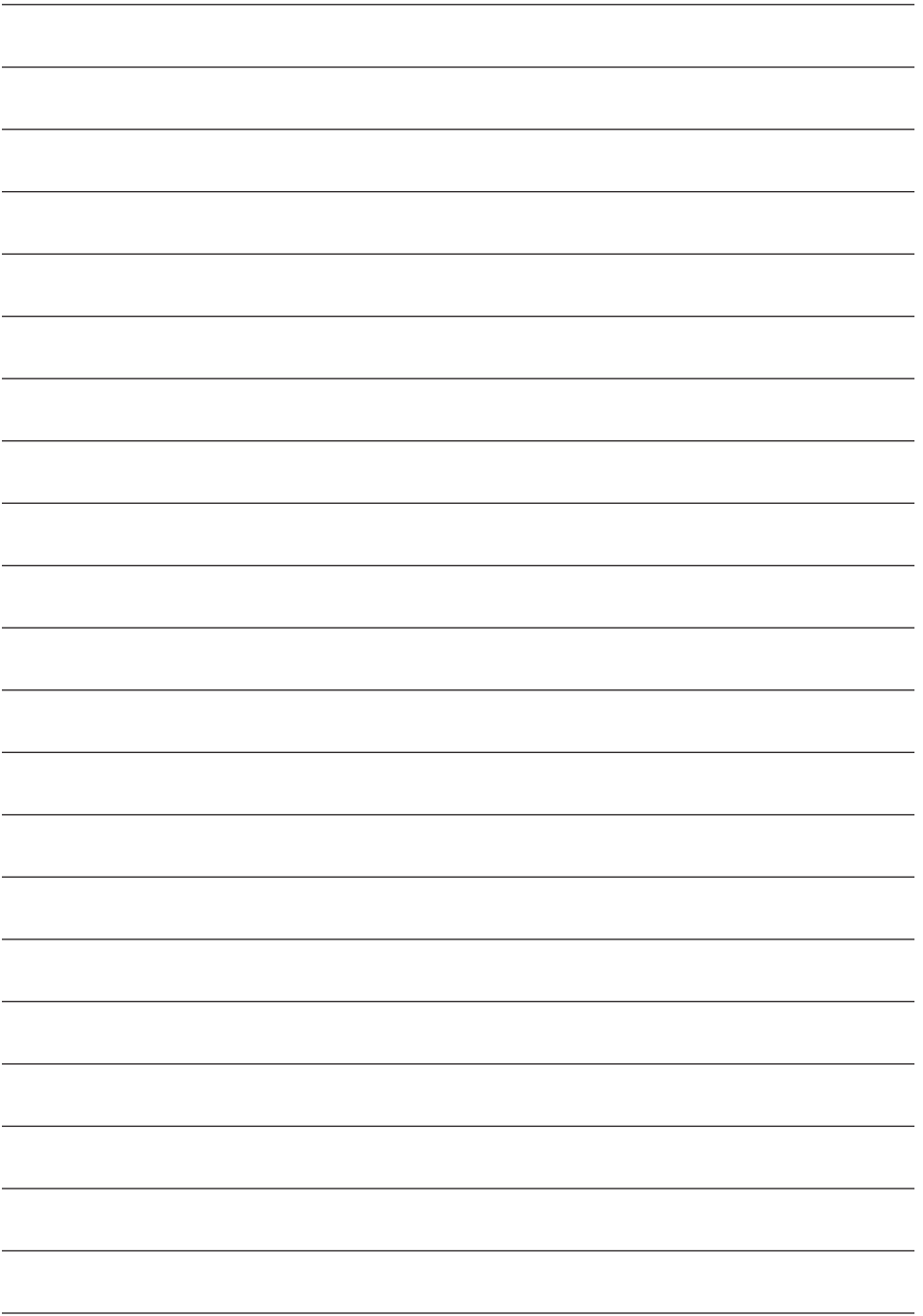
yourself and your circle of family and friends – pray globally. Join the “Pray for our World” group on The City for specific ways to pray for what God is doing in the world. Write down the people and things that God leads you to pray for. You may want to leave some space to note what you are praying. Also consider making notes as you see prayers answered.

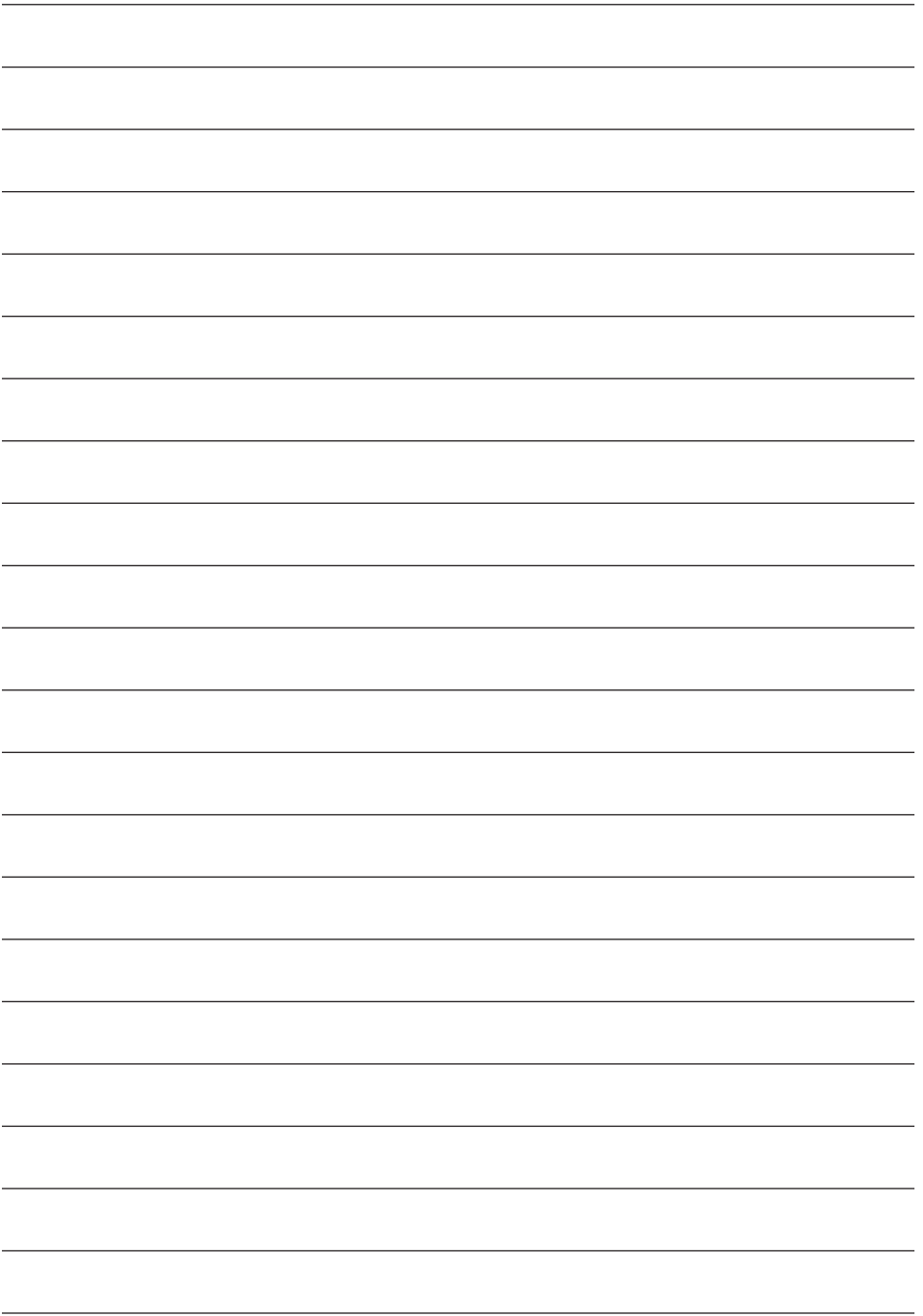
Each day, you will want to take some time, after you have read and meditated on God’s Word, to pray. Honestly, it’s best if you can pray out loud. Just speaking your prayers will help keep you focused. Another way to do this is to write out your prayers. Make sure that you worship God by expressing your praise and adoration. Think about what he has done and what he has revealed to you in his Word – give thanks. And as you begin to lay your concerns and cares before him, ask according to his Word. Pray the promises of God and purposes of God that are revealed in the Scriptures. Don’t just pray for things in the physical realm, pray prayers that are focused on the eternal.

And finally, as you draw near to God, remember that being in his presence often reveals your own sinfulness. (Isaiah 6:1-8) In the gospel, we find that we are more sinful than we could have imagined and more loved and accepted than we ever thought we could be. So, confess your sin. There’s no value in ignoring it or pretending it doesn’t exist. Repent, commit to turning from your sin. And rejoice in the forgiveness and healing that is yours in Christ Jesus (1 John 1:9)

Use the following sections to create resources for praying.









APPENDIX A

BIBLE MEMORY TIPS

Make it meaningful

You want to memorize verses that will help you in your walk with God.

- Choose verses that come from your daily time with God.
- Choose verses that you encounter in other settings (sermons, small group) that speak to you and your current situation.

Start Simple

It's better to start small and succeed than to try to do too much.

- One verse at a time.
- If you want to memorize a larger section, do it verse by verse.

Write it down

Transcribing the verse is the first step to memorization.

- During your time with God.
- On a 3x5 card that you carry with you.
- Enter it in Evernote or another electronic application.

Keep it in front of you

Place the verse where you will see it often and read and repeat it.

- On a chalkboard or dry erase board at home or at work.
- On a sticky note on the bathroom mirror or on the fridge.
- On a card inside a ziploc bag in the shower.

Say it out loud

Nothing gets the verse to stick like saying out loud.

- Repeat it often.
- Break it down phrase by phrase.

Repeat it

Repetition really is the key.

- Read and repeat the verse multiple times each day.
- Practice the verse multiple times a day for a week.
- Say it with a friend or family member.

- Memorize with your kids.
- Say it as you drive, on walks, when you get up, and when you go to bed.
- Use the verse when you pray.
- Use the App Scripture Typer.

Review

As you move on to new verses, make sure you go back, review, and repeat verses previously memorized.

APPENDIX B

SAMPLE OF A COMPLETED BIBLE READING PAGE

Bible Reading – Here is a sample of what a daily reading sheet might look like. This is not intended to be an exhaustive study of this passage but simply an idea of how you might read and respond to the Word of God.

Date: March 4, 2014 Passage: Psalms 25

Memory verse for the week: Psalms 25: 4-5 Show me your ways, O Lord, teach me your paths; Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long.

Observations: Verses 6-7 stand out to me – contrast my unfaithfulness (sins of my youth) and God’s faithfulness (great mercy and love, for they are from of old)

Gospel connection – “while we were still sinners Christ died for us”

Recurring theme – how God responds to humility: help in time of need

v.7 & 11 convicted of sin

v.4, 9, 12 – needing direction, decisions to make

v.15 overcome by something too powerful for me

v.16 lonely v.17 brokenhearted v.19 surrounded by enemies

Struck by how needy I am and how willing God is to help – and how often I believe the lie that either I don’t need help or God won’t help me.

Verse 12 is a great promise I need to hold on to – “Who, then, is the man who fears the Lord? He will instruct him in the way chosen for him.”

In my own words: “if I am a man who has a humble awe and reverence for God, he will lead me and accomplish all that he has planned for me.”

Application and prayer: There are some sins I need to confess. They are not new things but sins that I have struggled with for a long time. “God, I confess these things to you. I need your forgiveness. But I also need your help to turn from them every day. I do not want to be defined by these things but I do want to be identified by your great love for me.” Add verse 12 to my verses to memorize. Already working on verses 4-5

APPENDIX C

BIBLE PRAYERS, PROMISES, AND PURPOSES OF GOD

Below are some samples to help you as you read the Bible to identify verses that are prayers you can pray, promises you can claim, and purposes you can ask God to fulfill.

Example: Bible Prayers

Philippians 1:9-11

And it is my prayer that your love may abound more and more, with knowledge and all discernment, so that you may approve what is excellent, and so be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God.

Colossians 1:9-10

And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, so as to walk in a manner worthy of the Lord, fully pleasing to him, bearing fruit in every good work and increasing in the knowledge of God.

Example: Promises from God

Philippians 1:6

And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.

James 4:7-8

Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you.

1 John 1:9

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Example: Revealed Purposes of God

Jeremiah 29:12-13

Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.

Romans 8:29

For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters.

Revelations 5:9-10

And they sang a new song, saying, "Worthy are you to take the scroll and to open its seals, for you were slain, and by your blood you ransomed people for God from every tribe and language and people and nation, and you have made them a kingdom and priests to our God, and they shall reign on the earth."

APPENDIX D

PRAYING FOR GOSPEL IMPACT

Colossians 4:2-6

“Devote yourselves to prayer, being watchful and thankful. And pray for us, too, that God may open a door for our message, so that we may proclaim the mystery of Christ, for which I am in chains. Pray that I may proclaim it clearly, as I should. Be wise in the way you act toward outsiders; make the most of every opportunity. Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.”

As you pray for gospel impact, use the Bible passages on the facing page to help guide your praying. And as you pray, consider how you can invite, and engage with those who need to hear and respond to the gospel.

List the names of individuals you are praying will come to faith in Christ:

List entities of our cities that are in need of the gospel (communities, schools, etc.):

List nations, unreached people groups, and missionaries for whom you can pray:

PRAYING FOR THE LOST

John 6:44

“No one can come to me unless the Father who sent me draws him. And I will raise him up on the last day.”

Pray that God would draw them.

Ephesians 2:8-9

“For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.”

Pray that God would give them faith and that they would receive his gift of grace.

PRAYING FOR YOUR WITNESS TO THEM

1 Peter 3:15

“But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect.”

Pray that your life would demonstrate evidence of hope and that you would be ready to explain the source of that hope.

Ephesians 6: 19-20

“Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.”

Pray that, as you share the gospel, God would give you the words you need and that his Spirit would grant you courage and boldness.

PRAYING FOR THE CHURCH

Acts 2:44-47

“All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.”

Pray that God would add to the church daily those who are being saved.

Matthew 9:37-38

“Then he said to his disciples, ‘The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field.’”

Pray that God would send many out from this place for the sake of the gospel.

PRAYING FOR UNREACHED PEOPLES

Matthew 24:14

“And this gospel of the kingdom will be preached in the whole world as a testimony to all nations, and then the end will come.”

Pray that unreached peoples would have access to the gospel.

APPENDIX E

2014-2015 BIBLE READING PLAN

Readings are listed by week; one chapter per day, five per week. Days six and seven are reserved for review and prayer.

First Quarter:

April 1-4: James 1, James 2, James 3, James 4

April 7-11: James 5, Matt. 1, Matt. 2, Matt. 3, Matt. 4

April 14-18: Matt. 5, Matt. 6, Matt. 7, Matt. 8, Matt. 9

April 21-25: Matt. 10, Matt. 11, Matt. 12, Matt. 13, Matt. 14

April 28-May 2: Matt. 15, Matt. 16, Matt. 17, Matt. 18, Matt. 19

May 5-9: Matt. 20, Matt. 21, Matt. 22, Matt. 23, Matt. 24

May 12-16: Matt. 25, Matt. 26, Matt. 27, Matt. 28, Romans 1

May 19-23: Romans 2, Romans 3, Romans 4, Romans 5, Romans 6

May 26-30: Romans 7, Romans 8, Romans 9, Romans 10, Romans 11

June 2-6: Romans 12, Romans 13, Romans 14, Romans 15, Romans 16

June 9-13: Eph. 1, Eph. 2, Eph. 3, Eph. 4, Eph. 5

June 16-20: Eph. 6, Phill. 1, Phill. 2, Phill. 3, Phill. 4

June 23-27: Col. 1, Col. 2, Col. 3, Col. 4, Philemon 1

June 30: Catch up

Second Quarter:

July 1-4: Luke 1, Luke 2, Luke 3, Luke 4

July 7-11: Luke 5, Luke 6, Luke 7, Luke 8, Luke 9

July 14-18: Luke 10, Luke 11, Luke 12, Luke 13, Luke 14

July 21-25: Luke 15, Luke 16, Luke 17, Luke 18, Luke 19

July 28-August 1: Luke 20, Luke 21, Luke 22, Luke 23, Luke 24

August 4-8: 1 Cor. 1, 1 Cor. 2, 1 Cor. 3, 1 Cor. 4, 1 Cor. 5

August 11-15: 1 Cor. 6, 1 Cor. 7, 1 Cor. 8, 1 Cor. 9, 1 Cor. 10

August 18-22: 1 Cor. 11, 1 Cor. 12, 1 Cor. 13, 1 Cor. 14, 1 Cor. 15

August 25-29: 1 Cor. 16, 2 Cor. 1, 2 Cor. 2, 2 Cor. 3, 2 Cor. 4

September 1-5: 2 Cor. 5, 2 Cor. 6, 2 Cor. 7, 2 Cor. 8, 2 Cor. 9

September 8-12: 2 Cor. 10, 2 Cor. 11, 2 Cor. 12, 2 Cor. 13, 1 Tim. 1

September 15-19: 1 Tim. 2, 1 Tim. 3, 1 Tim. 4, 1 Tim. 5, 1 Tim. 6

September 22-26: 2 Tim. 1, 2 Tim. 2, 2 Tim. 3, 2 Tim. 4, Titus 1

September 29-30: Titus 2, Titus 3

Third Quarter:

October 1-3: Acts 1, Acts 2, Acts 3

October 6-10: Acts 4, Acts 5, Acts 6, Acts 7, Acts 8

October 13-17: Acts 9, Acts 10, Acts 11, Acts 12, Acts 13

October 20-24: Acts 14, Acts 15, Acts 16, Acts 17, Acts 18

October 27-31: Acts 19, Acts 20, Acts 21, Acts 22, Acts 23

November 3-7: Acts 24, Acts 25, Acts 26, Acts 27, Acts 28

November 10-14: John 1, John 2, John 3, John 4, John 5

November 17-21: John 6, John 7, John 8, John 9, John 10

November 24-28: John 11, John 12, John 13, John 14, John 15

December 1-5: John 16, John 17, John 18, John 19, John 20

December 8-12: John 21, 1 Thess. 1, 1 Thess. 2, 1 Thess. 3, 1 Thess. 4

December 15-19: 1 Thess. 5, 2 Thess. 1, 2 Thess. 2, 2 Thess. 3, 1 Peter 1

December 22-26: 1 Peter 2, 1 Peter 3, 1 Peter 4, 1 Peter 5, 2 Peter 1

December 29-31: 2 Peter 2, 2 Peter 3, Jude

Fourth Quarter:

January 1-2: Mark 1, Mark 2

January 5-9: Mark 3, Mark 4, Mark 5, Mark 6, Mark 7

January 12-16: Mark 8, Mark 9, Mark 10, Mark 11, Mark 12

January 19-23: Mark 13, Mark 14, Mark 15, Mark 16, Heb. 1

January 26-30: Heb. 2, Heb. 3, Heb. 4, Heb. 5, Heb. 6

February 2-6: Heb. 7, Heb. 8, Heb. 9, Heb. 10, Heb. 11

February 9-13: Heb. 12, Heb. 13, 1 John 1, 1 John 2, 1 John 3

February 16-20: 1 John 4, 1 John 5, 2 John 1, 3 John 1, Rev. 1

February 23-27: Rev. 2, Rev. 3, Rev. 4, Rev. 5, Rev. 6

March 2-6: Rev. 7, Rev. 8, Rev. 9, Rev. 10, Rev. 11

March 9-13: Rev. 12, Rev. 13, Rev. 14, Rev. 15, Rev. 16

March 16-20: Rev. 17, Rev. 18, Rev. 19, Rev. 20, Rev. 21

March 23-27: Rev. 22, Gal. 1, Gal. 2, Gal. 3, Gal. 4

March 30-31: Gal. 5, Gal. 6

THIRTY DAYS

Kick-Start Your Daily Time with God

Prayer and Bible Reading Guide

