

Philippians Slow Reading Plan

Reading & Memorization Tracker

Slow Reading Plan Tracker

Read one chapter a week, daily. The goal is not accomplishment; the goal is consistency and presence.

Before you read, take a few slow, deep breaths and pray this prayer: **Spirit, help me hear you. Calm my heart, ease my mind, fill me with your presence. Amen.**

After you read, you can take a few moments to respond to each daily prompt on the back side of this tracker.

Week 1 **Philippians 1** M T W T F S

Memorize Philippians 1:21

Week 2 **Philippians 2** M T W T F S

Memorize Philippians 2:3-4

Week 3 **Philippians 3** M T W T F S

Memorize Philippians 3:7-10

Week 4 **Philippians 4** M T W T F S

Memorize Philippians 4:6-7

Daily Reading Prompts

The purpose of these prompts is to invite you to a more active and honest reading of the scriptures. The goal is not “right” answers, but honest answers.

Monday What’s something cool or weird about this passage?

Tuesday What part do you wish was true for you?

Wednesday What part scares you?

Thursday What does this scripture tell you about humans?

Friday What does this scripture tell you about God?

Saturday What is God inviting you into through this scripture?