

How Can I Get Started With The L.I.F.E. Plan

Some Practical Suggestions In Getting Started

1. Read an **unmarked Bible**. This will keep you from focusing on insights from the past and help you approach the Bible like it is your first time reading it! (Also, try reading a different version each year!)
2. If you start in the **middle of the year**, try reading through the New Testament and then beginning the entire Bible in January. (You can repeat the New Testament or also add Psalms and Proverbs).
3. **Keep a Journal** and write your insights, thoughts and prayers. Journaling is the key to move from merely reading—to a time of meaningful devotion and communion with God through His Word!
4. You can practice the **L.I.F.E. Devotional Plan** with minimal resources. All it takes is a Bible, a small spiral bound notebook, and a pen. Or, you can use a digital Bible on your tablet and a journaling program (Google for available apps).
5. **Enjoy Yourself!** Don't worry if you miss a day. **You have 67 bonus days!**

© 2024 Resurrection Christian Outreach

Kirk L. Zehnder

For Additional Copies:

www.localchurchdynamics.org

info@localchurcheynamics.org

Other Resources For Your Devotional Life

The **L.I.F.E. Devotional Plan** is just one of many ways to strengthen your devotional life by reading the **Bible through in a year** and adding **Prayer, Journaling, and Engagement**. Here are other resources you might want to consider. *It is not the program you adopt but the discipline that becomes your delight!*



Do a web search using this acronym and you will find a host of sights to get you started using this Bible study method.



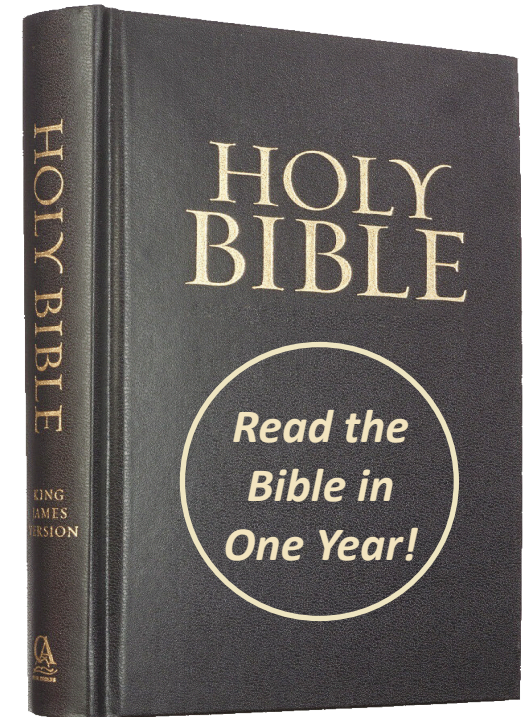
The **One Year Bible** is available in many formats. You can purchase printed copies in various versions or you can follow this reading program using **YouVerse** on **Bible.com**.



Christianity.com is an online resource that allows you to pick your favorite Bible version to develop a reading plan.

DON'T FORGET TO ADD JOURNALING!

The **L.I.F.E.** Devotional Plan



BUT every plan I've tried has not worked for me!

I Wanted To Read The Bible Through In A Year, But...

I always wanted to read through the Bible in a year. Each year I would start a new program with great expectations. *Then...life always seemed to get in the way!* I would begin to fall behind in my daily reading. The missed calendar readings would begin to pile up until, overwhelmed by guilt and frustration, I would quit. It seemed like the calendared readings, rather than helping me get organized, proved to be the very thing that would work against me.

After many attempts, buying many different One-Year Bibles, and trying many different plans, I began to pray and ask the Lord for help. *What can I do to improve my devotional life and read the Bible from cover to cover every year?*

How Many Chapters Are In The Bible?

As I prayed, I heard the still small voice of the Holy Spirit whisper in my mind—*“How many chapters are in the Bible?”* I immediately looked that up and found out there were 1189 chapters in the Bible. Then I began to think, if I read 3 chapters a day, will I finish the Bible in one year? No, it would take 396 days to complete the Bible at this pace. Then I tried 4 chapters a day and found out I could complete the Bible in 298 days with 67 bonus days.

A New Reading Plan Begins To Emerge!

Following these ideas, I decided to try reading **3 chapters of the Old Testament** and **1 chapter of the New Testament** each day. I would do this without a calendar. I would use **simple bookmarks** to keep track of where I left off. If I missed a day, no worries! I have **67 bonus days** in the reading plan. All I have to do is resume where I left off. There were no reading dates hanging over my head that would produce unwanted pressure and guilt.

The first year I attempted this, I barely made it. ***BUT—I FINISHED THE ENTIRE BIBLE FOR THE FIRST TIME IN YEARS!*** I have now used this reading plan for over 20 years and I continue to finish reading through the Bible every year. What started out as a **duty**, grew into a **discipline**, and now has proven to be my **daily delight!** How can you get started?

Simply start in **Genesis**. Read **3 chapters** daily until you finish the **OT**. Start in **Matthew**. Read **1 chapter** daily until you finish the **NT**.

Or, try this Daily Reading Alternative.

OLD TESTAMENT: 3 Chapters a Day

- **Genesis to Job:** 2 chapters
- **Psalms to Song of Solomon:** 1 chapter
- **Isaiah to Malachi:** When you finish Job and the Song of Solomon combine your reading to 3 chapters to complete OT.

NEW TESTAMENT: 1 Chapter a Day

- **Matthew to Revelation:** 1 chapter

More Than A Reading Plan L.I.F.E. Is Born

As I began to read through the Bible, my devotions seemed incomplete without a plan to journal and interact with the Scriptures—prayerfully and practically. This is when **L.I.F.E.** was born!

- **L**ight: As you read the Bible, expect a **“light-bulb” moment** from the Holy Spirit (when something “grabs you”, inspires you, from the text)
- **I**ntercession: **Pray** over the verse or verses for personal revelation. You will also be led to intercede for the needs of individuals who God will place on your heart. *Write these down!*
- **F**orgiveness: Ask the Lord for His forgiveness and cleansing. Reading the Bible will lead to personal conviction. Respond with **repentance, praise, and thanksgiving** for Jesus’ forgiveness and cleansing (1 John 1:8-9).
- **E**ngagement: Write down (journal) your personal thoughts and prayers.
 1. **Copy the verses** from your “light-bulb” moment into your journal.
 2. **Journal** your insight, observations, thoughts, and prayers.
 3. **Write your plan to “engage”** these thoughts through prayerful and active obedience and service.