

# CULTIVATE | Sermon Series



St Mark's Gillingham  
Study Notes  
2021



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# Introduction Letter

Christian, as well as secular researchers, have recently rediscovered the human need to “belong,” and describe various versions of our longing for community — a place where one is known. Our cultural emphasis on personal freedom and self-fulfilment has left many people lonely and emotionally fragile. Many of us are looking for community. Our yearnings to belong and our desire for lasting relationships, however, are often accompanied by uncertainty about making commitments. As one person put it, it would be so much easier if we could be “connected without being encumbered.”

6 years ago, on a study retreat with L’Abri Fellowship Switzerland, I was introduced to Christine Pohl, an excellent Bible Teacher whose work I have heavily relied on putting this booklet together. Pohl teaches Biblical descriptions of the church as God’s household, as the body of Christ, and as a new family of brothers and sisters leave many of us dissatisfied with church life. This dissatisfaction is in some ways heightened over the last few months as we wait in a world of turmoil for an end to sickness and anxiety, facemasks and lockdowns, loneliness and job losses.

So how then do we nurture belonging during Covid-19? I am suggesting that it is possible to build a Christian community during a pandemic. The Judaeo-Christian scriptures give plenty of inspiration to engage in practices that not just sustains life but provides an avenue where life both collectively and individually to thrive. God’s renewal of God’s church is an outcome of the sustained practices in daily life in communities. So, in the next 3 months we are going to be focusing on 4 habits- practices we cultivate at home, home-groups, trio, frontline and the church to nurture belonging in bewildering times.

The four practices are:  
Gratitude  
Promise Keeping  
Living Truthfully and  
Practising Hospitality

# Introduction Letter

These four practices do not address every aspect of community life, but they do hold together and intersect in surprising ways. We begin with the practice of gratitude because the Christian life is most of all a response to the grace we have received. Christian community begins in gratitude, is sustained by our promises and truthfulness, and is expressed in hospitality. The grace to which we respond is expressed in God's welcome to us. That elicits and strengthens our practice of hospitality. This is not just about us. Our promises are rooted in God's fidelity to us, and our truthfulness finds its home in the grace and truth of Jesus Christ who we seek to live for as we love this town and learn together.

This booklet is designed to be a companion to our Sunday sermon series and contains bible readings, questions, prayers, poems and room for notes, as well as a bible reading plan to use over the lent period. You can use the material in your small groups, trios or on your own.

So with Apostle Paul, I pray this prayer for each of you as I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever!

Amen.

- Rev Saju Muthalaly

# Are you part of a Trio?

A Trio is three people of the same sex, who meet weekly or fortnightly online, or in-person to grow a deeper relationship with Jesus Christ. It is easy to arrange to get together as there are only three people to consider. A Trio studies the Bible in much the same way as a Home Group but, as there are fewer people you may need less time, everyone can lead, make a contribution and grow in their commitment to God and others.

## Key Elements of a Trio:

- Shared Vision: a hunger to know and understand more of the Word, to be transformed into Christlikeness.
- Commitment: making time in your diary and prioritising it.
- Spirit Lead: The Bible is a living text, brought to life by the Holy Spirit. Inviting Him to speak each time you meet.
- Honesty: Culturally our default position can be to critique and allow our opinions to drive/dictate our understanding. However, the idea is to come to the scriptures honestly and allow the Bible to read us, to let the Holy Spirit highlight, reveal and convict. A healthy and transformative Trio also requires each member to be honest. Honest about your relationship with God and your desire to grow and be shaped by Him. This will require courage to be open to others in your Trio to keep you accountable to what God invites you to walk in through this process. This is one of the most exciting elements of being a part of a Trio, witnessing God at work in your life and those you are doing faith alongside!

## Practicals:

- Facilitate: each time you meet in your Trio there needs to be someone who will lead the discussion. Keeping the conversation anchored to the scripture, actively listening, asking open-ended questions and keeping an eye on the time. It can be a different member each time.

# Are you part of a Trio?

- Review: Take some time to share what God has been up to since you last met, focussing on what your Trio were praying into.
- Reading: It is often helpful to read the selected scripture a couple of times in different versions.
- Ask the three questions:
  - What does this say about God?
  - What does this say about humanity?
  - If this is true, how will it shape how I live this week?
- Prayer: Pray into what the Holy Spirit has revealed for each person and for an empowering to live out this revelation. Do so in an active posture, laying on of hands, listening to the Holy Spirit for words or images etc.
- Schedule: Book in another time or plan the next 1 – 3 months in advance.
- Fellowship: Commit to pray for one another between meetings and encourage each other throughout the week or weeks in-between.

*If you would like more information or join a Trio contact Damola:  
[dammy72001@yahoo.com](mailto:dammy72001@yahoo.com)*

# Bible Readings: Week 1

## Introduction to Cultivate

[Matthew 22. 35-40]

35 One of them, an expert in the law, tested him with this question:

36 ‘Teacher, which is the greatest commandment in the Law?’

37 Jesus replied: ““Love the Lord your God with all your heart and with all your soul and with all your mind.” 38 This is the first and greatest commandment. 39 And the second is like it: “Love your neighbour as yourself.” 40 All the Law and the Prophets hang on these two commandments.’



# Bible Readings: Week 1

## Introduction to Cultivate [Matthew 22. 35-40]

### 3 Basic Questions

Read the Bible Passage. It is often helpful to read the selected scripture a couple of times in different versions.

Ask the three questions:

- What does this say about God?
- What does this say about humanity?
- If this is true, how will it shape how I live this week?

# Bible Readings: Week 1

Introduction to Cultivate

[Matthew 22. 35-40]

Notes:

# Bible Readings: Week 1

## Prayer

My dearest Lord,  
be thou a bright flame before me  
be thou my guiding star above me  
be thou the smooth path beneath me  
be thou a kindly shepherd behind me  
today and evermore.

- ST COLUMBA (521-597)

# Bible Readings: Week 2

## Embracing gratitude as a way of life

[Luke 7:36–50]

**36** When one of the Pharisees invited Jesus to have dinner with him, he went to the Pharisee's house and reclined at the table. **37** A woman in that town who lived a sinful life learned that Jesus was eating at the Pharisee's house, so she came there with an alabaster jar of perfume. **38** As she stood behind him at his feet weeping, she began to wet his feet with her tears. Then she wiped them with her hair, kissed them and poured perfume on them.

**39** When the Pharisee who had invited him saw this, he said to himself, 'If this man were a prophet, he would know who is touching him and what kind of woman she is – that she is a sinner.'

**40** Jesus answered him, 'Simon, I have something to tell you.' 'Tell me, teacher,' he said.

**41** 'Two people owed money to a certain money-lender. One owed him five hundred denarii, and the other fifty. **42** Neither of them had the money to pay him back, so he forgave the debts of both. Now which of them will love him more?'

**43** Simon replied, 'I suppose the one who had the bigger debt forgiven.' 'You have judged correctly,' Jesus said.

**44** Then he turned towards the woman and said to Simon, 'Do you see this woman? I came into your house. You did not give me any water for my feet, but she wet my feet with her tears and wiped them with her hair. **45** You did not give me a kiss, but this woman, from the time I entered, has not stopped kissing my feet. **46** You did not put oil on my head, but she has poured perfume on my feet. **47** Therefore, I tell you, her many sins have been forgiven – as her great love has shown. But whoever has been forgiven little loves little.'

**48** Then Jesus said to her, 'Your sins are forgiven.'

**49** The other guests began to say among themselves, 'Who is this who even forgives sins?'

**50** Jesus said to the woman, 'Your faith has saved you; go in peace.'

# Bible Readings: Week 2

## Embracing gratitude as a way of life

[Luke 7:36-50]

### 3 Basic Questions

Read the Bible Passage. It is often helpful to read the selected scripture a couple of times in different versions. Ask the three questions:

- What does this say about God?
- What does this say about humanity?
- If this is true, how will it shape how I live this week?

### Questions to go Deeper

- What rituals or rhythms of gratitude could we establish that would keep us mindful of its importance?
- How can we work to create a culture of noticing what is good?
- What stops us from a life of gratitude? How do we address ingratitude in our home, Trio, home group, church or frontline?
- What attitudes and assumptions in our lives, congregation, or community support ingratitude and dissatisfaction?
- In what ways are we addressing personal and communal inclinations toward envy and grumbling?
- What are we doing in church, family, or community that we could build on to deepen the practice of gratitude?

# Bible Readings: Week 2

Embracing gratitude as a way of life

[Luke 7:36-50]

Notes:

# Bible Readings: Week 2

## Prayer

Grant to me, O Lord,  
to know what is worth knowing,  
to love what is worth loving,  
to praise what delights you most,  
to value what is precious to you,  
and to reject whatever is evil in your eyes.  
Give me true discernment,  
so that I may judge rightly between things that differ.  
Above all, may I search out and do what is pleasing to you;  
through Jesus Christ my Lord. Amen.

- THOMAS À KEMPIS (c.1380-1471)

# Bible Readings: Week 3

## Making and Keeping Promises

[Deuteronomy 7:7-9]

7 The Lord did not set his affection on you and choose you because you were more numerous than other peoples, for you were the fewest of all peoples. 8 But it was because the Lord loved you and kept the oath he swore to your ancestors that he brought you out with a mighty hand and redeemed you from the land of slavery, from the power of Pharaoh king of Egypt. 9 Know therefore that the Lord your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commandments



# Bible Readings: Week 3

## Making and Keeping Promises

[Deuteronomy 7:7-9]

### 3 Basic Questions

Read the Bible Passage. It is often helpful to read the selected scripture a couple of times in different versions. Ask the three questions:

- What does this say about God?
- What does this say about humanity?
- If this is true, how will it shape how I live this week?

### Questions to Go Deeper

- In our congregational or community life, where have we seen specific expressions of fidelity or promise-keeping in the face of difficult challenges?
- What are we doing in our congregation or community to help people keep their promises and follow through on the commitments they have made?
- What contemporary issues or values do we need to confront in order to strengthen our fidelity to God and others?
- What are the most important promises we have made in shaping our families, churches, and communities?
- Are there tears in the fabric of our life together that have come from betrayals or deceptions? How are we moving toward repairing the damage? What resources do we have to help us move toward restoration?

# Bible Readings: Week 3

Making and Keeping Promises

[Deuteronomy 7:7-9]

Notes:

# Bible Readings: Week 3

## Prayer

There is a balm in Gilead  
to make the wounded whole,  
there is a balm in Gilead  
to heal the sin-sick soul.

Sometimes I feel discouraged  
and think my work's in vain,  
but then the Holy Spirit  
revives my soul again.

- *AN AFRICAN SPIRITUAL*

# Bible Readings: Week 4

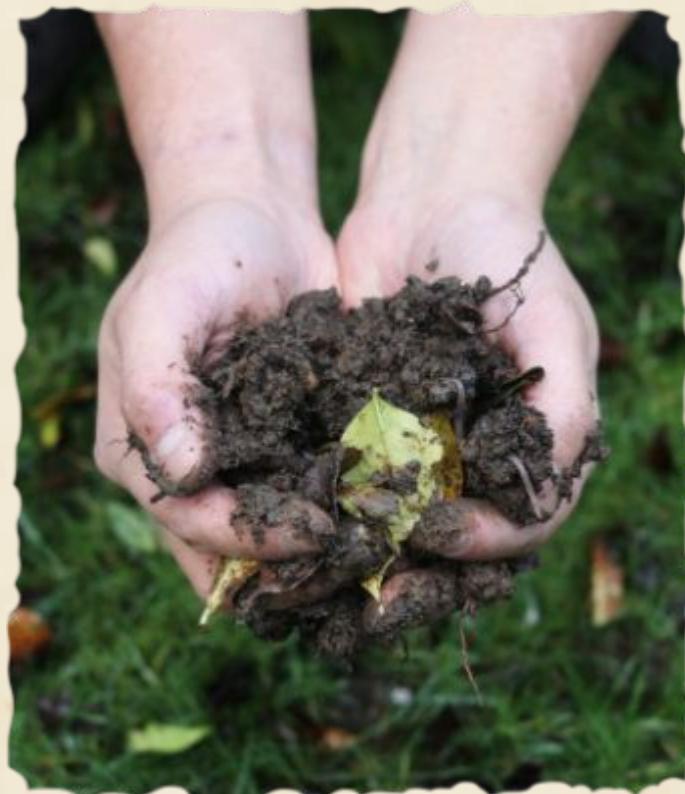
## Living Truthfully

[Psalm 86:11–13]

**11** Teach me your way, Lord,  
that I may rely on your faithfulness;  
give me an undivided heart,  
that I may fear your name.

**12** I will praise you, Lord my God, with all my heart;  
I will glorify your name for ever.

**13** For great is your love towards me;  
you have delivered me from the depths,  
from the realm of the dead.



# Bible Readings: Week 4

## Living Truthfully

[Psalm 86:11-13]

### 3 Basic Questions

Read the Bible Passage. It is often helpful to read the selected scripture a couple of times in different versions. Ask the three questions:

- What does this say about God?
- What does this say about humanity?
- If this is true, how will it shape how I live this week?

### Questions to Go Deeper

- What features of our congregational or community life help us to be truthful?
- What dynamics make it hard for us to be truthful?
- What are we doing to become a truth-shaped community?
- How could we invite our community or congregation into a deeper or more mature level of truthfulness?
- What areas of dishonesty or self-deception do we need to address?
- What structures do we have in place to help us be more truthful about our struggles, situations, needs, and relationships? What structures could we establish?

# Bible Readings: Week 4

Living Truthfully

[Psalm 86:11-13]

Notes:

# Bible Readings: Week 4

## Prayer

I open my life to you, Lord,  
I make space in this day for your coming.  
I move from busyness to your stillness.  
I move from sounds to your silence.  
I move from insensitivity to awareness.  
I thrust out from the land and look to heaven.  
I open my life to you.  
I open my heart to your love.  
I open my ears to your call.  
I open my eyes to your presence.  
I open my life to you.

- DAVID ADAM (1936-2020)

# Bible Readings: Week 5

## Practicing Hospitality

[Hebrews 13:1-3]

**1** Keep on loving one another as brothers and sisters. **2** Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it. **3** Continue to remember those in prison as if you were together with them in prison, and those who are ill-treated as if you yourselves were suffering.



# Bible Readings: Week 5

## Practicing Hospitality

[Hebrews 13:1-3]

### 3 Basic Questions

Read the Bible Passage. It is often helpful to read the selected scripture a couple of times in different versions. Ask the three questions:

- What does this say about God?
- What does this say about humanity?
- If this is true, how will it shape how I live this week?

### Questions to Go Deeper

- Who are strangers in our community that need welcome?
- When we are offering or enjoying hospitality, which other practices are flourishing?
- As we think about difficulties we've encountered in offering or receiving hospitality, what other practices (or their deformations) have come into play? How might we address these difficulties?
- What are we — in our personal lives, families, congregation, or community — already doing to offer welcome?
- What could we build on to strengthen our practice of hospitality?

# Bible Readings: Week 5

Practicing Hospitality

[Hebrews 13:1-3]

Notes:

# Bible Readings: Week 5

## Prayer

Lord Jesus,  
Son of the living God,  
have mercy on me,  
a sinner.

- **THE JESUS PRAYER**

*This is a short formulaic prayer esteemed and advocated especially within the Orthodox churches.*

# Bible Readings: Week 6

## Gratitude

[Luke 17:12–19]

**12** As he was going into a village, ten men who had leprosy met him. They stood at a distance **13** and called out in a loud voice, “Jesus, Master, have pity on us!”

**14** When he saw them, he said, “Go, show yourselves to the priests.” And as they went, they were cleansed.

**15** One of them, when he saw he was healed, came back, praising God in a loud voice. **16** He threw himself at Jesus’ feet and thanked him—and he was a Samaritan.

**17** Jesus asked, “Were not all ten cleansed? Where are the other nine? **18** Has no one returned to give praise to God except this foreigner?” **19** Then he said to him, “Rise and go; your faith has made you well.”



# Bible Readings: Week 6

## Gratitude

[Luke 17:12–19]

## 3 Basic Questions

Read the Bible Passage. It is often helpful to read the selected scripture a couple of times in different versions.

Ask the three questions:

- What does this say about God?
- What does this say about humanity?
- If this is true, how will it shape how I live this week?

# Bible Readings: Week 6

Gratitude

[Luke 17:12–19]

Notes:

# Bible Readings: Week 6

## Prayer

Let God's name be glorified  
and held in honour  
in the world  
He chose to create.  
May He establish His Kingdom  
in our lives each day  
and in the days ahead.  
May His Kingdom come quickly  
and without delay.  
Amen. Let it be so.

May His great name be praised for ever,  
glorified, exalted, honoured and proclaimed.  
May His name, the name of the Holy One,  
be praised, and recognized in all its greatness.  
Bless God whose glory is beyond all blessing,  
past our ability,  
His glory touches us more deeply  
than any word of consolation in this world.  
Amen.

Let there be great peace from heaven  
upon us and all God's people.  
Amen. Let it be so.  
May He who sends peace from heaven  
cover us with peace,  
and give peace to all His people.  
Amen. Let it be so.

- *ADAPTED FROM THE KADDISH,  
A JEWISH PRAYER*

# Bible Readings: Week 6

## Gratitude Poem

“Thou that has given so much to me,  
Give one thing more—a grateful heart;  
Not thankful when it pleaseth me,  
As if thy blessings had spare days;  
But such a heart, whose pulse may be  
Thy praise.”

– George Herbert

# Bible Readings: Week 7

## Promises

[Ecclesiastes 5.1-5]

### Fulfill Your Vow to God

5 Guard your steps when you go to the house of God. Go near to listen rather than to offer the sacrifice of fools, who do not know that they do wrong.

2 Do not be quick with your mouth,  
do not be hasty in your heart  
to utter anything before God.

God is in heaven

and you are on earth,  
so let your words be few.

3 A dream comes when there are many cares,  
and many words mark the speech of a fool.

4 When you make a vow to God, do not delay to fulfill it. He has no pleasure in fools; fulfill your vow. 5 It is better not to make a vow than to make one and not fulfill it.



# Bible Readings: Week 7

## Promises

[Ecclesiastes 5.1-5]

## 3 Basic Questions

Read the Bible Passage. It is often helpful to read the selected scripture a couple of times in different versions.

Ask the three questions:

- What does this say about God?
- What does this say about humanity?
- If this is true, how will it shape how I live this week?

# Bible Readings: Week 7

Promises

[Ecclesiastes 5.1-5]

Notes:

# Bible Readings: Week 7

## Prayer

God

grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

- *REINHOLD NIEBUHR (1892–1971)*

# Bible Readings: Week 7

## Promise Poem

What God Hath Promised!  
God hath not promised  
    Skies always blue,  
Flower-strewn pathways  
    All our lives through;  
God hath not promised  
    Sun without rain  
Joy without sorrow,  
    Peace without pain.  
But God hath promised  
    Strength for the day,  
Rest for the labor,  
    Light for the way,  
Grace for the trials,  
    Help from above,  
Unfailing sympathy,  
    Undying love.

—Annie Johnson Flint (1866-1932)

# Bible Readings: Week 8

## Truth telling

[Ephesians 4:17–25]

**17** So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking.

**18** They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. **19** Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, and they are full of greed.

**20** That, however, is not the way of life you learned **21** when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. **22** You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; **23** to be made new in the attitude of your minds; **24** and to put on the new self, created to be like God in true righteousness and holiness.

**25** Therefore each of you must put off falsehood and speak truthfully to your neighbour, for we are all members of one body.



# Bible Readings: Week 8

## Truth telling

[Ephesians 4:17-25]

### 3 Basic Questions

Read the Bible Passage. It is often helpful to read the selected scripture a couple of times in different versions.

Ask the three questions:

- What does this say about God?
- What does this say about humanity?
- If this is true, how will it shape how I live this week?

# Bible Readings: Week 8

Truth telling

[Ephesians 4:17-25]

Notes:

# Bible Readings: Week 8

## Prayer

O thou who camest from above,  
the pure celestial fire to impart,  
kindle a flame of sacred love  
on the mean altar of my heart.

There let it for thy glory burn  
with inextinguishable blaze,  
and trembling to its source return  
in humble prayer and fervent praise.

- CHARLES WESLEY (1707-1788)

# Bible Readings: Week 8

## Truth poem

Reality, Reality,  
Lord Jesus Christ Thou art to me.  
From the spectral mist and the driving clouds,  
From the shifting shadows and phantom crowds  
From unreal words and unreal lives,  
Where truth with falsehood feebly strives:  
From the passings away, the chance and change,  
Flickerings, vanishings, swift and strange,  
I turn to my glorious rest in Thee,  
Who art the grand Reality.

—Frances Havergal

# Bible Readings: Week 9

## Hospitality

[1 Kings 17:8-16]

**8** Then the word of the Lord came to him: **9** “Go at once to Zarephath in the region of Sidon and stay there. I have directed a widow there to supply you with food.” **10** So he went to Zarephath. When he came to the town gate, a widow was there gathering sticks. He called to her and asked, “Would you bring me a little water in a jar so I may have a drink?” **11** As she was going to get it, he called, “And bring me, please, a piece of bread.”

**12** “As surely as the Lord your God lives,” she replied, “I don’t have any bread—only a handful of flour in a jar and a little olive oil in a jug. I am gathering a few sticks to take home and make a meal for myself and my son, that we may eat it—and die.”

**13** Elijah said to her, “Don’t be afraid. Go home and do as you have said. But first make a small loaf of bread for me from what you have and bring it to me, and then make something for yourself and your son. **14** For this is what the Lord, the God of Israel, says: ‘The jar of flour will not be used up and the jug of oil will not run dry until the day the Lord sends rain on the land.’”

**15** She went away and did as Elijah had told her. So there was food every day for Elijah and for the woman and her family. **16** For the jar of flour was not used up and the jug of oil did not run dry, in keeping with the word of the Lord spoken by Elijah.



# Bible Readings: Week 9

## Hospitality

[1 Kings 17:8-16]

### 3 Basic Questions

Read the Bible Passage. It is often helpful to read the selected scripture a couple of times in different versions.

Ask the three questions:

- What does this say about God?
- What does this say about humanity?
- If this is true, how will it shape how I live this week?

# Bible Readings: Week 9

Hospitality

[1 Kings 17:8-16]

Notes:

# Bible Readings: Week 9

## Prayer

Father,  
I abandon myself into your hands,  
do with me what you will.  
Whatever you may do,  
I thank you.  
I am ready for all,  
I accept all.  
Let only your will be done in me and all your creatures – I wish no more than this, O Lord.

Into your hands I commend my soul;  
I offer it to you with the love of my heart, for I love you, Lord,  
and need to give you myself,  
to surrender myself  
into your hands without reserve,  
and with boundless confidence,  
for you are my Father.

– *CHARLES DE FOUCAULD (1858–1916)*

# Bible Readings: Week 9

## Hospitality Poem

### The Door of This House

O God,  
make the door of this house wide enough  
to receive all who need human love and  
fellowship, and a heavenly father's care;  
and narrow enough to shut out  
all envy, pride and hate.

Make its threshold smooth enough  
to be no stumbling block to children,  
nor to straying feet,  
but rugged enough to turn back  
the temptor's power:  
make it a gateway  
to thine eternal kingdom.

~ Bishop Thomas Ken, 1637-1711

# 40 Day Bible Reading Plan

This is a 40 day Bible reading plan with bite-sized portions of scripture with none being more than three chapters.

For the 40 days running up to Easter we will immerse ourselves in reading selected portions of the Bible. Forty days is short enough of a time to make it easily attainable, but it's long enough of a time to help create a habit. Remember, we are exploring this year various ways we can cultivate habits that enable us to flourish as disciples.

This 40-day Bible reading plan is an overview of some of the most important events and themes in the scripture. When you finish this 40-day reading program you will have an understanding of "The Big Story" of God. Prayerfully read so that God's story becomes yours. Treat them as holy writings, Scripture, texts through which God speaks to us and lays claim on us. I suggest that with each text, you add thoughtful meditation and prayer, a prayer for open ears and heart to hear what God is saying, and that you ponder seriously the meaning of the text in your own life in these bewildering times we live in.

- Day 1:** Genesis Chapters 1-2 – The Creation Account
- Day 2:** Genesis Chapter 3 – The Beginning of Sin
- Day 3:** Genesis Chapter 15 – God's Covenant with Abraham
- Day 4:** Genesis Chapter 21 – Abraham's Faith
- Day 5:** Exodus Chapters 3-4 – God calls Moses
- Day 6:** Exodus Chapter 20 – The Ten Commandments
- Day 7:** Joshua Chapter 1 – Conquering the Promised Land
- Day 8:** 1 Samuel Chapters 16-17 – David & Goliath
- Day 9:** 1 Kings Chapter 3 – Throne of David & Solomon's Wisdom
- Day 10:** 1 Kings Chapter 18 – The Prophet Elijah
- Day 11:** 2 Kings Chapter 25 – The Siege of Jerusalem
- Day 12:** Daniel Chapters 2-3 – Daniel & Israel in Babylon
- Day 13:** Ezra Chapter 3 – Rebuilding the Temple
- Day 14:** Isaiah Chapters 9, 53, 61 – Isaiah's Prophecy

# 40 Day Bible Reading Plan

- Day 15: Luke Chapters 1-2 – The Birth of Jesus
- Day 16: John Chapter 1 – Who Jesus Is
- Day 17: Matthew Chapters 5-7 – Jesus Begins His Ministry
- Day 18: Luke Chapter 4 – The Core of Jesus’ Teaching
- Day 19: John Chapter 3 – God’s Love for the World
- Day 20: John Chapter 5 – Jesus’ Miracles & Authority
- Day 21: John Chapter 11 – Jesus’ Power Over Death
- Day 22: John Chapter 15 – The Christian Life Defined
- Day 23: John Chapter 17 – Jesus’ High Priestly Prayer
- Day 24: Matthew Chapters 26-27 –The Arrest & Crucifixion of Jesus
- Day 25: John Chapter 20 – The Resurrection of Jesus Christ
- Day 26: Luke Chapter 24 – The Ascension of Jesus Christ
- Day 27: Acts Chapter 2 – The Coming of the Holy Spirit
- Day 28: Acts Chapter 9 – The Conversion of Saul
- Day 29: Acts Chapter 16 – The Gospel Spreads
- Day 30: Acts Chapter 26 – Paul’s Defense of the Christian Faith
- Day 31: Romans Chapters 3-6 – Sin, Death, Faith, Alive in Christ
- Day 32: Romans Chapters 7-8 – The Battle with Sin/Life in the Spirit
- Day 33: 1 Corinthians Chapter 13 – The Way of Love
- Day 34: 1 Corinthians Chapter 15 – The Power of Hope in the Resurrection
- Day 35: Galatians Chapter 5 – Freedom in Christ
- Day 36: Ephesians Chapters 4-6 – Living Biblically
- Day 37: Philippians Chapters 1-2 – Christ’s Example
- Day 38: Colossians 3:1-17 – Putting on the New Self
- Day 39: James Chapter 1 – Pure Religion
- Day 40: Revelation Chapters 21-22 – The New Heavens & New Earth

# Acknowledgements

I have used the following books to put this book together:

Pohl, Christine D. Living into Community: Cultivating Practices That Sustain Us

Pohl, Christine D.; Called to Community

Howells Arthur, Lent Book

Smith, James K. A.. You Are What You Love: The Spiritual Power of Habit could

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