

HOW TO MEDITATE



STOP. LISTEN. GO

This plan gives you front row seats to the story of Jesus Christ and the acts of His Apostles as they moved in the power of the Spirit.

The plan savours Luke and Acts one chapter a week, providing you with daily bites to chew on. Use the *lectio divina* method (guide overleaf) to enter into this story and hear the message. As you drink from His Word, allow the Spirit to inspire and move you.

LUKE. ACTS

Luke and Acts were written by Luke as a two-part volume. It tells the story of Jesus Christ and the origins of the people first known as Christians.

Watch God's Kingdom come through the life, death and resurrection of Jesus Christ, bursting into new life from Jerusalem all the way to Rome. Witness the wonder of how Gentiles became included into the people of God, as promised in the Old Testament.

Watch as God's purposes become fulfilled before your very eyes, and listen as the Spirit speaks to you and moves you to be Christ's witnesses in your world.

STOP LISTEN



BIBLE READING PLAN
JAN-DEC 2020

READING GUIDE			MON	TUES	WED	THURS	FRI	SAT / SUN
Week 1	29 Dec - 4 Jan	Luke 1 :	1-4	5-28	26-38	39-56	57-80	Review / Reflect
Week 2	5 - 11 Jan	Luke 2 :	1-7	8-21	22-38	39-40	41-52	Review / Reflect
Week 3	12 - 18 Jan	Luke 3 :	1-6	7-14	15-20	18-22	23-38	Review / Reflect
Week 4	19 - 25 Jan	Luke 4 :	1-13	12-22	17-30	31-37	38-44	Review / Reflect
Week 5	26 Jan - 1 Feb	Luke 5 :	1-8	4-11	12-26	27-32	33-39	Review / Reflect
Week 6	2 - 8 Feb	Luke 6 :	1-11	12-19	20-36	37-42	43-49	Review / Reflect
Week 7	9 - 15 Feb	Luke 7 :	1-10	11-17	18-23	24-35	36-50	Review / Reflect
Week 8	16 - 22 Feb	Luke 8 :	1-8	4-18	16-25	26-39	40-56	Review / Reflect
Week 9	23 - 29 Feb	Luke 9 :	1-17	18-27	28-43	43-50	51-62	Review / Reflect
Week 10	1 - 7 Mar	Luke 10 :	1-12	8-16	16-24	25-37	38-42	Review / Reflect
Week 11	8 - 14 Mar	Luke 11 :	1-13	14-23	24-28	29-36	37-54	Review / Reflect
Week 12	15 - 21 Mar	Luke 12 :	1-8	8-21	22-34	35-48	49-59	Review / Reflect
Week 13	22 - 28 Mar	Luke 13 :	1-9	10-17	18-21	22-30	31-35	Review / Reflect
Week 14	29 Mar - 4 Apr	Luke 14 :	1-6	7-11	12-24	25-30	27-35	Review / Reflect
Week 15	5 - 11 Apr	Luke 15 :	1-7	7-10	11-16	16-24	25-32	Review / Reflect
Week 16	12 - 18 Apr	Luke 16 :	1-13	14-18	19-31	10-15	19-26	Review / Reflect
Week 17	19 - 25 Apr	Luke 17 :	1-4	3-5	7-10	11-19	20-37	Review / Reflect
Week 18	26 Apr - 2 May	Luke 18 :	1-8	9-17	18-29	31-34	35-43	Review / Reflect
Week 19	3 - 9 May	Luke 19 :	1-9	11-27	28-40	41-44	45-48	Review / Reflect
Week 20	10 - 16 May	Luke 20 :	1-8	9-18	19-25	27-40	41-47	Review / Reflect
Week 21	17 - 23 May	Luke 21 :	1-9	10-19	20-24	25-33	34-38	Review / Reflect
Week 22	24 - 30 May	Luke 22 :	1-13	14-23	24-38	39-53	54-71	Review / Reflect
Week 23	31 May - 6 Jun	Luke 23 :	1-12	13-25	26-43	44-49	48-56	Review / Reflect
Week 24	7 - 13 Jun	Luke 24 :	1-12	13-27	27-35	36-49	44-53	Review / Reflect
Week 25	14 - 20 Jun	Acts 1 :	1-11	1-14	15-18	15-26	1-26	Review / Reflect
Week 26	21 - 27 Jun	Acts 2 :	1-13	14-28	22-28	25-36	37-47	Review / Reflect
Week 27	28 Jun - 4 Jul	Acts 3 :	1-10	1-16	11-16	11-21	17-26	Review / Reflect
Week 28	5 - 11 Jul	Acts 4 :	1-7	7-16	13-22	21-31	31-37	Review / Reflect
Week 29	12 - 18 Jul	Acts 5 :	1-11	12-21	21-29	27-38	33-42	Review / Reflect
Week 30	19 - 25 Jul	Acts 6 :	1-15	1-8	8-15	3-8	1-15	Review / Reflect
Week 31	26 Jul - 1 Aug	Acts 7 :	1-16	17-29	30-41	39-50	44-60	Review / Reflect
Week 32	2 - 8 Aug	Acts 8 :	1-8	9-24	25-31	32-40	26-40	Review / Reflect
Week 33	9 - 15 Aug	Acts 9 :	1-9	8-19	15-22	23-31	32-43	Review / Reflect
Week 34	16 - 22 Aug	Acts 10 :	1-16	9-23	24-33	30-45	37-48	Review / Reflect
Week 35	23 - 29 Aug	Acts 11 :	1-10	11-18	17-21	19-26	20-30	Review / Reflect
Week 36	30 Aug - 5 Sep	Acts 12 :	1-8	6-11	11-19	18-25	1-25	Review / Reflect
Week 37	6 - 12 Sep	Acts 13 :	1-12	13-26	17-33	32-42	42-52	Review / Reflect
Week 38	13 - 19 Sep	Acts 14 :	1-7	8-18	19-23	24-28	1-28	Review / Reflect
Week 39	20 - 26 Sep	Acts 15 :	1-11	7-11	10-18	19-29	30-41	Review / Reflect
Week 40	27 Sep - 3 Oct	Acts 16 :	1-5	1-10	11-15	16-24	25-40	Review / Reflect
Week 41	4 - 10 Oct	Acts 17 :	1-9	10-15	16-21	22-28	28-34	Review / Reflect
Week 42	11 - 17 Oct	Acts 18 :	1-11	12-17	18-23	24-28	1-28	Review / Reflect
Week 43	18 - 24 Oct	Acts 19 :	1-8	1-10	11-20	21-27	28-41	Review / Reflect
Week 44	25 - 31 Oct	Acts 20 :	1-6	7-12	13-24	18-24	24-38	Review / Reflect
Week 45	1 - 7 Nov	Acts 21 :	1-16	7-14	17-26	27-35	33-40	Review / Reflect
Week 46	8 - 14 Nov	Acts 22 :	1-21	1-6	6-16	19-24	25-30	Review / Reflect
Week 47	15 - 21 Nov	Acts 23 :	1-11	6-11	12-22	23-30	23-35	Review / Reflect
Week 48	22 - 28 Nov	Acts 24 :	1-26	1-9	10-21	14-21	22-26	Review / Reflect
Week 49	29 Nov - 5 Dec	Acts 25 :	1-12	13-22	22-27	13-27	1-27	Review / Reflect
Week 50	6 - 12 Dec	Acts 26 :	1-8	4-11	11-18	19-23	22-32	Review / Reflect
Week 51	13 - 19 Dec	Acts 27 :	1-12	9-20	21-32	27-38	39-44	Review / Reflect
Week 52	20 - 26 Dec	Acts 28 :	1-10	11-16	17-22	23-31	1-31	Review / Reflect

How to Meditate (30 minutes or more)

The *lectio divina* is a way of Scriptural meditation practiced by Christians to listen to God and be shaped by Him.

Step 1: Prepare (2-3 minutes)

Prepare yourself to read God's Word. Put your phone away, and put down your stray thoughts on paper to look at later. Sit comfortably. Take time to quieten your heart and mind. End your time of preparation by asking God for grace, to feed and illumine you with His Word today.

Step 2: Read (8-10 minutes)

Read aloud the passage of Scripture for the day. As you read, take note of the word or phrase that you are particularly drawn to. If it is a particular scene, imagine it play out in your mind as though you were in the story yourself. Repeat your reading once, or twice. With each time, note the word, phrase or scene that draws you.

Step 3: Meditate (3-4 minutes)

Ponder on the word, phrase or scene that you were drawn to. What about it draws you? How is it connected to your life? What is God saying to you from this episode?

Step 4: Respond (4-5 minutes)

Thank God for these thoughts from His Word. Talk to God about your thoughts. Wherever appropriate, ask God for guidance and forgiveness. Rest in His love.

Step 5: Contemplate (3-4 minutes)

Once you have finished talking to God, remain quietly before Him, enjoying His presence. Wait on God, He might just speak more to you.

Step 6: Journal (2-3 minutes)

Write some short notes or illustrate a visualisation in your journal to record your cherished moments with God during your meditation. Continue to ponder upon these thoughts as you go about your day.