HOW TO PRACTICE SLOW SCRIPTURE

Use this five-day rhythm (about 15 minutes per day) every week for each verse. Begin each session with a short prayer, inviting the Holy Spirit to teach you.

DAY 1

READ AND RECORD

Read the verse in several translations using the *YouVersion Bible app* or *BibleGateway.com*. Choose the version that speaks to you most and copy it into your journal, capitalizing words that stand out. Leave space to note differences or key phrases. Write the verse somewhere you can carry it with you.

DAY 2

REFLECT AND EXPLORE

Write the verse again, circling, underlining, or capitalizing words that stand out today. Look up a few of those words in a dictionary. Journal questions, insights, and anything that stirs or challenges you.

DAY 3

LISTEN AND JOURNAL

Write the verse again and review your notes. Use a Bible commentary on BibleGateway.com or GotQuestions.org to explore your questions. Jot down insights and any related verses to revisit later.

DAY 4

FOLLOW AND DISCOVER

Write the verse again and explore cross-references or themes that have been speaking to you. Journal what you discover or express it creatively through drawing or illustration.

DAY 5

REMEMBER AND RESPOND

Write the verse once more, possibly from memory. Journal your response to these questions: “Lord, how does this verse speak to my journey—or my giant?” and “Holy Spirit, what do You want me to see and carry with me?”



HEBREWS 11–12 READING PLAN

Start this reading plan any time of the year! Coordinate your weekly reading with the chapters in *Journey with a Giant*.

MONTH 1

WEEK 1	Hebrews 11:1
WEEK 2	Hebrews 11:2
WEEK 3	Hebrews 11:3
WEEK 4	Hebrews 11:4

MONTH 2

WEEK 1	Hebrews 11:5
WEEK 2	Hebrews 11:6
WEEK 3	Hebrews 11:7
WEEK 4	Hebrews 11:8

MONTH 3

WEEK 1	Hebrews 11:9
WEEK 2	Hebrews 11:10
WEEK 3	Hebrews 11:11
WEEK 4	Hebrews 11:12
WEEK 5	Hebrews 11:13

MONTH 4

WEEK 1	Hebrews 11:14
WEEK 2	Hebrews 11:15
WEEK 3	Hebrews 11:16
WEEK 4	Hebrews 11:17

MONTH 5

WEEK 1	Hebrews 11:18
WEEK 2	Hebrews 11:19
WEEK 3	Hebrews 11:20
WEEK 4	Hebrews 11:21

MONTH 6

WEEK 1	Hebrews 11:22
WEEK 2	Hebrews 11:23
WEEK 3	Hebrews 11:24
WEEK 4	Hebrews 11:25
WEEK 5	Hebrews 11:26

MONTH 7

WEEK 1	Hebrews 11:27
WEEK 2	Hebrews 11:28
WEEK 3	Hebrews 11:29
WEEK 4	Hebrews 11:30

MONTH 8

WEEK 1	Hebrews 11:31
WEEK 2	Hebrews 11:32
WEEK 3	Hebrews 11:33
WEEK 4	Hebrews 11:34

MONTH 9

WEEK 1	Hebrews 11:35
WEEK 2	Hebrews 11:36
WEEK 3	Hebrews 11:37
WEEK 4	Hebrews 11:38
WEEK 5	Hebrews 11:39-40

MONTH 10

WEEK 1	Hebrews 12:1
WEEK 2	Hebrews 12:2
WEEK 3	Hebrews 12:3
WEEK 4	Hebrews 12:4

MONTH 11

WEEK 1	Hebrews 12:5
WEEK 2	Hebrews 12:6
WEEK 3	Hebrews 12:7
WEEK 4	Hebrews 12:8

MONTH 12

WEEK 1	Hebrews 12:9
WEEK 2	Hebrews 12:10
WEEK 3	Hebrews 12:11
WEEK 4	Reflection Week

FINAL WEEK Hebrews 12:1-2

