

LECTIO – BRMC’s Bible Reading Journey

Date	Scripture Reference
Tue, 22 Apr	Ps 74:1-23
Wed, 23 Apr	Ps 75:1-10
Thu, 24 Apr	Ps 76:1-12
Fri, 25 Apr	Ps 77:1-20
Mon, 28 Apr	Ps 78:1-11
Tue, 29 Apr	Ps 78:12-31
Wed, 30 Apr	Ps 78:32-55
Thu, 01 May	Ps 78:56-72
Fri, 02 May	Ps 79:1-13
Mon, 05 May	Ps 80:1-19
Tue, 06 May	Ps 81:1-16
Wed, 07 May	Ps 82:1-8
Thu, 08 May	Ps 83:1-18
Fri, 09 May	Ps 84:1-12
Mon, 12 May	Ps 85:1-13
Tue, 13 May	Ps 86:1-17
Wed, 14 May	Ps 87:1-7
Thu, 15 May	Ps 88:1-18
Fri, 16 May	Ps 89:1-18
Mon, 19 May	Ps 89:19-37
Tue, 20 May	Ps 89:38-52
Wed, 21 May	Ps 90:1-17
Thu, 22 May	Ps 91:1-16
Fri, 23 May	Ps 92:1-15
Mon, 26 May	Ps 93:1-5
Tue, 27 May	Ps 94:1-13
Wed, 28 May	Ps 94:14-23
Thu, 29 May	Ps 95:1-11
Fri, 30 May	Ps 96:1-13
Mon, 02 Jun	Ps 97:1-12
Tue 03 Jun	Ps 98:1-9
Wed, 04 Jun	Ps 99:1-9
Thu, 05 Jun	Ps 100:1-5
Fri, 06 Jun	Ps 101:1-8
Mon, 09 Jun	Ps 102:1-17
Tue, 10 Jun	Ps 102:18-28
Wed, 11 Jun	Ps 103:1-22
Thu, 12 Jun	Ps 104:1-15
Fri, 13 Jun	Ps 104:16-35
Mon, 16 Jun	Ps 105:1-22
Tue, 17 Jun	Ps 105:23-45
Wed, 18 Jun	Ps 106:1-15
Thu, 19 Jun	Ps 106:16-31
Fri, 20 Jun	Ps 106:32-48
Mon, 23 Jun	Ps 107:1-22
Tue, 24 Jun	Ps 107:23-43
Wed, 25 Jun	Ps 108:1-13
Thu, 26 Jun	Ps 109:1-15
Fri, 27 Jun	Ps 109:16-31
Mon, 30 Jun	Ps 110:1-7
Tue, 01 Jul	Ps 111:1-10
Wed, 02 Jul	Ps 112:1-10
Thu, 03 Jul	Ps 113:1-9
Fri, 04 Jul	Ps 114:1-8
Mon, 07 Jul	Ps 115:1-18
Tue, 08 Jul	Ps 116:1-19
Wed, 09 Jul	Ps 117:1-2
Thu, 10 Jul	Ps 118:1-15
Fri, 11 Jul	Ps 118:16-29

DAILY DEVOTION

DATE <insert date>

READ <insert Scripture text>
 Pick out a verse(s) that captures your attention. Write it in your journal.

REFLECT
 Reread the passage a few times; listen to what the Father is saying. Pen down what comes to mind. Draw a picture if you like.

RELATE
 How does the verse(s) relate with your life/relationships right now? What is one way you can live out the Word today?

REST
 Spend a minute or two in silence. Rest in His love and goodness. Pen your prayer to God for today.

EXAMEN (on Saturdays)

1. Become aware of God’s presence.
 Take your time to settle yourself. Close your eyes and breath in deeply and out. Allow yourself time and space to get into a posture to be in tune with the Holy Spirit.
2. Review the week with gratitude.
 Ask the Holy Spirit to review the week that has passed. Recall some of the high and low points of the week.
3. Identify a few experiences from the past week and pray from it.
 Pay attention to your emotions. Take a moment to give thanks for each of these experiences, be they “highs” or “lows”. Ask God for forgiveness in areas where you have fallen short. Pray for grace, wisdom, and new opportunities to glorify Him.
4. Look toward the new week.
 Pray and commit the coming days to the Lord. Be as specific as you can.