

B R E A D
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LIVING IN THE STORY OF GOD

A Year in the New Testament and Psalms

As we stand at the start of a New Year, we believe we hold in our hands something that contains extraordinary life. That in every season, from the valleys to the hilltop moments, this book daily sustains us. Containing in its pages words that set people free and teach us how to live the unforced rhythms of grace that humanity was always created for.

So here's the simple invitation, as we start this new year, we want to read through the New Testament and pray through the Psalms together. Journeying through the text as family, grappling with the same passages, asking questions and being drawn into a daily encounter with Jesus. Each day, we want to set aside our best time to immerse ourselves in the text so we might live out the story of God in our city. When the alarm clock goes off, before we turn on the phones, get the download of emails, reply to the whatsapps, we want to carve out space to breathe in the truth of what God says over us, letting his voice be the most formative voice in our lives. Rather than eating the bread of anxious toil as the Psalmist says, we want to eat the bread that truly satisfies.

Imagine if we all did this as a church, for 365 days, feasting on the story of Jesus, who declared himself 'the bread of life'. Not only would it allow us to operate out of a place of joy and rest each day, but it would also form us into his likeness, enabling us to become agents of kingdom renewal in the places we live, work, and spend our time. We would become, as the Psalmist says, like a tree planted by streams of living water, sustained by the presence of God, providing shade to a weary city, and producing fruit that speaks of a better story.

So let's open up the scriptures together, devour it, devote our day to God and press on, expectant that we'll be changed, challenged and transformed as we live in and live out the story of God.

Psalms

'Praying through the Psalms' has been practiced by Christians for hundreds of years. The Psalms display the rich tapestry of what it means to be human - to feel joy, disappointment, anger and grief - and yet the psalmists model to us how to express the rawness of our hearts to God in prayer. To pray through a psalm, read the psalm and notice the emotion held within the verses. Allow the psalmist's words to become your own prayer as you read through the passage slowly. Perhaps the psalmist's cries resonate with your own heart - allow the truth of who God is to orientate your heart towards him again.

New Testament

Rather than racing through the New Testament text each day, we're going to use an acronym to help us slow down and delve deeper into the passage. Each day we'll be following the pattern of BREAD:

Be still - Find a place where you can encounter God, ask him to fill the space and take a minute in stillness. Fix your eyes on Jesus and invite the Holy Spirit to guide your time.

Read - Read through the passages for the day. If the QR code is there then follow the link to the short video explaining the context of the passage. Look for one verse that stands out or interests you. Write out that verse in the 'read' section.

Encounter - Taking your chosen verse, meditate on it. What comes to mind and how does it make you feel? What do you think God is trying to reveal through this verse and allow him to speak to you. Write a short reflection on what you think he might be saying.

Apply - Now turn your focus outward. Think about how you might apply this to your day and write down how you're going to try and live this out.

Devote - Finally, close by writing a simple prayer of devotion to God. Ask that God would fill you afresh and commit your day to him.

Each day, as you finish this practice, add a title to the top of the page summing up what you took away from your reading. Write the title in the index page as well so you can refer back to it easily. On some days there is a short devotional video to watch alongside the readings - these days are marked with a QR code, so either scan the QR code or head to kxc.org.uk/bible to watch the relevant video for the day.

Title **Holding Nothing Back**

Be still

Read: Matt 15:21-39

v. 25: The woman came and knelt before him. "Lord help me!" she said.

Encounter

We can come to Jesus utterly broken, vulnerable and in desperate need. We don't have to have it altogether, but instead, we get to lay at his feet and simply cry out 'Lord, help me'. He alone has the power to save and he looks upon us with so much grace.

Apply

I don't have to hide from his presence today. I can allow myself to come to him in weakness, to come before him and offer him the deepest longings of my heart. I don't have to retreat or hold back from him, but he invites me to be honest in prayer. When a need arises in me today, I can take it to him in the full assurance that he cares for me.

Devote

Lord, help me. Would I not hold back, but look to you for all I need today.

31st December



1st January

Title



Be still

Read: Ps. 1 & 2 Tim. 3:14-17

Encounter

Apply

Devote

Title



Be still

Read: Ps. 2 & Matt. 1

Encounter

Apply

Devote

Title

Be still

Read: Ps. 3 & Matt. 2

Encounter

Apply

Devote

Title

Be still

Read: Ps. 4 & Matt. 3

Encounter

Apply

Devote

Title

Be still

Read: Ps. 5 & Matt. 4

Encounter

Apply

Devote

Title

Be still

Read: Ps. 6 & Matt. 5:1-26

Encounter

Apply

Devote

Title

Be still

Read: Ps. 7 & Matt. 5:27-48

Encounter

Apply

Devote

Title

Be still

Read: Ps. 8 & Matt. 6

Encounter

Apply

Devote

Title

Be still

Read: Ps. 9 & Matt. 7

Encounter

Apply

Devote

Title

Be still

Read: Ps. 10 & Matt. 8

Encounter

Apply

Devote

Title

Be still

Read: Ps. 11 & Matt. 9:1-17

Encounter

Apply

Devote

Title

Be still

Read: Ps. 12 & Matt. 9:18-38

Encounter

Apply

Devote

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Be still

Read: Ps. 13 & Matt. 10:1-23

Encounter

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Devote

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Be still

Read: Ps. 14 & Matt. 10:24-42

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Encounter

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Title

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Be still

Read: Ps. 15 & Matt. 11

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Encounter

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Title

Be still

Read: Ps. 16 & Matt. 12:1-21

Encounter

Apply

Devote

Title

Be still

Read: Ps. 17 & Matt. 12:22-50

Encounter

Apply

Devote

Title

Be still

Read: Ps. 18:1-24 & Matt. 13:1-33

Encounter

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Devote

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Be still

Read: Ps. 18:25-50 & Matt. 13:34-58

Encounter

Apply

Devote

Title



Be still

Read: Ps. 19 & Matt. 14:1-21

Encounter

Apply

Devote

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Be still

Read: Ps. 20 & Matt. 14:22-36

Encounter

Apply

Devote

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Be still

Read: Ps. 21 & Matt. 15:1-20

Encounter

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Devote

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Be still

Read: Ps. 22:1-11 & Matt. 15:21-39

Encounter

Apply

Devote

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Be still

Read: Ps. 22:12-31 & Matt. 16

Encounter

Apply

Devote

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Be still

Read: Ps. 23 & Matt. 17

Encounter

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Devote

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Be still

Read: Ps. 24 & Matt. 18:1-20

Encounter

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Be still

Read: Ps. 25 & Matt. 18:21-35

Encounter

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Be still

Read: Ps. 26 & Matt. 19:1-15

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Be still

Read: Ps. 27 & Matt. 19:16-30

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Read: Ps. 28 & Matt. 20:1-16

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Be still

Read: Ps. 29 & Matt. 20:17-34

Encounter

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Read: Ps. 30 & Matt. 21:1-22

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Be still

Read: Ps. 31:1-8 & Matt. 21:23-46

Encounter

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Be still

Read: Ps. 31:9-24 & Matt. 22:1-22

Encounter

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Read: Ps. 32 & Matt. 22:23-46

Encounter

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Read: Ps. 33 & Matt. 23:1-22

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Read: Ps. 34 & Matt. 23:23-39

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Be still

Read: Ps. 35 & Matt. 24:1-28

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Be still

Read: Ps. 36 & Matt. 24:29-51

Encounter

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Be still

Read: Ps. 37:1-9 & Matt. 25:1-30

Encounter

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Be still

Read: Ps. 37:10-22 & Matt. 25:31-46

Encounter

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Devote

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Be still

Read: Ps. 37:23-40 & Matt. 26:1-25

Encounter

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Be still

Read: Ps. 38 & Matt. 26:26-44

Encounter

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Devote

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Be still

Read: Ps. 39 & Matt. 26:44-75

Encounter

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Devote

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Be still

Read: Ps. 40 & Matt. 27:1-31

Encounter

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Devote

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Be still

Read: Ps. 41 & Matt. 27:32-66

Encounter

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Be still

Read: Ps. 42 & Matt. 28

Encounter

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Devote

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Be still

Read: Ps. 43 & Mrk. 1:1-20

Encounter

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Be still

Read: Ps. 44 & Mrk. 1:21-45

Encounter

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Devote

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Be still

Read: Ps. 45 & Mrk. 2

Encounter

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Be still

Read: Ps. 46 & Mrk. 3

Encounter

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Read: Ps. 47 & Mrk. 4:1-20

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Read: Ps. 48 & Mrk. 4:21-41

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Read: Ps. 49 & Mrk. 5:1-20

Encounter

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Read: Ps. 50 & Mrk. 5:21-43

Encounter

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Read: Ps. 51 & Mrk. 6:1-29

Encounter

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Read: Ps. 52 & Mrk. 6:30-56

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Read: Ps. 53 & Mrk. 7:1-13

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Read: Ps. 54 & Mrk. 7:14-37

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Read: Ps. 55 & Mrk. 8:1-21

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Read: Ps. 56 & Mrk. 8:22-38

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Read: Ps. 57 & Mrk. 9:1-29

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Read: Ps. 58 & Mrk. 9:30-50

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Read: Ps. 59 & Mrk. 10:1-31

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Read: Ps. 60 & Mrk. 10:32-52

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Read: Ps. 61 & Mrk. 11:1-19

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Read: Ps. 62 & Mrk. 11:20-33

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Read: Ps. 63 & Mrk. 12:1-27

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Read: Ps. 64 & Mrk. 12:28-44

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Read: Ps. 65 & Mrk. 13:1-13

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Read: Ps. 66 & Mrk. 13:14-37

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Read: Ps. 67 & Mrk. 14:1-25

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Read: Ps. 68:1-10 & Mrk. 14:26-50

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Read: Ps. 68:11-35 & Mrk. 14:51-72

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Read: Ps. 69:1-18 & Mrk. 15:1-20

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Read: Ps. 69:19-36 & Mrk. 15:21-47

Encounter

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Read: Ps. 70 & Mrk. 16

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Read: Ps. 71 & Luk. 1:1-25

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Read: Ps. 72 & Luk. 1:26-56

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Read: Ps. 73 & Luk. 1:57-80

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Read: Ps. 74 & Luk. 2

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Read: Ps. 75 & Luk. 3

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Read: Ps. 76 & Luk. 4:1-30

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Read: Ps. 77 & Luk. 4:31-44

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Read: Ps. 78:1-8 & Luk. 5:1-16

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Read: Ps. 78:9-40 & Luk. 5:17-39

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Read: Ps. 78:40-72 & Luk. 6:1-26

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Read: Ps. 79 & Luk. 6:27-49

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Read: Ps. 80 & Luk. 7:1-30

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Read: Ps. 81 & Luk. 7:31-50

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Read: Ps. 82 & Luk. 8:1-21

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Read: Ps. 83 & Luk. 8:22-56

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Read: Ps. 84 & Luk. 9:1-36

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Read: Ps. 85 & Luk. 9:37-62

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Read: Ps. 86 & Luk. 10:1-24

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Read: Ps. 87 & Luk. 10:25-42

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Read: Ps. 88 & Luk. 11:1-28

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Read: Ps. 89:1-18 & Luk. 11:29-54

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Read: Ps. 89:19-52 & Luk. 12:1-34

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Read: Ps. 90 & Luk. 12:35-59

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Read: Ps. 91 & Luk. 13:1-21

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Read: Ps. 92 & Luk. 13:22-35

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Read: Ps. 93 & Luk. 14:1-24

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Read: Ps. 94 & Luk. 14:25-35

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Read: Ps. 95 & Luk. 15:1-10

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Read: Ps. 96 & Luk. 15:11-32

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Read: Ps. 97 & Luk. 16:1-18

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Read: Ps. 98 & Luk. 16:19-31

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Read: Ps. 99 & Luk. 17:1-19

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Read: Ps. 100 & Luk. 17:20-37

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Read: Ps. 101 & Luk. 18:1-17

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Read: Ps. 102 & Luk. 18:18-43

Encounter

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Read: Ps. 103 & Luk. 19:1-27

Encounter

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Read: Ps. 104 & Luk. 19:28-48

Encounter

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Read: Ps. 105 & Luk. 20:1-26

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Read: Ps. 106:1-23 & Luk. 20:27-47

Encounter

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Read: Ps. 106:24-48 & Luk. 21:1-19

Encounter

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Read: Ps. 107 & Luk. 21:20-38

Encounter

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Read: Ps. 108 & Luk. 22:1-30

Encounter

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Read: Ps. 109 & Luk. 22:31-53

Encounter

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Read: Ps. 110 & Luk. 22:54-71

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Read: Ps. 111 & Luk. 23:1-25

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Be still

Read: Ps. 112 & Luk. 23:26-56

Encounter

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Be still

Read: Ps. 113 & Luk. 24:1-35

Encounter

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Be still

Read: Ps. 114 & Luk. 24:36-53

Encounter

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Devote

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Be still

Read: Ps. 115 & Jhn. 1:1-28

Encounter

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Devote

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Be still

Read: Ps. 116 & Jhn. 1:29-51

Encounter

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Read: Ps. 117 & Jhn. 2

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Read: Ps. 118 & Jhn. 3:1-21

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Read: Ps. 119:1-8 & Jhn. 3:22-36

Encounter

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Read: Ps. 119:9-16 & Jhn. 4:1-30

Encounter

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Read: Ps. 119:17-24 & Jhn. 4:31-54

Encounter

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Read: Ps. 119:25-32 & Jhn. 5:1-24

Encounter

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Read: Ps. 119:33-40 & Jhn. 5:25-47

Encounter

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Read: Ps. 119:41-48 & Jhn. 6:1-21

Encounter

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Read: Ps. 119:49-56 & Jhn. 6:22-44

Encounter

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Be still

Read: Ps. 119:57-64 & Jhn. 6:45-71

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Read: Ps. 119:65-72 & Jhn. 7:1-31

Encounter

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Read: Ps. 119:73-80 & Jhn. 7:32-53

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Be still

Read: Ps. 119:81-88 & Jhn. 8:1-20

Encounter

Apply

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Be still

Read: Ps. 119:89-96 & Jhn. 8:21-36

Encounter

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Be still

Read: Ps. 119:97-104 & Jhn. 8:37-59

Encounter

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Read: Ps. 119:105-112 & Jhn. 9:1-23

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Encounter

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Be still

Read: Ps. 119:113-120 & Jhn. 9:24-41

Encounter

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Be still

Read: Ps. 119:121-128 & Jhn. 10:1-21

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Be still

Read: Ps. 119:129-136 & Jhn. 10:22-42

Encounter

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Be still

Read: Ps. 119:137-144 & Jhn. 11:1-16

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Be still

Read: Ps. 119:145-152 & Jhn. 11:17-44

Encounter

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Be still

Read: Ps. 119:153-160 & Jhn. 11:45-57

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Be still

Read: Ps. 119:161-168 & Jhn. 12:1-19

Encounter

Apply

Devote

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Be still

Read: Ps. 119:169-176 & Jhn. 12:20-50

Encounter

Apply

Devote

Title



Be still

Read: Ps. 120 & Jhn. 13:1-20

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Encounter

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Title

Be still

Read: Ps. 121 & Jhn. 13:21-38

Encounter

Apply

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Be still

Read: Ps. 122 & Jhn. 14

Encounter

Apply

Devote

Title

Be still

Read: Ps. 123 & Jhn. 15

Encounter

Apply

Devote

Title

Be still

Read: Ps. 124 & Jhn. 16:1-15

Encounter

Apply

Devote

Title

Be still

Read: Ps. 125 & Jhn. 16:16-33

Encounter

Apply

Devote

Title

Be still

Read: Ps. 126 & Jhn. 17

Encounter

Apply

Devote

Title

Be still

Read: Ps. 127 & Jhn. 18:1-24

Encounter

Apply

Devote

Title

Be still

Read: Ps. 128 & Jhn. 18:25-40

Encounter

Apply

Devote

Title

Be still

Read: Ps. 129 & Jhn. 19:1-22

Encounter

Apply

Devote

Title

Be still

Read: Ps. 130 & Jhn. 19:23-42

Encounter

Apply

Devote

Title

Be still

Read: Ps. 131 & Jhn. 20

Encounter

Apply

Devote

Title

Be still

Read: Ps. 132 & Jhn. 21

Encounter

Apply

Devote

Title



Be still

Read: Ps. 133 & Acts 1

Encounter

Apply

Devote

Title

Be still

Read: Ps. 134 & Acts 2:1-13

Encounter

Apply

Devote

Title

Be still

Read: Ps. 135 & Acts 2:14-47

Encounter

Apply

Devote

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