

TWO A DAYS

BIBLE READING PLAN

WHY?

The purpose of this study is to teach you how to read your Bible and pray. We hope that as you do this study the Lord gives you a desire to learn from His word. Each day will consist of two chapters of the Bible and a call to pray. We encourage you to write out your thoughts during this time of study in a journal. Journaling is an excellent way to both record and process what God has spoken to you.

Over the next 31 days, we will read through the book of Proverbs, John, James, and 1 John. Enter each day of the study prayerfully, begging God to change your heart. Our hope is that you will read, pray, and journal daily for the rest of your life because of this study. If you miss a day just skip it and move on to the next day. We are praying that each of you will grow much closer to Christ in this time.

JOHN

The book of John was written with one purpose in mind: to show the world that Jesus was God and that he came to Earth to save mankind. As we study this book keep in mind that each chapter does not stand alone. John is painting a big picture, the picture of God's grace to us through His Son, and each story and each parable serves as a brush stroke. If someone only sees one brush stroke of a painting, then they cannot understand the whole picture. In the same way if we only read one chapter from the Book of John, then we cannot see what God is trying to show us.

As we read one chapter a day try to keep in mind that each chapter builds on the previous one. Our prayer for each of you is that God would show you just a glimpse of His love through the words of John. Do not be afraid to keep reading even if you do not understand every word. Paul tells us in Colossians 2:3 that in Christ "are hidden all the treasures of wisdom and knowledge." Christ will give you knowledge if you are His child. This is not school. There will not be a test on this. Take a moment before you start and pray that God would teach you from this Gospel, and then pray that He would give you the strength to live out what He teaches you.

DAY 1

Read John 1

As you read John 1 keep in mind that this book is all about Jesus. Every single word was written so that we could learn more about His character.

Read Proverbs 1

The book of Proverbs was written to help us practically apply the wisdom of God to our everyday lives. Read a chapter of Proverbs each day and apply these Words of God to your life.

DAY 2

Read John 2 & Proverbs 2

Jesus' first miracle was large scale (he made 120-180 gallons of wine), but He performed it in front of only a few eyewitnesses. What does this say about His humility?

Also, in this chapter, Jesus shows us how zealous he is for the purity of God's house. Zeal is defined as *great energy or enthusiasm in pursuit of a cause or objective*. 1 Corinthians 6:19 says, "Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself". If our body is the temple of the Holy Spirit, then this story tells us that Jesus wants us to have great energy and enthusiasm for keeping our temple pure. Is there any sin in your life that may be making your temple impure? If so, then take a moment to pray that Jesus would cleanse it.

DAY 3

Read John 3 & Proverbs 3

Think about the following question as you read. It will make sense to you as you read the chapter:

Why can Nicodemus not understand what Jesus is saying?

Pray that God would help you understand as you read today.

This passage contains one of the most well known verses of all time, John 3:16 which says "For God loved the world so much that he gave his one and only Son, so that everyone who believes in him will not perish but have eternal life."

Memorize John 3:30, "He must increase, but I must decrease" today.

Let that verse define your day. The best way to waste a day is to live it for yourself. Pray that you would "utter the words of God" as you speak to your friends and family today.

DAY 4

Read John 4 & Proverbs 4

Pray that Jesus would show you things you could never understand on your own during this time with Him today.

We learned in John 2 that Jesus knows everything about us. John 2:25 says, "He himself knew what was in man." If Jesus knows everything about man, then why does He ask the woman at the well to go and get her husband?

What does Jesus teach us about worship in verse 24?

What does He teach us about faith in the story of the official's son?

Many people turned to Jesus because of His words to them. Pray that today Jesus would give you His words. The very same Jesus that said all these words lives in you if you are a Christian. Pray that He would give you words to say and the desire to say them throughout your day today.

DAY 5

Read John 5 & Proverbs 5

Some of the major themes to look for in this chapter are judgment, the fulfillment of the Old Testament in Jesus, and belief vs. religion. Pray that the Lord would soften your heart to understand His words today.

Pray for Jesus to show you His will today. Pray for areas you have a hard time allowing Jesus to control. Maybe that area is your family life. Maybe it is the friend you cannot say "no" to. Recognize that Jesus IS God, and every word He says and every promise He makes is straight from the mouth of God.

DAY 6

Read John 6 & Proverbs 6

Keep an eye out for these key themes as you read: satisfaction in Christ vs. satisfaction in this world, signs and miracles, and faith. Pray to God for clarity. Realize that this is a tough chapter to understand, but God is more than able to show you exactly what Jesus meant when He said these things.

Take a moment to think about the following questions. Are you offended by these words? What is Jesus trying to communicate here? Many people turned away from God when they heard this. Pray that God would soften your heart and allow you to understand. These are difficult words. Will you respond as Peter did?

DAY 7

Read John 7 & Proverbs 7

Before you read, take a moment to pray that God would teach you today through His word.

What does this chapter tell us about Jesus' purpose on Earth? What does it tell us about His willingness to devote His entire life to that purpose? Pray that you would see your purpose in Christ, and that God would give you strength to fulfill that purpose. Pray that you would honor God's will above anything; even if it means people hate you.

DAY 8

Read John 8 & Proverbs 8

Some key themes in this chapter are: judgment, love, humility and Jesus as the light of the world. Pray that God would prepare you to receive His word.

What does Jesus say about judging others? Pray that you would have humility in all you do, and that you would put your faith in God and leave behind the cares of this world. Judgmental attitudes are a result of a love for yourself over others. Pray for Jesus to soften your heart to love others as He loves you.

DAY 9

Read John 9 & Proverbs 9

Some key themes to watch for: suffering, faith, and spiritual blindness. Pray for God to guard you from temptation to become distracted during this study. Pray that He would help you to focus on the words in this passage. Pray that He would enable you to really focus and learn today.

Now pray that God would enable you to live out what you have learned. As Christians we must fight every temptation to not become simply hearers of the Word of God, but doers. Pray that God would make you a disciple of Jesus. Pray that He would make your life look like Jesus'.

DAY 10

Read John 10 & Proverbs 10

Focus on these key themes as you read today: Jesus as a shepherd, sacrifice, unity in the flock (the Church), and hearing God's voice. Pray that you would hear God's voice through these words today.

What does this chapter say about unity? Pray for unity today. Fight for it. You are part of a flock, and your Christian brothers and sisters were bought for the same price you are. That price was the life of our Shepherd. Pray that God would give you a desire for unity that is strong enough to make it through any disagreement or struggle. Take some time to pray for someone else that you know is a Christian. **We are not in this alone.**

DAY 11

Read John 11 & Proverbs 11

Before you read, pray that He would increase your faith so that as you go through your day, you can walk in that faith.

What does Jesus' display of emotion in vs. 34 tell us about His humanity? Do you see Jesus as fully man AND fully God?

He was a real person that experienced real emotions. If you have a hard time understanding how He can be fully God and fully man, pray that the Holy Spirit would teach you through the scriptures. Beg Him to help you understand more of who He is so you can show Him to others.

DAY 12

Read John 12 & Proverbs 12

Take a moment and pray for God to do a work in your heart through reading this text. As you read, look for some of these key themes: humility, belief, and greed.

Unbelief is like a cancer. It can spread and grow until it completely consumes your life, as it did the lives of the people Jesus was teaching. Pray that today God would heal you of unbelief. Even if you do not understand the scripture passage, pray that God would work in your heart to kill your sinful nature.

DAY 13

Read John 13 & Proverbs 13

This chapter is full of teaching about love. As you read, look for ways Christ shows His love for others, and as you see Christ's love, realize that he has commanded and enabled you to love like He does.

Today, pray that God would show you the depths of His love for you. Pray that He would help you serve your friends and family just as He served the disciples by washing their feet.

DAY 14

Read John 14 & Proverbs 14

Jesus makes a bold claim in this chapter. As you read what Jesus says about Himself, know that these words make Him either a liar or God. He leaves no room for empty claims that He was just a good teacher. Notice what Jesus says about what it takes to love Him.

Pray today for the peace Jesus promised us through the Holy Spirit. Realize that if you love Jesus and obey His commandments, then you are a child of God. Pray that you would see the Holy Spirit's power in your life today.

DAY 15

Read John 15 & Proverbs 15

As you read John 15 look for these key themes: love, joy, and hate.

What does Jesus mean when He says He chose us?

Take some extra time today to really think about what Jesus says in this chapter. Pray that He would prepare your heart to receive His words.

Do not let this leave your mind today: Jesus chose YOU as His child.

When the world hates you, trust that Christ loves you more than you can imagine. Remember that the reason the world hates you is because the world hated Jesus first. Pray that God would give you strength to have joy in every situation. Pray for help from the Holy Spirit to love everyone, even if they hate you.

DAY 16

Read John 16 & Proverbs 16

In this passage, Jesus talks to his disciples about the near future when He will no longer be with them. However, He tells them He will send a helper. This helper is the Holy Spirit. In this passage of scripture we see the power and authority God gives us through the Holy Spirit. It is by this Holy Spirit through Jesus Christ that God the Father gives us all authority to proclaim the truth of the Gospel. How awesome is it that God allows us to have this incredible power? What are some ways God shows that you are empowered to share the Gospel?

DAY 17

Read John 17 & Proverbs 17

While reading John 17, keep in mind that this is the last time Jesus taught before His crucifixion as it is recorded in the Gospel of John.

The last thing Jesus taught about was His coming Kingdom. Take a moment to pray for the same urgency that Jesus had. Know that when Jesus prays in the garden the first thing He thought about was His Church. Pray that God would show you how much He loves you today.

DAY 18

Read John 18 & Proverbs 18

Pay attention to the actions of Jesus and Peter. Think about the different ways they view the situation.

Learn from Peter's mistakes and pray that God would give you strength to not deny Jesus. Realize that everything that occurred in the scriptures really happened, and they are recorded here so we can learn from them. Pray that Jesus would make you fearless as you face the world today.

DAY 19

Read John 19 & Proverbs 19

As you read about the crucifixion of Christ, ask God to allow you to feel the weight of the suffering of Jesus. The fullness of the wrath of God that we deserve for our sins was poured out onto Jesus on the cross. This is the reason that we can be forgiven for our sins!

Jesus was brutally killed to take away the sins of the world. Pray that God would give you an opportunity today to share the good news that the death of Jesus offers us a way to escape our slavery to sin. Pray that everything you do today would be to further this news in the world. We have a story to tell. Let's tell it boldly!

DAY 20

Read John 20 & Proverbs 20

This is the story of the resurrection of Jesus. Do you believe this really happened? Do you believe Jesus really died and really came back to life? As you read, remember that this is not a fairy tale. This is history. Pray that God would heal any unbelief that may be in your heart.

John 20:29 says, "Then Jesus told him, 'Because you have seen me, you have believed; blessed are those who have not seen and yet have believed.'" Jesus tells Thomas the importance of a faith without seeing. Take a moment now to ask yourself if you have faith in the things unseen.

DAY 21

Read John 21 & Proverbs 21

Peter is one of the main focuses of this chapter. As you read, pray that God would help you to put yourself in Peter's shoes. Pray for faith to answer the question Jesus asks just as Peter did.

Jesus still loves Peter, even after Peter denied Him three times. Nothing can separate us from the love of God. Today, pray that God would help you understand that more fully.

1 JOHN

1 John gives us a clear and tangible picture of the life of a true Christian. John writes as an eyewitness of Jesus to give you assurance and confidence in God and our faith. Notice how he paints a picture of the realness of Jesus. He says, "I've seen, heard, and touched him and your joy is complete in fellowship with Him" (see Psalm 16:11). As you read 1 John, continually ask and test yourself, "Are these works of the Holy Spirit going on in my life?"

DAY 22

Read 1 John 1 & Proverbs 22

This chapter talks a lot about fellowship with God, which just means your relationship with the Lord. Your fellowship with God consists of your communication with Him, the way you walk with Him and the ways you hear from Him. Notice how it says your sin hinders your fellowship with God. Sin literally means to miss the mark of perfection required by God. That's why we need Jesus who was perfect in our place. Sin can be your actions in a particular situation or a failure to obey what you are supposed to do. Sin doesn't separate you from Him completely once you're in Christ, (see Romans 8:35-39) but it takes your focus off of Jesus.

Take a moment to pray that God would reveal areas in your life that hinder your fellowship with Him.

DAY 23

Read 1 John 2 & Proverbs 23

As you read about Jesus being our advocate and propitiation, ask God to allow you to see the weight of what that means. Propitiation means Jesus took your place on the cross and received the just punishment you deserved from God for your sin (see 2 Corinthians 5:21). An advocate literally means one who pleads another's cause before a judge. It's the picture of Jesus standing next to the Father and pleading on your behalf for all of our daily wrongdoings. STOP! Take a moment and begin to praise Jesus for giving us His undeserved grace and mercy.

As you read 1 John 2, focus on the fact that your love for God is shown through your obedience to His commandments and your love for others. Are these evident in your life? Ask God to reveal areas where obedience is not evident. Also, it talks a lot about abiding in God and Him abiding in you ("Abide" – means to make your home in). How does that apply in your daily life? His Spirit abides in you and promises to teach you about everything. Pray that He would teach you from His word today.

DAY 24

Read 1 John 3 & Proverbs 24

Before you do anything, begin expressing your thankfulness to God for the love He has lavished on you and that He has adopted you and called you His child.

This chapter talks a lot about a practice of sinning. 1 John 1:8 already told you, "if you say you are without sin you are a liar and the truth is not in you." So, it's not a matter of if you sin (that's inevitable), it's a matter of your response when sin is revealed in your life. Do you continue to walk in that sin? Or do you confess and repent before God? Repentance means that you don't just feel bad about the sin but you turn from the sin and ask God to change your heart. Repentance is a good thing and Acts 3:19 promises that times of refreshment follow it.

End your time with the Lord by asking God to reveal sinful areas in your life through His word and through the conviction of the Holy Spirit.

DAY 25

Read 1 John 4 & Proverbs 25

As you read about the love of God in this chapter, think about the source of your love for others. Your love for God increases as you grow in your understanding of who He is and study His character throughout the bible. As your love for God increases, your love for others will increase as well. Be intentional about loving someone else as Christ loved you today and tell them about the source of your love for them (JESUS).

Memorize 1 John 4:19 "We love because He first loved us."

DAY 26

Read 1 John 5 & Proverbs 26

As you finish up 1 John today, pray that God would continue to renew your passion for His word which has the power to transform your life into Christ's image (see Hebrews 4:12). This chapter tells you that whoever has Jesus has life and whoever doesn't have Jesus does not have life. Ask God to magnify and refresh this LIFE that only comes through your relationship with Jesus.

What does this chapter say about prayer? What does it mean to pray according to God's will so that He hears you? (See Romans 8:26-27)

1 John leaves you with a command to keep away from idols. Idols are anything that we value more than Jesus. What in your life are you putting before God right now?

JAMES

The central theme of this book is that genuine faith will inevitably produce good deeds. However, it is not claiming that good works produce faith. The bible clearly teaches we are saved by grace and faith alone. This is a gift from God. The book of James can also be considered a how-to book on Christian living. It confronts the issue of people professing to be a Christian but living a life that contradicts that claim.

DAY 27

Read James 1 & Proverbs 27

Begin today by rejoicing in your circumstances. Whether good or bad, know that the genuineness of your faith is being tested. God is taking you through this time to prepare and equip you for His perfect plan for your life. Be intentional about praying and reaching out to someone today who you know is going through a trial and encourage them. To conclude your time, pray that you would be a doer of the word and not just a hearer.

DAY 28

Read James 2 & Proverbs 28

Take a moment and pray that God would do a work in your heart through reading this text. Give thanks to God that although you are guilty of breaking the whole law, He has forgiven you through Jesus.

This chapter really highlights the truth that faith without works is ultimately not faith at all. Be honest with yourself during this time. Pray that God would make His love so real to you that you would say like Paul in Acts 4:20, "For I cannot help but speak of what we have seen and heard" or as Jeremiah 20:9 says, "There is a burning fire in my heart that I cannot hold in."

Conclude your time today by asking yourself this question: Do outward tangible actions flow out of your love for God? Do you love others out of an overflow of God's love for you?

DAY 29

Read James 3 & Proverbs 29

As you read James 3, notice the importance and weight the Bible puts on the words that come out of your mouth. As you acknowledge this truth, consider praying one of the boldest prayers you will ever pray. Sincerely ask God to show you the power of your tongue and to convict you of the words that are not honoring to Him. CAUTION: Don't pray this if you aren't serious about hearing from God on it!

This chapter ends talking about motives of the heart. Motives of the heart are hard to deal with because the only people who know the motives are yourself and God. Consider being very bold and asking God to reveal selfish ambitions and jealousy in your heart. Pray that He would uncover things that are driven by selfish motives instead of a desire to please God. As these prayers drive you to depend on God today, thank Him for his unconditional love.

DAY 30

Read James 4 & Proverbs 30

Verse 8 says, "Draw near to God, and He will draw near to you." Begin today, by praying and expressing your desire to draw near to Him. Be honest with Him. If you have no desire for God, ask Him to give you a desire and to draw near to you in your time of need.

Focus on today. People have a tendency to look ahead and plan for tomorrow when God wants to move in your life today.

Do not let this question leave your mind today: How would I live out my faith differently if today were my last day on earth?

Who would I reach out to?

Live today with that urgency.

DAY 31

Read James 5 & Proverbs 31

This chapter focuses on living for the return of Jesus. As you finish the book of James, pray that Jesus would not only teach you, but also transform you through the scriptures. Ask God to strengthen your longing to see his face when He returns. Pray that He reveals anything in your life that causes you to shy away from his returning.

See the power of prayer in this chapter. It has the power to draw you near to God in suffering and to heal sickness in addition to many other things. The prayer of the righteous person is a powerful thing and through Christ we are now the righteousness of God (see 2 Corinthians 5:21). Today, take time to pray for people in your life that you know are wandering from God. Go out from here and be intentional about actively reaching out to them.

Today is the last day of this reading plan. We want to encourage you to keep reading and praying daily. Our prayer for each of you is that you would continue to grow daily. Pray that God would continue to teach you through His word. Pray that He would give you discipline to keep reading and growing daily.

the 1990s, the number of people in the UK who are aged 65 and over has increased from 10.5 million to 13.5 million (19.5% of the population).

There is a growing awareness of the need to address the needs of older people, and the Government has set out a strategy for doing this in the White Paper on *Ageing Better: Our Future, Our Choice* (Department of Health 2002). This paper sets out the Government's strategy for addressing the needs of older people, and the role of the NHS in this.

The White Paper sets out a number of key objectives for the NHS, and the role of the NHS in addressing the needs of older people. These objectives are:

- To ensure that older people have access to the services they need to live well and to die with dignity.
- To ensure that older people are able to live independently for as long as possible.
- To ensure that older people are able to participate in the decisions that affect their lives.
- To ensure that older people are able to live in their own homes for as long as possible.

The White Paper also sets out a number of key principles for the NHS, and the role of the NHS in addressing the needs of older people. These principles are:

- *Equity*: Older people should have the same access to the services they need as other people.
- *Choice*: Older people should be able to choose the services they want and the way they want to live.
- *Participation*: Older people should be able to participate in the decisions that affect their lives.
- *Independence*: Older people should be able to live independently for as long as possible.

The White Paper also sets out a number of key actions for the NHS, and the role of the NHS in addressing the needs of older people. These actions are:

- To ensure that older people have access to the services they need to live well and to die with dignity.
- To ensure that older people are able to live independently for as long as possible.
- To ensure that older people are able to participate in the decisions that affect their lives.
- To ensure that older people are able to live in their own homes for as long as possible.

The White Paper also sets out a number of key challenges for the NHS, and the role of the NHS in addressing the needs of older people. These challenges are:

- *Access*: Older people should have access to the services they need to live well and to die with dignity.
- *Choice*: Older people should be able to choose the services they want and the way they want to live.
- *Participation*: Older people should be able to participate in the decisions that affect their lives.
- *Independence*: Older people should be able to live independently for as long as possible.

The White Paper also sets out a number of key messages for the NHS, and the role of the NHS in addressing the needs of older people. These messages are:

- Older people are a valuable resource.
- Older people should be able to live well and to die with dignity.
- Older people should be able to live independently for as long as possible.
- Older people should be able to participate in the decisions that affect their lives.
- Older people should be able to live in their own homes for as long as possible.

The White Paper also sets out a number of key commitments for the NHS, and the role of the NHS in addressing the needs of older people. These commitments are:

- To ensure that older people have access to the services they need to live well and to die with dignity.
- To ensure that older people are able to live independently for as long as possible.
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