ADULTING IRL™

Faith & Devotion

Devotions, prayer, Bible study, the verse of the day and a journal, all in one place.

This planner belongs to _____

Started on _____

grow deep, not fast

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How to Use This Planner

Use as much or as little as you like. Missing a day isn't failing. Starting again is faithfulness.

Start each day on Today

Today brings everything together: today's devotion and study, the verse of the day, your prayer list, your time-with-God habits, three thank-yous, a journal prompt and your plans. If you only have 10 minutes, this page is all you need.

Follow your devotion plans

Devotions holds 14 reading plans in order, from the Gospel of John to Faith Over Fear. Read the passage, read the short devotional, answer the questions, and try the "Live it today" step. Tap "Read & prayed" when you finish. When a plan is done, the next one starts on its own. Use the arrows or "Read next" to choose your order, and tap any day to open its study.

Go deeper with SOAP

Each study has a SOAP journal: write the Scripture, what you Observe, how you'll Apply it, and a Prayer. It's optional, but it's where the Word really sticks.

Write out the verse of the day

Every month has a theme and a verse for every day. Copy the verse out by hand (it helps you remember it), then answer the questions. Use the arrows to look back or ahead.

Keep a prayer list

On Prayer, add what you're praying for and who it's for. When God answers, tick it. It moves to Answered prayers, where you can write how He answered. Add your prayer circle (family, spouse, children, friends, coworkers, strangers and people who are hard to love) and they'll be prayed over by name in the "Praying for My Circle" plan. There's also a guide for the days you don't know what to say.

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How to Use (continued)

Find a verse for how you feel

Scripture for my heart has verses for when you're sad, anxious, lonely, hurting, afraid or in need of hope. Check them off as you read.

Grow with Proverbs 31

One trait of godly character from Proverbs 31 each week, starting Monday, with ways to live it today and questions to answer. These words describe a woman of noble character, and the traits are for every believer.

Study, steward and track

Bible study shows where to start reading and keeps your God moments. Stewardship has God's financial plan, your giving and a monthly generosity checklist. Habits tracks your spiritual habits day by day, and Calendar, Journal and Notes work like the rest of your planners.

On paper: copy the Daily Devotion, SOAP, Journal and Habits pages as many times as you need. Keep your Bible open next to this planner; Scripture references are listed so you can read them in your own translation.

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Notes

Calendar Key

Your whole life in one place, so you can tell whose plans are whose at a glance.

Give each person a color and use that color pen or highlighter for their plans. Add their first letter too, so it's clear even in black and white.

Color	Letter	Name	Their calendars (school, team, work)
Gold			
Blue			
Raspberry			
Green			
Purple			
Orange			

In the free app

The Calendar holds your whole life, not just this planner. It already shows the dates you add in the app. You can also add calendar links from school, sports, work, or Google, iPhone and Outlook calendars, import .ics or .csv files, or paste a schedule like "Mon & Wed 3:30-5pm Soccer" or "4th Wed 6pm PTA."

Calendar to bring in	Whose	Where to find the link

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Week at a Glance

One column per person (or one for you, one for work, one for home). Copy this page each week.

Week of

Day	Name: _____	Name: _____	Name: _____	Name: _____
Sun				
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				

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Repeating Plans & Key Dates

Write it once here, then add it to your calendar.

Write anything that happens on a pattern, like every Tuesday, every 2 weeks, the 1st of the month, or the 4th Wednesday or 2nd Saturday of the month.

What	Whose	How it repeats	Time	Until

Dates worth adding

- ☐ Church services
- ☐ Serving days
- ☐ Fasting days
- ☐ Bible study
- ☐ Prayer partner calls
- ☐ Birthdays

Key dates this year

Date	What	Reminder set?

Notes

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Where Do I Start Reading?

You don't have to read everything at once. Start with what helps you grow closer to God.

If you want to...	Start with	Why
Learn about Jesus	**John**	Also try Matthew, Mark & Luke.
Need encouragement	**Psalms**	Prayers, worship, honesty, comfort & emotional healing.
Wisdom for everyday life	**Proverbs**	Relationships, choices, discipline, words, work. Read one chapter daily.
Understand salvation & grace	**Romans**	Faith, sin, forgiveness & new life in Christ. Take your time.
Practical Christian living	**James**	Words, wisdom, faith in action, patience & prayer.
Grow spiritually	**Ephesians**	Identity in Christ, spiritual warfare, grace & unity.
Struggling emotionally	**Psalms, Philippians, Matthew 6, Isaiah, 1 Peter**	
Feeling far from God	**Luke, John, Psalms**	

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Daily Devotion

Copy this page for every day you want it.

Date **Plan & day**

Today's passage

SOAP

S · Scripture Write out the verse that stood out.

O · Observe What do I notice? What does it teach me about God?

A · Apply How will I live this today?

P · Prayer Talk to God about it.

Three thank-yous

Time with God

- [ ] Quiet time with God
- [ ] Write out today's verse
- [ ] Proverbs 31 trait of the week
- [ ] One kind act for someone
- [ ] Today's devotion: read & pray
- [ ] Prayer time
- [ ] Worship music

Keep going: Missed a few days? Pick up right where you are. Grace starts again today.

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How to Pray: PRAYS

Praise · Repent · Ask · Thank · Surrender. Simple prayers still reach God's heart.

Step	What to do	You can say	Why
Praise	Thank God for who He is.	*"Thank You, Lord." "You are good and faithful." "You are holy, loving, and kind."*	Praise lifts your heart to God.
Repent	Be honest about sin, mistakes, or struggles.	*"Forgive me, Lord." "Clean my heart." "Help me turn away from wrong thoughts."*	Repentance brings us close to God.
Ask	Bring your needs to God.	*Peace · strength · health · family · wisdom · guidance · courage*	God cares about every part of your life.
Thank God	Thank Him for what He has already done.	*"Thank You for Your love." "Thank You for providing." "Thank You for never leaving me."*	Gratitude strengthens our faith.
Surrender	Release control and trust God.	*"I trust You, Lord." "I place this situation in Your hands." "Help me accept Your will."*	Surrender brings peace.

When prayer feels hard

Start simple
Lord, help me., God, I'm overwhelmed., I don't know what to say., Please give me strength., Help me understand., Lord, I need Your peace.
Simple prayers still reach God's heart.

Pray throughout the day
While driving, While working or cooking, Before appointments, Before difficult conversations, During stressful moments
Short prayers through the day keep you connected to God.

It's okay to sit quietly
You cry, You sit quietly, You breathe deeply, You read Scripture, You worship quietly, You rest in God's presence
Quiet moments with God still matter.

Use prayer prompts
Lord, help me with..., I'm struggling with..., Please give me wisdom., Thank You for..., I need peace because..., Teach me how to...
Prompts help you begin speaking honestly.

Talk to God honestly
What hurts you, What scares you, What confuses you, What frustrates you, What you're struggling with
God already knows. You don't need to hide your feelings.

When you feel spiritually dry
Distant from God, Numb, Tired, Discouraged, Empty
Dry spells happen. Keep showing up. Spiritual growth happens slowly and quietly.

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My Prayer List

Write it down. When God answers, write that down too.

Date	I'm praying for...	For whom	Answered (date & how)

Keep going: Some prayers take a long time to answer. Keep bringing them.

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Praying for My Circle

Write the names of the people you're praying for.

Family

Spouse or partner

Children

Friends

Coworkers

Strangers & my community

Enemies, or people who are hard to love

My prayers for them

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Scripture for My Heart

Find a verse for how you feel. Look it up in your Bible and write it out.

If I am sad
Psalm 34:18 · Psalm 42:11 · Matthew 5:4 · John 16:33

If I am anxious or overwhelmed
Philippians 4:6-7 · 1 Peter 5:7 · Isaiah 41:10 · Matthew 6:25-34

If I feel alone
Deuteronomy 31:8 · Joshua 1:9 · Psalm 23 · Hebrews 13:5

If I am broken or hurting
Psalm 147:3 · Romans 8:18 · Psalm 51 · Lamentations 3:22-23

If I need hope
Romans 15:13 · Jeremiah 29:11 · Isaiah 40:31 · Romans 8:28

If I feel lost or am questioning my purpose
Proverbs 3:5-6 · Ephesians 2:10 · Jeremiah 1:5 · Colossians 3:23-24

If I am struggling with fear
2 Timothy 1:7 · Psalm 56:3 · Isaiah 43:1-2 · Psalm 27:1

If I want to grow in faith
Hebrews 11:1 · James 1:2-4 · John 15:1-5 · Romans 10:17

If I want to know who I am in Christ
2 Corinthians 5:17 · Ephesians 1:3-8 · Psalm 139:13-14 · Romans 8:38-39

If I want to learn how to pray
Matthew 6:9-13 · Luke 11:1-13 · Philippians 4:6-7 · Psalm 143:8

If I want to understand God's love
Romans 5:8 · John 3:16 · 1 John 4:9-10 · Zephaniah 3:17

If I want wisdom and direction
James 1:5 · Proverbs 16:9 · Psalm 119:105 · Proverbs 3:5-6

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Proverbs 31

One trait a week. Not a checklist to be perfect, but a picture of a woman who walks with God.

Fearing the Lord (v. 30)

"A woman who fears the Lord is to be praised."

Live it this week

- [ ] Meet God in a quiet time before your day gets loud, even on the tired days.
- [ ] Before a big decision, pause and ask God first.
- [ ] Let the people around you see you open your Bible, not just hear you talk about it.

Reflect

- Is God at the center of my day, or does He get what's left?
- On my hardest days, do I run to God or away from Him?
- Where do I need to trust God more right now: with my health, my relationships, my work or my future?

Diligence (v. 13)

"She selects wool and flax and works with eager hands."

Live it this week

- [ ] Work from your plan for the day, one step at a time.
- [ ] Do the one thing you've been putting off for 10 minutes. Done is better than perfect.
- [ ] Treat your rest and routine as part of the work, not a reward for finishing it.

Reflect

- How am I really using my time each day?
- What do I keep postponing, and what is the smallest first step?
- Am I pacing myself in a way I can keep up next week too, or am I running on a burst of energy?

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Proverbs 31 (continued)

Wisdom (v. 26)

"She speaks with wisdom, and faithful instruction is on her tongue."

Live it this week

- [ ] Before you answer someone's attitude or tears, take one breath.
- [ ] Speak to the people you love the way you'd want them to speak to you on a hard day.
- [ ] Teach or help someone today with patience, even if you have to explain it twice.

Reflect

- Do my words bring life to the people around me, or do they come out sharp when I'm tired or overwhelmed?
- Do I listen before I correct?
- What do I want people to remember about the way I talked to them?

Caring for your people (v. 15)

"She gets up while it is still night; she provides food for her family."

Live it this week

- [ ] Pray over each person in your family or home by name today.
- [ ] Make your home feel peaceful for whoever walks in.
- [ ] Give someone you love five minutes of your full attention, no phone.

Reflect

- Is everyone I love getting real time with me, or is someone slipping through the cracks?
- How can I show love this week in a way the people I love actually feel?
- Am I caring for myself enough to keep caring for them?

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Proverbs 31 (continued)

Serving others (v. 20)

"She opens her arms to the poor and extends her hands to the needy."

Live it this week

- [ ] Do one small kindness today: a note, a meal, a prayer for someone.
- [ ] Help someone without being asked.
- [ ] Check on a friend or family member who's been quiet.

Reflect

- Who around me is struggling right now that I could reach out to?
- How can I invite others to serve with me, not just watch me serve?
- How can I serve others from a full cup instead of an empty one?

Strength & trust (v. 25)

"She is clothed with strength and dignity; she can laugh at the days to come."

Live it this week

- [ ] Remember: caring for your mental health is strength, not weakness.
- [ ] Keep your word today, even on something small.
- [ ] Name one hard season God has already brought you through.

Reflect

- How do I respond when my mood or energy shifts? Do I give myself the same grace I give others?
- Does my strength come from God, or am I trying to hold everything together alone?
- Am I letting the people who love me help carry the load?

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Proverbs 31 (continued)

Leading by example (v. 31)

"Honor her for all that her hands have done, and let her works bring her praise at the city gate."

Live it this week

- [ ] Let people see you apologize when you get it wrong.
- [ ] Show what a person of faith, strength and kindness looks like.
- [ ] Treat the people closest to you the way you hope others will learn to be treated.

Reflect

- Years from now, what will people say they learned from watching me?
- What example am I setting about caring for myself?
- What can I change this week so my life matches what I believe?

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Gospel of John

Read the passage, then pray the prayer. Scripture · Prayer · Grace · Faith · Understanding.

Started **Finished**

Day	Read	Focus	Done
1	John 1:1–18	The Word became flesh	☐
2	John 1:19–51	John the Baptist and the first disciples	☐
3	John 2	Jesus' first miracle	☐
4	John 3:1–21	Jesus and Nicodemus	☐
5	John 3:22–36	John the Baptist's testimony	☐
6	John 4:1–26	The woman at the well	☐
7	John 4:27–54	Many believe in Jesus	☐
8	John 5:1–18	Healing at Bethesda	☐
9	John 5:19–47	The authority of the Son	☐
10	John 6:1–21	Feeding the five thousand	☐
11	John 6:22–71	Jesus, the Bread of Life	☐
12	John 7:1–24	Jesus teaches at the feast	☐
13	John 7:25–53	Division over Jesus	☐
14	John 8:1–30	The Light of the World	☐
15	John 8:31–59	The truth will set you free	☐
16	John 9	Jesus heals the man born blind	☐
17	John 10:1–21	The Good Shepherd	☐
18	John 10:22–42	Jesus and the Father	☐
19	John 11:1–27	Lazarus becomes sick	☐
20	John 11:28–57	Jesus raises Lazarus	☐
21	John 12	Jesus enters Jerusalem	☐
22	John 13	Jesus washes the disciples' feet	☐
23	John 14	Jesus, the Way, the Truth, and the Life	☐
24	John 15	The True Vine	☐
25	John 16	The work of the Holy Spirit	☐
26	John 17	Jesus' prayer	☐
27	John 18:1–27	Jesus is arrested and questioned	☐
28	John 18:28–40	Jesus before Pilate	☐
29	John 19	The crucifixion of Jesus	☐
30	John 20–21	The resurrection and Jesus' restoration of Peter	☐

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Praise & Thanksgiving

Commit 10 minutes every day to reading the verse for that day, then write it out in a journal, meditate on it and see what it means to you, and ask the Lord to reveal anything He wants to show you.

Started **Finished**

Day	Read	Focus	Done
1	Psalm 150:6		☐
2	Colossians 3:16		☐
3	Psalm 56:4		☐
4	Acts 2:46-47		☐
5	Psalm 119:7		☐
6	Ephesians 1:3		☐
7	1 Thessalonians 5:18		☐
8	Psalm 31:19		☐
9	1 Timothy 2:1		☐
10	Matthew 2:10		☐
11	Colossians 2:6-7		☐
12	Isaiah 25:1		☐
13	Psalm 63:3-4		☐
14	1 Corinthians 15:7		☐
15	2 Thessalonians 1:3		☐
16	Jonah 2:9		☐
17	Psalm 110:4		☐
18	1 Samuel 12:24		☐
19	Psalm 50:20		☐
20	Hebrews 13:15		☐
21	Psalm 95:2		☐
22	Matthew 6:21		☐
23	1 Chronicles 16:34		☐
24	Isaiah 12:4-5		☐
25	Psalm 9:1		☐
26	Lamentations 3:22-23		☐
27	Ephesians 1:15-16		☐
28	Psalm 71:8		☐
29	2 Corinthians 9:15		☐
30	Psalm 95:1-5		☐

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Daily Gratitude

Commit 10 minutes each day to read each verse, write it out in your journal, meditate on it, and reflect on what it means to you.

Started **Finished**

Day	Read	Focus	Done
1	Romans 16:4		☐
2	Psalm 100:4		☐
3	1 Thessalonians 5:18		☐
4	Psalm 35:18		☐
5	2 Corinthians 2:14		☐
6	Revelation 7:12		☐
7	Psalm 30:4		☐
8	Psalm 116:17		☐
9	Psalm 50:14		☐
10	Colossians 4:2		☐
11	Ezra 3:11		☐
12	Psalm 140:13		☐
13	2 Corinthians 4:15		☐
14	2 Samuel 22:50		☐
15	2 Corinthians 9:15		☐
16	Psalm 26:6-7		☐
17	Daniel 6:10		☐
18	Psalm 136:2		☐
19	Psalm 95:2		☐
20	1 Corinthians 15:57		☐
21	Psalm 18:49		☐
22	Jonah 2:9		☐
23	Colossians 1:3		☐
24	1 Chronicles 16:8		☐
25	Ephesians 1:16		☐
26	Psalm 69:30		☐
27	Romans 14:6		☐
28	1 Timothy 4:4		☐
29	Matthew 26:27		☐
30	1 Chronicles 16:34		☐

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Spiritual Glow-Up

Daily routine. Morning (soft start): prayer 10 min, Bible 10–15 min, affirmations 5 min. Night (peaceful close): short prayer, gratitude (write 3 things), reflect on your behavior & growth.

Started **Finished**

Day	Read	Focus	Done
1	Psalm 23	Surrender & Reset	☐
2	Psalm 51	Cleanse Your Heart	☐
3	Proverbs 31:25-30	Build Your Identity in God	☐
4	Proverbs 6:6-11	Discipline & Consistency	☐
5	Philippians 4:6-7	Peace & Emotional Control	☐
6	Proverbs 3:5-6	Trusting God Fully	☐
7	1 Thessalonians 5:16-18	Gratitude & Alignment	☐

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Fight Insecurity

You are fearfully and wonderfully made. God sees you, loves you, and calls you His (Psalm 139:14). Start your day with God, take 10 minutes to be still before Him, read His Word, and pray with a grateful heart.

Started **Finished**

Day	Read	Focus	Done
1	Psalm 34:5	God sees your worth.	☐
2	Proverbs 3:5-6	Trust God, not your doubts.	☐
3	Isaiah 43:2	You are His, not alone.	☐
4	John 10:10	You are chosen and known.	☐
5	Philippians 1:6	God is not done with you.	☐
6	Deuteronomy 31:8	He goes before you.	☐
7	Psalm 27:1	The Lord is your light.	☐
8	Ephesians 6:11	Put on the armor of God.	☐
9	Jeremiah 17:7-8	Rooted in Him, you will stand.	☐
10	Lamentations 3:25-26	His mercies are new.	☐
11	Psalm 100:4	Enter His gates with praise.	☐
12	Psalm 96:1-2	Sing His praises.	☐
13	Romans 12:12	Be joyful in hope.	☐
14	1 Peter 3:3-4	Beauty comes from within.	☐
15	Proverbs 4:23	Guard your heart.	☐
16	1 Thessalonians 5:16-18	Rejoice, pray, give thanks.	☐
17	Colossians 3:12	Clothe yourself with compassion.	☐
18	Numbers 6:24-26	You are covered by His favor.	☐
19	Galatians 5:22-23	Walk in His Spirit.	☐
20	Hebrews 6:19	Hold on to hope.	☐
21	Psalm 119:105	His Word lights your path.	☐
22	Micah 7:8	His compassions never fail.	☐
23	Matthew 6:33	Seek Him above all.	☐
24	Zephaniah 3:17	He delights in you.	☐
25	John 14:27	His peace guards you.	☐
26	2 Peter 1:3	You have been given all you need.	☐
27	Romans 15:13	Overflow with hope.	☐
28	James 1:5	Ask God for wisdom.	☐
29	Ephesians 2:10	You are His masterpiece.	☐
30	Acts 20:24	You have a purpose.	☐
31	Isaiah 41:10	Fear not, for I am with you.	☐

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Praying for My Circle

Pray · Trust · Watch God work. Each day has a focus, and the people you pray for rotate through your prayer circle: family, spouse or partner, children, friends, coworkers, strangers and even the people who are hard to love. Add names on the Prayer page. “Pray one for another” (James 5:16).

Started **Finished**

Day	Read	Focus	Done
1	Proverbs 13:20	Friendships	☐
2	Ephesians 4:32	Kindness	☐
3	Colossians 3:23	Work & Purpose	☐
4	Psalm 121:7-8	Safety	☐
5	James 4:8	Relationship With God	☐
6	3 John 1:2	Health	☐
7	1 Corinthians 16:13	Staying Strong in Faith	☐
8	John 14:15	Obedience to the Lord	☐
9	Romans 5:3-4	Perseverance When Times Are Hard	☐
10	1 Corinthians 10:13	Withstanding Temptation	☐
11	Jeremiah 29:11	The Future	☐
12	Ecclesiastes 4:9-10	Love & Relationships	☐
13	Philippians 4:4	Finding Joy in All Things	☐
14	2 Timothy 1:7	Self-Control	☐
15	Colossians 3:12	Patience	☐
16	Proverbs 15:1	Words	☐
17	Psalm 34:17-18	Hard Times	☐
18	2 Thessalonians 3:3	Protection From Evil	☐
19	1 Timothy 4:12	Being an Example	☐
20	Proverbs 10:9	Integrity	☐
21	Romans 12:10	Honor & Respect	☐
22	Proverbs 3:5-6	Decisions	☐
23	John 13:34	Love for Others	☐
24	James 1:5	Wisdom	☐
25	Joshua 1:9	Courage	☐
26	James 4:10	Humility	☐
27	1 Thessalonians 5:18	Gratitude	☐
28	Philippians 1:9-10	Discernment	☐
29	Jeremiah 29:13	A Heart That Seeks God	☐
30	Proverbs 3:6	God’s Will for Their Lives	☐
31	Psalm 32:8	God’s Guidance	☐

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Knowing God's Will

"Do everything for the glory of God" (1 Corinthians 10:31). God's will is that everyone should be reconciled to Him and then live for Him. As you read these Scriptures, see what God's will is for you. If you are missing the mark, ask Him to help you.

Started **Finished**

Day	Read	Focus	Done
1	1 Peter 2:2		☐
2	Ephesians 2:10		☐
3	Matthew 6:33		☐
4	1 Thessalonians 5:16-19		☐
5	Ephesians 5:15-24		☐
6	Micah 6:8		☐
7	1 Peter 2:13-20		☐
8	Psalm 37:7-9		☐
9	Ephesians 6:5-9		☐
10	Romans 12:1-2		☐
11	1 John 2:15-17		☐
12	1 Peter 3:14-18		☐
13	Proverbs 3:5-6		☐
14	1 Timothy 2:3-4		☐
15	Colossians 3:12		☐
16	Colossians 3:15-17		☐
17	2 Peter 1:5-6		☐
18	Acts 1:8		☐
19	Galatians 5:22-23		☐
20	Colossians 3:1-2		☐
21	Ecclesiastes 12:13-14		☐
22	Philippians 2:13		☐
23	Psalm 37:3-5, 23		☐
24	Psalm 143:10		☐
25	2 Corinthians 5:15		☐
26	Proverbs 16:3		☐
27	Colossians 1:9-14		☐
28	James 4:13-15		☐
29	1 Timothy 2:8		☐
30	James 1:5		☐

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Rooted, Not Rushed

"Grow deep. Stay close. Trust God." (Colossians 2:7) · 20–30 minutes a day. PRAY: "God, show me what You want me to see today." READ: take your time and highlight what speaks to you. REFLECT: What stood out? What does this teach me about God? What does it reveal about me? How can I apply it today? What do I need to pray about? P...

Started **Finished**

Day	Read	Focus	Done
1	Psalm 139	Week 1 · Knowing God	☐
2	Psalm 23	Week 1 · Knowing God	☐
3	Isaiah 41:8-13	Week 1 · Knowing God	☐
4	Exodus 34:1-9	Week 1 · Knowing God	☐
5	Psalm 103	Week 1 · Knowing God	☐
6	John 1:1-18	Week 1 · Knowing God	☐
7	Rest + Journal	Week 1 · Knowing God	☐
8	Ephesians 1	Week 2 · Identity	☐
9	Ephesians 2:1-10	Week 2 · Identity	☐
10	Romans 8:1-17	Week 2 · Identity	☐
11	1 Peter 2:9-12	Week 2 · Identity	☐
12	Psalm 139:13-18	Week 2 · Identity	☐
13	2 Corinthians 5:14-21	Week 2 · Identity	☐
14	Rest + Journal	Week 2 · Identity	☐
15	Proverbs 3:1-12	Week 3 · Trusting God	☐
16	Psalm 37	Week 3 · Trusting God	☐
17	Matthew 6:25-34	Week 3 · Trusting God	☐
18	Philippians 4:4-9	Week 3 · Trusting God	☐
19	Isaiah 43:1-7	Week 3 · Trusting God	☐
20	Romans 8:18-39	Week 3 · Trusting God	☐
21	Rest + Journal	Week 3 · Trusting God	☐

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Rooted, Not Rushed (continued)

Day	Read	Focus	Done
22	John 10:1-18	Week 4 · Hearing & Following God	☐
23	James 1:19-27	Week 4 · Hearing & Following God	☐
24	Psalm 119:9-16	Week 4 · Hearing & Following God	☐
25	Galatians 5:16-26	Week 4 · Hearing & Following God	☐
26	Matthew 7:24-29	Week 4 · Hearing & Following God	☐
27	Luke 9:23-26	Week 4 · Hearing & Following God	☐
28	Rest + Journal	Week 4 · Hearing & Following God	☐
29	Esther 4:10-17	Week 5 · Purpose & Calling	☐
30	Jeremiah 1:4-10	Week 5 · Purpose & Calling	☐
31	1 Corinthians 12:4-27	Week 5 · Purpose & Calling	☐
32	Matthew 5:13-16	Week 5 · Purpose & Calling	☐
33	Colossians 3:12-17	Week 5 · Purpose & Calling	☐
34	Ephesians 2:10	Week 5 · Purpose & Calling	☐
35	Rest + Journal	Week 5 · Purpose & Calling	☐
36	Matthew 5:1-16	Week 6 · Becoming More Like Jesus	☐
37	Matthew 5:17-48	Week 6 · Becoming More Like Jesus	☐
38	Matthew 6	Week 6 · Becoming More Like Jesus	☐
39	Matthew 7	Week 6 · Becoming More Like Jesus	☐
40	John 13:1-17, 34-35	Week 6 · Becoming More Like Jesus	☐
41	Philippians 2:1-11	Week 6 · Becoming More Like Jesus	☐
42	Rest + Reflect	Week 6 · Becoming More Like Jesus	☐

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1-Month Bible Study

Daily study guide: read the passage, reflect on what it means, pray about it, and write what you learn. “Your word is a lamp for my feet and a light for my path” (Psalm 119:105). Small steps make a big difference.

Started **Finished**

Day	Read	Focus	Done
1	Genesis 1:1-5	God is Creator	☐
2	Psalm 90:1-12	God is Eternal	☐
3	Exodus 34:5-7	God is Merciful	☐
4	Isaiah 40:28-31	God is All-Powerful	☐
5	John 3:16-17	God is Love	☐
6	Romans 8:38-39	God is Faithful	☐
7	Psalm 100	God is Worthy of Praise	☐
8	Hebrews 11:1-6	Faith Pleases God	☐
9	James 1:5-8	Ask with Faith	☐
10	Matthew 6:25-34	Trust God’s Plan	☐
11	Proverbs 3:5-6	Trust in the Lord	☐
12	Luke 9:23-26	Take Up Your Cross	☐
13	Romans 12:1-2	Live Transformed	☐
14	Galatians 5:22-23	Walk in the Spirit	☐
15	Philippians 4:4-9	Guard Your Mind	☐
16	Colossians 3:12-17	Put on Love	☐
17	1 Corinthians 13:4-7	Love in Action	☐
18	Ephesians 4:29-32	Speak Life	☐
19	1 Thessalonians 5:16-22	Live in the Spirit	☐
20	Matthew 5:13-16	Be the Light	☐
21	Micah 6:8	Do What is Right	☐
22	Matthew 28:16-20	Make Disciples	☐
23	Acts 1:8	Be a Witness	☐
24	1 Peter 4:10-11	Use Your Gifts	☐
25	Galatians 6:9-10	Encourage Others	☐
26	Hebrews 10:24-25	Build Community	☐
27	James 2:14-17	Show Love in Action	☐
28	Matthew 25:34-40	Serve Others	☐

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Grateful & Thankful

Give thanks in every season. “O give thanks unto the LORD; for he is good: because his mercy endureth for ever” (Psalm 118:1 KJV). Same God. New mercies. Every day.

Started **Finished**

Day	Read	Focus	Done
1	Psalm 107:1; Psalm 34:8; James 1:17	Thank God for His Goodness	☐
2	1 Timothy 6:6; Philippians 4:11; Hebrews 13:5	Thank God for What You Have	☐
3	1 Thessalonians 5:18; Ephesians 5:20; Philippians 4:6	Give Thanks in Every Season	☐
4	Psalm 103:2; Psalm 77:11; Deuteronomy 8:2	Remember What God Has Done	☐
5	Matthew 6:31-32; Philippians 4:19; Psalm 23:1	Thank God for His Provision	☐
6	Colossians 3:15; Colossians 3:17; Psalm 100:4	Let Gratitude Change Your Heart	☐
7	Psalm 150:6; Psalm 95:2; Psalm 118:24	End With Praise	☐

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Faith Over Fear

Write · Reflect · Trust · Grow. Take 10 minutes each day: write the day's scripture in your journal, reflect on what God is saying through it, and consider how you can carry its truth with you throughout the day.

Started **Finished**

Day	Read	Focus	Done
1	Isaiah 41:10	God is with me	☐
2	Psalm 34:4	Seeking God in fear	☐
3	Psalm 56:3-4	Choosing trust	☐
4	Joshua 1:9	Courage	☐
5	2 Timothy 1:7	A spirit of power, love & self-control	☐
6	Isaiah 43:1-2	God walks with me through difficulty	☐
7	Psalm 23:4	I am not alone	☐
8	Deuteronomy 3:22	God fights for me	☐
9	Psalm 27:1	The Lord is my strength	☐
10	Mark 4:39-40	Faith in the storm	☐
11	Matthew 11:28-30	Rest for the weary	☐
12	Psalm 55:22	Giving burdens to God	☐
13	1 Peter 5:6-7	Casting anxiety on Him	☐
14	Philippians 4:6-7	Prayer instead of anxiety	☐
15	John 14:27	Christ's peace	☐
16	Psalm 4:8	Resting securely	☐
17	Isaiah 40:29-31	Renewed strength	☐
18	2 Corinthians 12:9-10	Strength in weakness	☐
19	Romans 8:31	God is for us	☐
20	Romans 8:38-39	Nothing separates us from God's love	☐
21	1 John 4:17-18	Perfect love drives out fear	☐
22	John 16:33	Peace despite trouble	☐
23	Psalm 91:1-2	Resting in God's protection	☐
24	Psalm 91:4	Finding refuge	☐
25	Isaiah 46:4	God will sustain me	☐
26	Matthew 6:31-34	Trusting God with tomorrow	☐
27	Philippians 4:13	Strength through Christ	☐
28	Philippians 4:19	Trusting God to provide	☐
29	2 Corinthians 4:16-18	An eternal perspective	☐
30	Psalm 29:11	Strength and peace	☐

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Beginner 4-Week Reading

You don't have to read everything at once. Start with what helps you grow closer to God. Week 1: learn about Jesus. Week 2: encouragement and wisdom. Week 3: practical faith and joy. Week 4: spiritual growth and grace. Pray before reading, take notes, highlight what stands out, and ask questions without shame.

Started **Finished**

Day	Read	Focus	Done
1	John 1	Who Jesus is	☐
2	John 2	Jesus' first sign	☐
3	John 3	Born again	☐
4	John 4	Living water	☐
5	John 5	Healing & authority	☐
6	John 6	Bread of life	☐
7	John 7	Rivers of living water	☐
8	Psalms 1–2	The blessed life	☐
9	Psalms 3–4	Peace when surrounded	☐
10	Psalms 5–6	Morning prayer, honest tears	☐
11	Psalms 7–8	God my shield; His majesty	☐
12	Psalms 9–10	God is a refuge	☐
13	Proverbs 1	The beginning of wisdom	☐
14	Proverbs 2–3	Search for wisdom; trust the Lord	☐
15	James 1	Joy in trials, ask for wisdom	☐
16	James 2	Faith that works	☐
17	James 3	Taming the tongue	☐
18	James 4–5	Draw near; patient prayer	☐
19	Philippians 1	To live is Christ	☐
20	Philippians 2	The mind of Christ	☐
21	Philippians 3–4	Press on; peace and contentment	☐
22	Ephesians 1–2	Chosen and saved by grace	☐
23	Ephesians 3–4	Rooted in love; walk worthy	☐
24	Ephesians 5–6	Walk in love; the armor of God	☐
25	Romans 1–2	The gospel's power	☐
26	Romans 3–4	Justified by faith	☐
27	Romans 5–6	Peace with God; new life	☐
28	Romans 7–8	No condemnation; more than conquerors	☐

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30-Day Bible Study

Days 1–10: Hope (trust God's promises for a brighter future). Days 11–20: Stress & Anxiety (cast your worries on Him and find His peace). Days 21–30: Faith & Trust (build a strong faith and trust God completely). Bonus days: Peace & Comfort, Love & Relationships, Wisdom & Growth.

Started **Finished**

Day	Read	Focus	Done
1	2 Peter 1:4	God's Promises Are True	☐
2	Jeremiah 29:11	Hope in the Lord	☐
3	Psalm 27:14	The Lord is My Strength	☐
4	Romans 15:13	Never Lose Hope	☐
5	Proverbs 16:9	God's Plan is Good	☐
6	Hebrews 6:19	Hope Anchors the Soul	☐
7	Psalm 30:5	Joy Comes in the Morning	☐
8	John 14:1-3	Believe and Receive	☐
9	Isaiah 40:31	Wait on the Lord	☐
10	Lamentations 3:22-23	The Future is in His Hands	☐
11	1 Peter 5:7	Cast Your Anxiety on Him	☐
12	Philippians 4:6-7	Peace That Guards Your Heart	☐
13	Matthew 6:31-33	Do Not Be Anxious	☐
14	Psalm 46:1	God is Our Refuge	☐
15	Mark 4:35-41	Calm in the Storm	☐
16	John 14:27	God's Peace Fills Us	☐
17	Matthew 6:25-27	He Cares for You	☐
18	2 Corinthians 10:5	Take Every Thought Captive	☐
19	Psalm 23:1-3	Rest in God's Presence	☐
20	Philippians 4:19	God Will Supply Your Needs	☐
21	Proverbs 3:5-6	Trust in the Lord	☐
22	Hebrews 11:6	Faith Pleases God	☐

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30-Day Bible Study (continued)

Day	Read	Focus	Done
23	2 Corinthians 5:7	Walking by Faith	☐
24	1 Corinthians 1:9	God is Faithful	☐
25	Proverbs 16:3	Depend on the Lord	☐
26	Numbers 23:19	God Keeps His Word	☐
27	Habakkuk 2:4	The Just Shall Live by Faith	☐
28	John 3:16	Believe in His Son	☐
29	Jude 1:20	Strengthen Your Faith	☐
30	1 John 5:4	Overcome the World	☐
31	Psalm 34:18	Bonus · Peace: God is Our Comfort	☐
32	Psalm 139:13-14	Bonus · Peace: Made by Your Maker	☐
33	Psalm 46:10	Bonus · Peace: Be Still and Know	☐
34	Matthew 11:28-30	Bonus · Peace: Come to Me, All Who Are Weary	☐
35	John 13:34	Bonus · Love: Love One Another	☐
36	1 John 4:7-8	Bonus · Love: God is Love	☐
37	Romans 12:10	Bonus · Love: Honor One Another	☐
38	Colossians 3:13	Bonus · Love: Forgive as the Lord Forgave	☐
39	Ephesians 4:32	Bonus · Love: Be Kind and Compassionate	☐
40	Proverbs 9:10	Bonus · Wisdom: Wisdom Begins with the Lord	☐
41	Proverbs 2:6	Bonus · Wisdom: Seek Wisdom and Understanding	☐
42	Psalm 119:105	Bonus · Wisdom: God's Word is Life	☐
43	2 Peter 3:18	Bonus · Wisdom: Grow in Grace	☐
44	Romans 12:2	Bonus · Wisdom: Be Transformed by God's Word	☐

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Gratitude in Action

Make November a month of reflection and action! Read and reflect on one Bible verse each day, then put your gratitude into action.

Started **Finished**

Day	Read	Focus	Done
1	1 Thessalonians 5:16-18		☐
2	Psalm 107:1		☐
3	Colossians 3:15		☐
4	Philippians 4:6-7		☐
5	Psalm 118:1		☐
6	Ephesians 5:20		☐
7	James 1:17		☐
8	1 Chronicles 9:15		☐
9	Psalm 136:1		☐
10	2 Corinthians 9:15		☐
11	1 Chronicles 29:13		☐
12	Hebrews 12:28		☐
13	Philippians 1:3		☐
14	Psalm 95:2		☐
15	Luke 17:16		☐
16	Romans 1:21		☐
17	Colossians 4:2		☐
18	Psalm 30:12		☐
19	Isaiah 12:4-5		☐
20	Matthew 14:19		☐
21	Psalm 145:7		☐
22	Ephesians 1:16		☐
23	Psalm 30:11-12		☐
24	Romans 12:1		☐
25	Psalm 100:4		☐
26	1 Timothy 4:4-5		☐
27	Revelation 11:17		☐
28	Psalm 50:14		☐
29	Micah 6:8		☐
30	1 Peter 4:10-11		☐

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January Verses: New Beginnings

God makes all things new. Each verse this month invites you to let go of what's behind and step into what He's doing now.

Day	Verse	Written
1	Ecclesiastes 3:11	☐
2	Isaiah 40:31	☐
3	Jeremiah 29:11	☐
4	Job 8:7	☐
5	Philippians 3:13-14	☐
6	Isaiah 43:18-19	☐
7	Lamentations 3:22-23	☐
8	Ephesians 4:22-24	☐
9	2 Corinthians 5:17	☐
10	Psalm 40:3	☐
11	Ezekiel 11:19	☐
12	Matthew 26:27-29	☐
13	Isaiah 65:17	☐
14	Romans 6:4	☐
15	Colossians 3:9-10	☐
16	Revelation 21:5	☐

Day	Verse	Written
17	Acts 3:19	☐
18	2 Chronicles 7:14	☐
19	Ezekiel 36:26	☐
20	Isaiah 58:12	☐
21	Hebrews 12:1-2	☐
22	1 Peter 1:23	☐
23	Hebrews 4:16	☐
24	Romans 12:2	☐
25	Matthew 7:7-8	☐
26	John 10:10	☐
27	Philippians 4:6-7	☐
28	Galatians 6:14-16	☐
29	Psalm 98:1-3	☐
30	1 Peter 1:3	☐
31	1 John 2:17	☐

Reflect

- What 'new thing' might God be doing in your life?
- What do you need to leave behind this month?
- How does this verse change how you see a fresh start?
- Where do you need hope for a new beginning?
- What would it look like to trust God with this new year?
- What is one new habit God is inviting you into?

Live it

☐ Write today's verse on an index card and keep it with you.

☐ Pray: "Lord, make me new today."

☐ Share one 'new beginning' hope with a friend.

☐ Choose one thing to start fresh this week.

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February Verses: Forgive & Forgiven

Forgiveness flows from being forgiven. This month you'll receive God's mercy and practice giving it away.

Day	Verse	Written
1	Mark 11:25	☐
2	Luke 17:4	☐
3	Ephesians 4:32	☐
4	Colossians 3:13	☐
5	Proverbs 3:3	☐
6	Matthew 5:7	☐
7	Luke 6:36	☐
8	Matthew 18:21-35	☐
9	1 John 1:9	☐
10	Isaiah 1:18	☐
11	Matthew 6:14-15	☐
12	Ephesians 1:7	☐
13	Colossians 1:13-14	☐
14	Psalm 103:12	☐

Day	Verse	Written
15	2 Corinthians 2:5-8	☐
16	Acts 7:59-60	☐
17	Romans 12:20	☐
18	Psalm 130:3-4	☐
19	Isaiah 43:25	☐
20	Micah 7:18-19	☐
21	Luke 7:47-48	☐
22	Acts 3:19	☐
23	1 John 2:1-2	☐
24	1 Peter 3:9	☐
25	James 5:16	☐
26	Proverbs 15:18	☐
27	Proverbs 17:9	☐
28	Psalm 86:5	☐

Reflect

- Who do you need to forgive?
- What do you need to receive God's forgiveness for?
- How does being forgiven help you forgive others?
- What makes forgiveness hard for you?
- How does this verse describe God's mercy?
- What would freedom from bitterness feel like?

Live it

- ☐ Pray a blessing over someone who hurt you.
- ☐ Apologize to someone today if you need to.
- ☐ Write down a sin God has forgiven and thank Him.
- ☐ Practice saying "I'm sorry" and "I forgive you" this week.

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March Verses: Increasing My Faith

Faith grows by hearing God's Word and trusting Him in small steps. Ask Him to increase your faith this month.

Day	Verse	Written
1	Luke 17:5	☐
2	Romans 10:17	☐
3	Galatians 5:6	☐
4	Hebrews 11:1	☐
5	James 2:17	☐
6	1 John 5:4-5	☐
7	John 6:29	☐
8	Hebrews 11:6	☐
9	James 1:6	☐
10	Psalm 37:5	☐
11	Proverbs 3:5	☐
12	Matthew 6:30	☐
13	Matthew 17:20	☐
14	2 Corinthians 5:7	☐
15	Acts 26:18	☐
16	Ephesians 6:16	☐

Day	Verse	Written
17	2 Timothy 4:7	☐
18	Matthew 14:29-31	☐
19	John 20:29	☐
20	1 John 5:13	☐
21	Galatians 3:22	☐
22	John 1:12	☐
23	Mark 10:52	☐
24	Romans 1:17	☐
25	1 Peter 1:21	☐
26	Titus 1:2	☐
27	1 Corinthians 16:13	☐
28	Mark 11:24	☐
29	1 Timothy 6:11	☐
30	1 Thessalonians 1:3	☐
31	1 Peter 1:7	☐

Reflect

- Where do you need more faith?
- What does this verse teach about faith?
- How has your faith grown recently?
- What step of faith is God asking you to take?
- What weakens your faith?
- Who inspires you with their faith?

Live it

☐ Pray: "Lord, increase my faith."

☐ Take one small step of faith today.

☐ Write a past answered prayer to remember God's faithfulness.

☐ Read a faith story from Hebrews 11.

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April Verses: Overcoming Anxiety

God invites you to trade anxiety for His peace. Each verse this month is a reminder that you don't carry life alone.

Day	Verse	Written
1	Philippians 4:6-7	☐
2	Matthew 11:28-30	☐
3	John 14:27	☐
4	Proverbs 12:25	☐
5	Psalm 55:22	☐
6	1 Peter 5:6-8	☐
7	Hebrews 13:5-6	☐
8	Psalm 56:3	☐
9	Psalm 23:1-2	☐
10	Proverbs 3:5-6	☐
11	Romans 8:38-39	☐
12	Colossians 3:15	☐
13	2 Thessalonians 3:16	☐
14	Psalm 23:4	☐
15	Isaiah 41:10	☐

Day	Verse	Written
16	2 Timothy 1:7	☐
17	1 John 4:18	☐
18	Psalm 94:19	☐
19	Isaiah 43:1	☐
20	Joshua 1:9	☐
21	Matthew 6:34	☐
22	Luke 12:22-26	☐
23	Psalm 27:1	☐
24	Mark 6:50	☐
25	Deuteronomy 31:6	☐
26	Psalm 46:1	☐
27	Psalm 118:6-7	☐
28	1 Peter 3:14	☐
29	Mark 5:36	☐
30	Revelation 1:17	☐

Reflect

- What are you anxious about today?
- How does this verse speak to your worry?
- What would it look like to give this to God?
- Where have you seen God carry you before?
- What thought pattern needs His truth?
- How can you help someone you love with their worries?

Live it

- ☐ Turn today's worry into a prayer.
- ☐ Take a walk and pray as you go.
- ☐ Breathe slowly and repeat today's verse.
- ☐ Write the verse on your bathroom mirror.

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May Verses: For the Weary Heart

Life can be tiring. This month, let God refresh you.

Day	Verse	Written
1	Matthew 11:28-30	☐
2	Psalm 73:26	☐
3	John 14:27	☐
4	Psalm 55:22	☐
5	1 Peter 4:19	☐
6	2 Corinthians 5:6-7	☐
7	Psalm 147:3	☐
8	1 Peter 5:7	☐
9	Isaiah 40:31	☐
10	Luke 10:41-42	☐
11	Nehemiah 8:10	☐
12	John 16:33	☐
13	Psalm 4:8	☐
14	Exodus 33:14	☐
15	Psalm 121:1-3	☐
16	Jeremiah 31:25	☐

Day	Verse	Written
17	Hebrews 12:12-13	☐
18	Colossians 1:29	☐
19	Galatians 6:9	☐
20	Proverbs 3:24	☐
21	Psalm 46:10	☐
22	John 16:24	☐
23	Isaiah 26:3	☐
24	Hebrews 4:16	☐
25	Psalm 55:6	☐
26	Proverbs 23:23-24	☐
27	Psalm 18:31-32	☐
28	James 1:12	☐
29	Revelation 2:3	☐
30	Hebrews 6:10	☐
31	Isaiah 55:11	☐

Reflect

- Where do you feel most weary?
- How does this verse offer rest?
- What would refreshment look like for you?
- What can you set down this week?
- How does God strengthen the weary?
- Who can help carry your load?

Live it

- ☐ Take 15 minutes of true rest today.
- ☐ Pray this verse when you feel tired.
- ☐ Ask for help with one task.
- ☐ Go to bed early one night this week.

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June Verses: Facing My Fears

God gives courage. This month, name your fears and let His Word speak louder.

Day	Verse	Written
1	Romans 8:15	☐
2	Isaiah 41:10	☐
3	1 John 4:18-19	☐
4	Joshua 1:9	☐
5	Psalm 23:4	☐
6	John 14:27	☐
7	Psalm 27:1	☐
8	Isaiah 43:1	☐
9	Deuteronomy 31:6	☐
10	1 Corinthians 16:13	☐
11	Hebrews 13:6	☐
12	Psalm 34:4	☐
13	Psalm 118:6	☐
14	Isaiah 41:13	☐
15	1 Peter 3:14	☐

Day	Verse	Written
16	2 Timothy 1:7	☐
17	Psalm 56:3-4	☐
18	Proverbs 12:25	☐
19	Matthew 6:34	☐
20	Psalm 55:22	☐
21	Romans 8:38-39	☐
22	Psalm 27:3	☐
23	Mark 5:36	☐
24	Proverbs 29:25	☐
25	Psalm 94:19	☐
26	Isaiah 26:3	☐
27	Proverbs 3:5	☐
28	Psalm 91:7	☐
29	Isaiah 35:4	☐
30	Psalm 112:7	☐

Reflect

- What fear is loudest right now?
- How does this verse answer that fear?
- What would you do if you weren't afraid?
- How has God been with you in scary times?
- What fears do the people you love carry?
- What does courage look like today?

Live it

- ☐ Name a fear and pray over it.
- ☐ Pray today's verse over someone you love.
- ☐ Do one brave thing this week.
- ☐ Write 'God is with me' on a card.

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July Verses: Holding Unto God's Promises

God keeps His word. This month, collect His promises and hold on tight.

Day	Verse	Written
1	Isaiah 40:29-31	☐
2	Exodus 14:14	☐
3	2 Chronicles 7:14	☐
4	James 1:5	☐
5	Philippians 4:19	☐
6	Psalm 37:4	☐
7	John 14:13-16	☐
8	Luke 11:9-13	☐
9	Matthew 6:31-33	☐
10	Proverbs 3:5-6	☐
11	Romans 10:9-10	☐
12	Revelation 3:5	☐
13	John 8:36	☐
14	Deuteronomy 31:8	☐
15	James 4:7	☐
16	Isaiah 61:1	☐

Day	Verse	Written
17	Isaiah 54:17	☐
18	1 Peter 4:1-2	☐
19	2 Corinthians 4:17-18	☐
20	Colossians 3:3-4	☐
21	Revelation 2:7	☐
22	Isaiah 43:2	☐
23	John 3:36	☐
24	Malachi 3:10	☐
25	Psalm 18:3	☐
26	Ephesians 3:16-19	☐
27	Psalm 103:2-5	☐
28	2 Samuel 7:28	☐
29	Psalm 19:7	☐
30	John 10:10	☐
31	Isaiah 54:10	☐

Reflect

- What promise does this verse hold?
- Which promise do you need most right now?
- How has God kept His promises to you?
- What promise are you still waiting on?
- How can you remind yourself of His promises?
- Which promise could you share with a friend?

Live it

- ☐ Add today's promise to a promise list.
- ☐ Share a promise with someone who needs it.
- ☐ Pray the promise back to God.
- ☐ Write a promise on a sticky note.

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August Verses: Finding Peace Through Pain

God is close in pain. This month, let Him comfort you and give peace that makes no sense on paper.

Day	Verse	Written
1	Psalm 42:5	☐
2	Jeremiah 31:3	☐
3	Psalm 34:8	☐
4	Isaiah 54:10	☐
5	Zephaniah 3:17	☐
6	Romans 8:37	☐
7	Psalm 42:11	☐
8	John 16:33	☐
9	Psalm 147:3	☐
10	2 Thessalonians 3:5	☐
11	Job 22:29	☐
12	Psalm 40:1-3	☐
13	Psalm 3:3	☐
14	Matthew 11:28-29	☐
15	Psalm 23:4	☐
16	1 Peter 5:7	☐

Day	Verse	Written
17	Psalm 30:11	☐
18	2 Timothy 1:7	☐
19	Proverbs 12:25	☐
20	Deuteronomy 33:27	☐
21	2 Corinthians 1:3-4	☐
22	Isaiah 41:10	☐
23	Romans 8:38-39	☐
24	Psalm 9:9	☐
25	Proverbs 15:13	☐
26	Isaiah 42:3	☐
27	Ecclesiastes 9:7	☐
28	2 Corinthians 4:7-10	☐
29	James 5:13	☐
30	1 Peter 4:14	☐
31	Deuteronomy 31:8	☐

Reflect

- What pain are you carrying?
- How does this verse comfort you?
- Where have you felt God close in hard times?
- What do you need to grieve honestly?
- How can God use your pain to comfort others?
- What does peace look like in pain?

Live it

- ☐ Tell God honestly how you feel today.
- ☐ Write a lament (an honest prayer of sorrow).
- ☐ Reach out to someone who is hurting.
- ☐ Rest and be gentle with yourself.

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September Verses: Seasons of Waiting

Waiting isn't wasted. This month, learn to wait on God with hope.

Day	Verse	Written
1	Ecclesiastes 3:11	☐
2	Psalm 27:14	☐
3	Luke 1:45	☐
4	1 Samuel 12:16	☐
5	Isaiah 40:31	☐
6	Psalm 37:7	☐
7	John 13:7	☐
8	Philippians 1:6	☐
9	Exodus 14:14	☐
10	Hebrews 6:15	☐
11	Micah 7:7	☐
12	Romans 12:12	☐
13	Colossians 1:11	☐
14	1 Corinthians 15:58	☐
15	James 5:11	☐

Day	Verse	Written
16	Lamentations 3:25	☐
17	Isaiah 30:18	☐
18	James 1:12	☐
19	Psalm 40:1-2	☐
20	Psalm 62:5	☐
21	Acts 1:4	☐
22	Galatians 6:9	☐
23	2 Peter 3:9	☐
24	Psalm 33:20	☐
25	Psalm 130:5	☐
26	Psalm 31:14-15	☐
27	Psalm 62:7-8	☐
28	Isaiah 58:11	☐
29	Isaiah 33:2	☐
30	James 5:7	☐

Reflect

- What are you waiting on?
- How does this verse help you wait?
- What is God growing in you while you wait?
- How do you usually handle waiting?
- Who in the Bible waited well?
- How can you encourage someone who is waiting?

Live it

- ☐ Write what you're waiting for and pray over it.
- ☐ Thank God for something you once waited for.
- ☐ Practice patience in one small moment today.
- ☐ Encourage a friend who is waiting.

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October Verses: Moments of Worship

God is worthy. This month, let each verse lead you into a moment of worship.

Day	Verse	Written
1	Daniel 2:20	☐
2	John 4:24	☐
3	Psalm 22:27	☐
4	Psalm 29:2	☐
5	Psalm 66:4	☐
6	Psalm 95:6	☐
7	Psalm 96:9	☐
8	Psalm 99:5	☐
9	Psalm 138:2	☐
10	Jeremiah 7:2	☐
11	Psalm 34:3	☐
12	Psalm 69:30	☐
13	Luke 1:46	☐
14	Psalm 22:22	☐
15	Psalm 27:6	☐
16	Psalm 33:2	☐

Day	Verse	Written
17	Psalm 34:1	☐
18	Psalm 35:8	☐
19	Psalm 40:3	☐
20	Psalm 42:5	☐
21	Psalm 44:8	☐
22	Psalm 47:6	☐
23	Acts 16:25	☐
24	Romans 15:11	☐
25	Ephesians 1:6	☐
26	Hebrews 2:12	☐
27	Hebrews 13:15	☐
28	1 Peter 2:9	☐
29	Psalm 68:4	☐
30	Psalm 69:34	☐
31	Psalm 71:8	☐

Reflect

- What does this verse say about who God is?
- How can you worship God today?
- What keeps you from worshiping?
- How does worship change your mood?
- What song expresses this verse?
- How can your family worship together?

Live it

- ☐ Play a worship song and sing along.
- ☐ Worship while doing chores.
- ☐ Write a short prayer of praise.
- ☐ Have a family praise moment.

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November Verses: Daily Gratitude

Gratitude changes how we see everything. This month, give thanks every day.

Day	Verse	Written
1	Psalm 50:14	☐
2	Colossians 4:2	☐
3	Ezra 3:11	☐
4	Psalm 140:13	☐
5	2 Corinthians 4:15	☐
6	2 Samuel 22:50	☐
7	2 Corinthians 9:15	☐
8	Psalm 26:6-7	☐
9	Daniel 6:10	☐
10	Psalm 136:2	☐
11	Psalm 95:2	☐
12	Matthew 26:27	☐
13	1 Timothy 4:4	☐
14	Romans 14:6	☐
15	Psalm 69:30	☐

Day	Verse	Written
16	Ephesians 1:16	☐
17	1 Chronicles 16:8	☐
18	Colossians 1:3	☐
19	Jonah 2:9	☐
20	Psalm 18:49	☐
21	1 Corinthians 15:57	☐
22	Romans 16:4	☐
23	Psalm 100:4	☐
24	1 Thessalonians 5:18	☐
25	Psalm 35:18	☐
26	2 Corinthians 2:14	☐
27	Revelation 7:12	☐
28	Psalm 30:4	☐
29	1 Chronicles 16:34	☐
30	Psalm 116:17	☐

Reflect

- What are you thankful for today?
- How does this verse invite thanks?
- What is hard to be thankful for right now?
- How does gratitude change your attitude?
- Who are you thankful for?
- How can you show gratitude in action?

Live it

- ☐ Write 3 thank-yous in your journal.
- ☐ Thank someone in person today.
- ☐ Add to a family gratitude jar.
- ☐ Pray only thank-yous for 5 minutes.

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December Verses: Loving Your Neighbor

Love God, love people. This month, put love into action at home and in your neighborhood.

Day	Verse	Written
1	Romans 13:8	☐
2	Matthew 5:43-48	☐
3	John 13:34-35	☐
4	1 Peter 4:8	☐
5	Romans 12:10	☐
6	Leviticus 19:18	☐
7	Proverbs 17:17	☐
8	1 Corinthians 16:14	☐
9	1 John 4:18-19	☐
10	Luke 6:35	☐
11	Proverbs 10:12	☐
12	Ephesians 4:32	☐
13	1 John 4:11	☐
14	Colossians 3:14	☐
15	Mark 12:31	☐
16	1 Thessalonians 4:9	☐

Day	Verse	Written
17	James 1:27	☐
18	Luke 6:27-28	☐
19	Galatians 5:14	☐
20	John 15:9	☐
21	1 Corinthians 13:1-2	☐
22	Ephesians 5:2	☐
23	Galatians 6:2	☐
24	Luke 3:11	☐
25	John 15:13	☐
26	Hebrews 13:1-2	☐
27	Deuteronomy 15:11	☐
28	Ruth 1:16-17	☐
29	Romans 12:9-16	☐
30	1 John 4:7-8	☐
31	Luke 6:32	☐

Reflect

- Who is your ‘neighbor’ today?
- How does this verse describe love?
- Who is hard for you to love?
- How can your family love neighbors this week?
- How has someone loved you well?
- What does Jesus’ love look like in action?

Live it

- ☐ Do one kind act for a neighbor.
- ☐ Invite a friend to serve someone with you.
- ☐ Write an encouraging note.
- ☐ Pray for your neighbors by name.

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Stewardship & Generosity

He owns it all. We are managers, not owners.

You are unique.
Your gifts, experiences and passions are not accidents. They are assignments.

He owns it all.
Our time, talents, resources and opportunities. We are managers, not owners.

Stewardship.
Be faithful with your time. Invest in what matters eternally. Handle money with wisdom and integrity.

Financial freedom.
Freedom from debt, from worry, freedom to give, and to pursue your purpose.

Multiply in purpose.
What He's given you will multiply and bless others: seed → growth → impact.

Kingdom impact.
When you walk in obedience and steward well, your life becomes a blessing to others.

Generosity tracker

This month I...	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
Gave my tithe or offering																															
Blessed someone in need																															
Gave my time to serve																															
Prayed over my budget																															
Said no to an impulse buy																															
Thanked God for His provision																															
Gave a gift for no reason																															
Supported a cause I believe in																															

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My Goals with God

Pray over each area of your life, then set one goal for it.

Faith

Goal _____ By when _____

How I'll invite God into it _____

Family

Goal _____ By when _____

How I'll invite God into it _____

Health

Goal _____ By when _____

How I'll invite God into it _____

Work

Goal _____ By when _____

How I'll invite God into it _____

Finances

Goal _____ By when _____

How I'll invite God into it _____

Serving

Goal _____ By when _____

How I'll invite God into it _____

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Habits

Time with God, one day at a time.

Month

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
Quiet time with God																															
Today's devotion: read & pray																															
Write out today's verse																															
Prayer time																															
Proverbs 31 trait of the week																															
Worship music																															
One kind act for someone																															

Keep going: A habit takes time to stick. Start again whenever you need to.

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Monthly Calendar

Church, Bible study, serving and the people you love.

Month _____ Year _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat

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God Moments

Write down what God is doing so you can remember it later.

Something God is teaching me

A prayer I'm waiting on

A prayer God answered

A verse I want to remember

Something I need to surrender

A way I've seen God working

Something I'm grateful for

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Journal Prompts

One for every day of the month.

1. Something God is teaching me in this season:
2. A prayer I'm waiting on, and how I'm trusting Him while I wait:
3. A prayer God answered, big or small:
4. A verse I want to remember, and why:
5. Something I need to surrender to God:
6. A way I've seen God working this week:
7. Lord, I'm grateful for...
8. Where do I need God's peace today?
9. What is God asking me to let go of?
10. Who can I encourage this week, and how?
11. What fear do I want to hand over to God?
12. When did I feel close to God lately?
13. What would change if I truly believed God is for me?
14. A hard season God brought me through:
15. Where am I trying to control what only God can control?
16. What does God say about who I am?
17. Write a letter to God about where your heart is today.
18. How can I love the people around me the way Jesus loves me?
19. Where do I need wisdom right now?
20. What is one step of faith God is inviting me to take?
21. List ten blessings you'd have missed if you weren't looking.
22. Who do I need to forgive, or receive forgiveness from?
23. What would 'rest in God' look like for me this week?
24. A promise of God I'm holding on to:
25. How has my faith grown this year?
26. What is distracting me from time with God?
27. Where did I see God's goodness today?
28. What does obedience look like for me right now?
29. A song that lifts my spirit, and what it reminds me of:
30. How do I want to grow closer to God this month?
31. Lord, today I'm carrying...

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Journal

Date _____ **Prompt #** _____

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Sources

Official sources, so you can check for yourself.

Where the facts in this planner come from. Last checked November 25, 2026. Rules, numbers and phone lines can change, so check the source for the latest.

Looking up Bible passages in many translations

Blue Letter Bible · blueletterbible.org

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