

*Discipleship Group*

# Rhythms Bible Reading Plan



# A Daily Rhythm for Abiding

This 16-week Bible reading plan was created to help you establish a new rhythm of daily abiding in Jesus\* and engaging Scripture. Journaling your journey through the Bible deepens your understanding and application of God's Word.

## HOW TO JOURNAL YOUR WAY THROUGH: THE HEAR METHOD

The **HEAR** journaling method will guide you through reading, engaging, and applying God's Word. Here's how:

**H-Hlight:** What does the text say? Write down the verse that stands out to you.

**E- Explain:** What does the passage mean? Write a brief explanation of what's happening in that text.

**A-Apply:** How does this apply to you? Write out a few thoughts on how this truth impacts your life today.

**R-Respond:** How will you respond to the text? Write out a prayer to God or action step you're taking.

## WHY JOURNAL YOUR WAY THROUGH?

Journaling is one of the best ways to slow down, reflect deeply, and make space for God to speak. Bring your heart along with your mind.

WEEKS 1-4

# Meeting Jesus (The Gospels)

Why JESUS MATTERS

## Week 1 — Who Is Jesus? (Mark 1-4)

**Focus:** Jesus' authority and invitation to follow

**Reflection Question:** What would it look like for me to take one intentional step toward following Jesus this week?

## Week 2 — What Did Jesus Teach? (Mark 5-8)

**Focus:** Faith, trust, and compassion

**Reflection Question:** Where is Jesus inviting me to trust Him instead of relying on myself?

## Week 3 — Why Did Jesus Die? (Mark 9-16)

**Focus:** The cross and resurrection

**Reflection Question:** How should Jesus' sacrifice change the way I live today?

## Week 4 — The Love of Jesus (John 1-6)

**Focus:** Relationship over religion

**Reflection Question:** What would it look like to spend more intentional time with Jesus this week?

WEEKS 5-8

# The Story of Salvation

## **Week 5 — God's Design (Genesis 1-3)**

**Focus:** Creation and the fall

**Reflection Question:** Where do I see brokenness in my life that I need God to restore?

## **Week 6 — God's Promise (Genesis 12, 15, 22)**

**Focus:** Faith and obedience

**Reflection Question:** What is one area where God may be asking me to trust Him more fully?

## **Week 7 — God's Rescue Plan (Exodus 1-14)**

**Focus:** Deliverance and freedom

**Reflection Question:** What might God be trying to free me from in this season?

## **Week 8 — A New Covenant (Isaiah 53; Jeremiah 31; Ezekiel 36)**

**Focus:** Heart transformation

**Reflection Question:** What kind of heart change do I need to ask God for right now?

WEEKS 9-12

# New Life in Christ

## **Week 9 — Saved by Grace (Romans 1–5)**

**Focus:** Faith, grace, and salvation

**Reflection Question:** Am I living as someone who truly believes I am saved by grace?

## **Week 10 — Life in the Spirit (Romans 6–8)**

**Focus:** Freedom and new life

**Reflection Question:** What old pattern do I need to surrender to the Spirit's work in my life?

## **Week 11 — Identity in Christ (Ephesians)**

**Focus:** New identity and purpose

**Reflection Question:** How would my daily choices change if I truly believed who God says I am?

## **Week 12 — Faith That Works (James)**

**Focus:** Obedient faith

**Reflection Question:** What is one action I can take this week that puts my faith into practice?

WEEKS 13–16

# The Church & Mission

## **Week 13 — The Early Church (Acts 1–4)**

**Focus:** Community and devotion

**Reflection Question:** How can I more intentionally engage in Christian community this week?

## **Week 14 — Growing Through Challenge (Acts 5–9)**

**Focus:** Transformation and perseverance

**Reflection Question:** How might God be using a current challenge to grow my faith?

## **Week 15 — Sharing the Gospel (Acts 10–13)**

**Focus:** God's heart for all people

**Reflection Question:** Who is one person I can intentionally love or pray for this week?

## **Week 16 — Living with Hope (John 15; Romans 12; Revelation 21)**

**Focus:** Abiding, transformation, and future hope

**Reflection Question:** What does it look like for me to live with hope and purpose beyond this season?

