



RELAX: Knowing who God is gives us peace.

Week of July 24

Psalm 139:1-12
Psalm 139:13-24
Genesis 2:15-17
Genesis 3:1-21
Jeremiah 23:23-24

Week of July 31

Psalm 42
Romans 5:6-21
Hebrews 4:16
Romans 3:23-26
Ephesians 2:4-5

Week of August 7

Romans 10:14-17
Luke 17:11-16
Malachi 3:6
Hebrews 13:5-8
Romans 8:38-39

Week of August 14

Hosea 11:1-11
Isaiah 61:1-3
Matthew 28:20
Matthew 18:20
John 14:16-17

Week of August 21

Psalm 146
Ephesians 2:19-22
1 Corinthians 3:16
1 Corinthians 6:19
Exodus 34:6-7

Week of August 28

Lamentations 3:22-23
2 Timothy 2:13
1 Corinthians 1:9
1 John 1:9
Psalm 107:1

Week of September 4

Isaiah 65:17-25
Psalm 18:1-32
Proverbs 1:1-9
Proverbs 1:32-33
Psalm 33

Daily Journal

Look Up. Look In. Look Around.

Begin with 2 minutes of silence

Daily Bible Reading

As you read through the passage, write down your reflections from the following questions.

• SCRIPTURE:

What does this verse say about God, me, others? Any commands, promises, warnings, wisdom? What words or phrases stand out?

• OBSERVATIONS:

What am I mad/angry about?

What am I feeling sad about?

What am I feeling anxious about?

What am I glad/happy about?

• APPLICATIONS:

If the truths of the readings were alive in my life, how would it change me?

• PRAYER:

Based on all of these thoughts, what and who should I be talking to God about today?