

LECTIO – BRMC’s Bible Reading Journey

Date	Scripture Reference
Mon, 15 Sep 2025	Ps 119:1-8
Tue, 16 Sep 2025	Ps 119:9-16
Wed, 17 Sep 2025	Ps 119:17-24
Thu, 18 Sep 2025	Ps 119:25-32
Fri, 19 Sep 2025	Ps 119:33-40
Mon, 22 Sep 2025	Ps 119:41-48
Tue, 23 Sep 2025	Ps 119:49-56
Wed, 24 Sep 2025	Ps 119:57-64
Thu, 25 Sep 2025	Ps 119:65-72
Fri, 26 Sep 2025	Ps 119:73-80
Mon, 29 Sep 2025	Ps 119:81-88
Tue, 30 Sep 2025	Ps 119:89-96
Wed, 1 Oct 2025	Ps 119:97-104
Thu, 2 Oct 2025	Ps 119:105-112
Fri, 3 Oct 2025	Ps 119:113-120
Mon, 6 Oct 2025	Ps 119:121-128
Tue, 7 Oct 2025	Ps 119:129-136
Wed, 8 Oct 2025	Ps 119:137-144
Thu, 9 Oct 2025	Ps 119:145-152
Fri, 10 Oct 2025	Ps 119:153-160
Mon, 13 Oct 2025	Ps 119:161-168
Tue, 14 Oct 2025	Ps 119:169-176
Wed, 15 Oct 2025	Ps 120:1-7
Thu, 16 Oct 2025	Ps 121:1-8
Fri, 17 Oct 2025	Ps 122:1-9
Mon, 20 Oct 2025	Ps 123:1-4
Tue, 21 Oct 2025	Ps 124:1-8
Wed, 22 Oct 2025	Ps 125:1-5
Thu, 23 Oct 2025	Ps 126:1-6
Fri, 24 Oct 2025	Ps 127:1-5
Mon, 27 Oct 2025	Ps 128:1-6
Tue, 28 Oct 2025	Ps 129:1-8
Wed, 29 Oct 2025	Ps 130:1-8
Thu, 30 Oct 2025	Ps 131:1-3
Fri, 31 Oct 2025	Ps 132:1-10
Mon, 3 Nov 2025	Ps 132:11-18
Tue, 4 Nov 2025	Ps 133:1-3
Wed, 5 Nov 2025	Ps 134:1-3
Thu, 6 Nov 2025	Ps 135:1-12
Fri, 7 Nov 2025	Ps 135:13-21
Mon, 10 Nov 2025	Ps 136:1-13
Tue, 11 Nov 2025	Ps 136:14-26
Wed, 12 Nov 2025	Ps 137:1-9
Thu, 13 Nov 2025	Ps 138:1-8
Fri, 14 Nov 2025	Ps 139:1-12
Mon, 17 Nov 2025	Ps 139:13-24
Tue, 18 Nov 2025	Ps 140:1-13
Wed, 19 Nov 2025	Ps 141:1-10
Thu, 20 Nov 2025	Ps 142:1-7
Fri, 21 Nov 2025	Ps 143:1-12
Mon, 24 Nov 2025	Ps 144:1-8

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.