

unplug and meet with Jesus, in His Word

Ready: yourself to meet with God! Turn your phone off and leave it another room. Situate yourself comfortably in a quiet, solitary place. Calm your body and quiet your mind before God as you work to prepare your heart to receive what God speaks, and to respond accordingly. Finally, ask God the Holy Spirit to open your heart, to guard you from distraction & to guide you as you read.

Read: the passage slowly & carefully. Take your time. As you move through the text, pay close attention to what words and ideas draw your attention in unique ways. When your focus is drawn to a particular word or thought, pause momentarily to reflect on it with specificity.

Reflect: on what you have read! Upon completing the passage, return to the beginning and read or scan through it again. On your second journey through the text, allow the text to connect with you personally. Which words or phrases assume a particular resonance with your heart, your season of life, your person in this moment. Ask yourself, "what does this mean for my life today?"

Respond: by talking to God about what He has said to you.

Rest: Pause to sit in God's presence before fleeing from the moment. Express wonder, awe, gratitude, or praise through words, or simply feel and experience these things quietly before God.

MAY

<input type="checkbox"/> 1st	Matthew 1-2; Proverbs 1:1-6	<input type="checkbox"/> 17th	Exodus 17-18; Proverbs 2:16-19
<input type="checkbox"/> 2nd	Matthew 3-5; Proverbs 1:7	<input type="checkbox"/> 18th	Exodus 19-20; Proverbs 2:20-22
<input type="checkbox"/> 3rd	Matthew 6-7; Proverbs 1:8-9	<input type="checkbox"/> 19th	Exodus 21-22; Proverbs 3:1-2
<input type="checkbox"/> 4th	Matthew 8-9; Proverbs 1:10-14	<input type="checkbox"/> 20th	SUNDAY TEXT
<input type="checkbox"/> 5th	Matthew 10-11; Proverbs 1:15-16	<input type="checkbox"/> 21st	Exodus 23-24; Proverbs 3:3-4
<input type="checkbox"/> 6th	SUNDAY TEXT	<input type="checkbox"/> 22nd	Exodus 25-26; Proverbs 3:5-6
<input type="checkbox"/> 7th	Matthew 12-13; Proverbs 1:17-19	<input type="checkbox"/> 23rd	Exodus 27-28; Proverbs 3:7-8
<input type="checkbox"/> 8th	Matthew 14-15; Proverbs 1:20-22	<input type="checkbox"/> 24th	Exodus 29-30; Proverbs 3:9-10
<input type="checkbox"/> 9th	Matthew 16-17; Proverbs 1:23	<input type="checkbox"/> 25th	Exodus 31-32; Proverbs 3:11-12
<input type="checkbox"/> 10th	Matthew 18-19; Proverbs 1:24-27	<input type="checkbox"/> 26th	Exodus 33-34; Proverbs 3:13-14
<input type="checkbox"/> 11th	Matthew 20-21; Proverbs 1:28-31	<input type="checkbox"/> 27th	SUNDAY TEXT
<input type="checkbox"/> 12th	Matthew 22-23; Proverbs 1:32-33	<input type="checkbox"/> 28th	Exodus 35-36; Proverbs 3:15-18
<input type="checkbox"/> 13th	SUNDAY TEXT	<input type="checkbox"/> 29th	Exodus 37-38; Proverbs 3:19-20
<input type="checkbox"/> 14th	Matthew 24-25; Proverbs 2:1-5	<input type="checkbox"/> 30th	Exodus 39-40; Proverbs 3:21-22
<input type="checkbox"/> 15th	Matthew 26; Proverbs 2:6-8	<input type="checkbox"/> 31st	Leviticus 1-2; Proverbs 3:23-24
<input type="checkbox"/> 16th	Matthew 27-28; Proverbs 2:9-15		

JUNE

<input type="checkbox"/> 1st	Leviticus 3-4; Proverbs 3:25-26	<input type="checkbox"/> 17th	SUNDAY TEXT
<input type="checkbox"/> 2nd	Leviticus 5-6; Proverbs 3:27	<input type="checkbox"/> 18th	Numbers 4-5; Proverbs 4:20-22
<input type="checkbox"/> 3rd	SUNDAY TEXT	<input type="checkbox"/> 19th	Numbers 6-7; Proverbs 4:23
<input type="checkbox"/> 4th	Leviticus 7-8; Proverbs 3:28	<input type="checkbox"/> 20th	Numbers 8-9; Proverbs 4:24
<input type="checkbox"/> 5th	Leviticus 9-10; Proverbs 3:29	<input type="checkbox"/> 21st	Numbers 10-13; Psalm 90
<input type="checkbox"/> 6th	Leviticus 11-12; Proverbs 3:30	<input type="checkbox"/> 22nd	Numbers 14-16; Psalm 95
<input type="checkbox"/> 7th	Leviticus 13-14; Proverbs 3:31-32	<input type="checkbox"/> 23rd	Numbers 17-18; Proverbs 4:25
<input type="checkbox"/> 8th	Leviticus 15-16; Proverbs 3:33	<input type="checkbox"/> 24th	SUNDAY TEXT
<input type="checkbox"/> 9th	Leviticus 17-18; Proverbs 3:34	<input type="checkbox"/> 25th	Numbers 19-20; Proverbs 4:26
<input type="checkbox"/> 10th	SUNDAY TEXT	<input type="checkbox"/> 26th	Numbers 21-22; Proverbs 4:27
<input type="checkbox"/> 11th	Leviticus 19-20; Proverbs 3:35	<input type="checkbox"/> 27th	Numbers 23-24; Proverbs 5:1-2
<input type="checkbox"/> 12th	Leviticus 21-22; Proverbs 4:1-2	<input type="checkbox"/> 28th	Numbers 25-26; Proverbs 5:3-4
<input type="checkbox"/> 13th	Leviticus 23-24; Proverbs 4:3-9	<input type="checkbox"/> 29th	Numbers 27-28; Proverbs 5:5-6
<input type="checkbox"/> 14th	Leviticus 25-26; Proverbs 4:10-12	<input type="checkbox"/> 30th	Numbers 29-30; Proverbs 5:7
<input type="checkbox"/> 15th	Lev 27; Num 1; Proverbs 4:13-17		
<input type="checkbox"/> 16th	Numbers 2-3; Proverbs 4:18-19		