



mind OVER matters

Spiritual Growth Plan

INSTRUCTIONS

Prior to reading each book, watch the respective Bible Project video summary (found on the webpage below) to provide greater context for what you will be reading.

As you read, take time to listen to the Lord and see how He may be speaking to you. Don't feel pressure to rush through or simply check off each day, but allow yourself time to think about what it is you're reading. Maybe spend some time journaling, write down questions you have, or pray!

There are prayer practices found at the link below that you can go through as you spend time with Jesus. There is no perfect way we are supposed to spend time with Him, so let go of the desire to "do this right" and simply allow yourself to enter into the presence of God, who is with you, on a daily basis.

You don't need to earn Him, He is with you right now. May you dwell richly with Him!

"The Lord replied, 'My presence will go with you, and I will give you rest.'"

EXODUS 33:14

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable — if anything is excellent or praiseworthy — think about such things."

PHILIPPIANS 4:8

DAILY READING PLAN

5/03 Ephesians 1:1-14	5/19 Philippians 2:12-30
5/04 Ephesians 1:15-30	5/20 Philippians 3:1-14
5/05 Ephesians 2:1-10	5/21 Philippians 3:15-21
5/06 Ephesians 2:11-22	5/22 Philippians 4:1-9
5/07 Ephesians 3:1-13	5/23 Philippians 4:10-23
5/08 Ephesians 3:14-21	5/24 Reflection Questions
5/09 Ephesians 4:1-16	5/25 Colossians 1:1-14
5/10 Ephesians 4:17-32	5/26 Colossians 1:15-23
5/11 Ephesians 5:1-20	5/27 Colossians 1:24-29
5/12 Ephesians 5:21-33	5/28 Colossians 2:1-15
5/13 Ephesians 6:1-9	5/29 Colossians 2:16-23
5/14 Ephesians 6:10-23	5/30 Colossians 3:1-17
5/15 Reflection Questions	5/31 Colossians 3:18-25
5/16 Philippians 1:1-12	6/01 Colossians 4:1-6
5/17 Philippians 1:12-30	6/02 Colossians 4:7-18
5/18 Philippians 2:1-11	6/03 Reflection Questions

REFLECTION QUESTIONS

Spend time journaling & processing the following questions after reading each respective book of the Bible.

1. What do you think the book you just read was about?
2. What did God say to you through reading this book?
3. What was something new that you learned? Did God invite you to change or do anything differently?