

# *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.

## SEPTEMBER

<input type="checkbox"/> 1st	1 Samuel 17-18 Proverbs 10:10	<input type="checkbox"/> 17th	Psalm 54; 63
2nd	<b>SUNDAY TEXT</b>	<input type="checkbox"/> 18th	1 Samuel 28 Psalm 18
<input type="checkbox"/> 3rd	1 Samuel 19 Psalm 59	<input type="checkbox"/> 19th	1 Samuel 29-30 Proverbs 10:11
<input type="checkbox"/> 4th	1 Samuel 20 Psalm 91	<input type="checkbox"/> 20th	1 Samuel 31 1 Chronicles 10
<input type="checkbox"/> 5th	1 Samuel 21 Psalm 7	<input type="checkbox"/> 21st	Psalm 121; Psalm 123 -125
<input type="checkbox"/> 6th	1 Samuel 22 Psalm 27	<input type="checkbox"/> 22nd	2 Samuel 1 Psalm 128 -130
<input type="checkbox"/> 7th	1 Samuel 23 Psalm 31	23rd	<b>SUNDAY TEXT</b>
<input type="checkbox"/> 8th	1 Samuel 24 Psalm 34	<input type="checkbox"/> 24th	2 Samuel 2 Psalm 6
9th	<b>SUNDAY TEXT</b>	<input type="checkbox"/> 25th	2 Samuel 3 Psalm 9
<input type="checkbox"/> 10th	Psalm 52; 56	<input type="checkbox"/> 26th	2 Samuel 4 Psalm 10
<input type="checkbox"/> 11th	Psalm 120; 140	<input type="checkbox"/> 27th	Psalm 14; 16; 21
<input type="checkbox"/> 12th	Psalm 141; 142	<input type="checkbox"/> 28th	1 Chronicles 1 Psalm 43
<input type="checkbox"/> 13th	1 Samuel 25 Psalm 17	<input type="checkbox"/> 29th	1 Chronicles 2 Psalm 44
<input type="checkbox"/> 14th	1 Samuel 26 Psalm 73	30th	<b>SUNDAY TEXT</b>
<input type="checkbox"/> 15th	1 Samuel 27 Psalm 35		
16th	<b>SUNDAY TEXT</b>		

## OCTOBER

<input type="checkbox"/> 1st	1 Chronicles 3 Psalm 49	<input type="checkbox"/> 17th	Psalm 89; 96
<input type="checkbox"/> 2nd	1 Chronicles 4 Psalm 84	<input type="checkbox"/> 18th	Psalm 100-101; 107
<input type="checkbox"/> 3rd	1 Chronicles 5 Psalm 85; 87	<input type="checkbox"/> 19th	2 Samuel 7 Psalm 1-2
<input type="checkbox"/> 4th	1 Chronicles 6 Psalm 36	<input type="checkbox"/> 20th	1 Chronicles 17 Psalm 33
<input type="checkbox"/> 5th	1 Chronicles 7 Psalm 39	21st	<b>SUNDAY TEXT</b>
<input type="checkbox"/> 6th	Psalm 77-78	<input type="checkbox"/> 22nd	2 Samuel 8-9 Psalm 127; 132
7th	<b>SUNDAY TEXT</b>	<input type="checkbox"/> 23rd	1 Chronicles 18 Psalm 20
<input type="checkbox"/> 8th	1 Chronicles 8 Psalm 81	<input type="checkbox"/> 24th	2 Samuel 10 Psalm 53
<input type="checkbox"/> 9th	1 Chronicles 9 Psalm 88	<input type="checkbox"/> 25th	1 Chronicles 19 Psalm 60; 75
<input type="checkbox"/> 10th	2 Samuel 5:1-10 Psalm 92; 93	<input type="checkbox"/> 26th	Psalm 65 - 67
<input type="checkbox"/> 11th	1 Chron 11-12 Psalm 133	<input type="checkbox"/> 27th	Psalm 69 - 70
<input type="checkbox"/> 12th	2 Sam 5:11-6:23 Psalm 15	28th	<b>SUNDAY TEXT</b>
<input type="checkbox"/> 13th	1 Chron 13-14 Psalm 23	<input type="checkbox"/> 29th	2 Samuel 11 Psalm 51
14th	<b>SUNDAY TEXT</b>	<input type="checkbox"/> 30th	2 Samuel 12 Psalm 32
<input type="checkbox"/> 15th	1 Chronicles 15 Psalm 24	<input type="checkbox"/> 31st	1 Chronicles 20 Psalm 86
<input type="checkbox"/> 16th	1 Chronicles 16 Psalm 25; 47		