

April 15 — July 27

*Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. — Hebrews 12:1-2 (ESV)*

**“TRAIN YOURSELF IN GODLINESS”**  
(1 Tim. 4:7)

*Psalms & Proverbs*



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**WHY PURSUE DISCIPLESHIP?** Christians are, by definition, Christ's disciples (Acts 11:26). Disciples must commit to a disciplined lifestyle as they follow their Lord (1 John 2:5–6). The following activities are Christ-centered guidelines to help the spiritual "workout" (1. Tim. 4:7).

1. **SOLITUDE (Mark 1:35).** Schedule a set time each day (optimal time ½ hr. +) with NO DISTRACTIONS (No phone!).

2. **SCRIPTURE STUDY (2 Tim. 3:16–17).** Have a notebook ready. Read each chapter two times per day: morning and noon/evening.

Summarize what you read using the H.E.A.R.<sup>1</sup> method:

- Highlight what stands out (aim to capture a single thought).
- Explain what it means in the original context (consult a study Bible).
- Apply it to our time and circumstances.
- Respond — apply the verses to your walk.

3. **SCRIPTURE MEMORIZATION (Psalm 119:11).** Use Mooretown's memory verse of the month.

4. **WORSHIP (John 4:23).** Worship the Lord with one of your favorite songs and

5. incorporate the Psalms (see the bottom right chart).

6. **PRAY (1 Thess. 5:17).** Have an updated prayer list. One of the ways to organize your prayer is by using the acronym P.R.A.Y.,<sup>2</sup> which is based around the *Lord's Prayer* in Matthew 6:9b–13 (ESV):

- Praise God for who he is and what he has done (v. 9b: "Our Father in heaven, hallowed be your name.")
- Repent of your sins of both commission and omission (v. 12: "and forgive us our debts, as we also have forgiven our debtors.")
- Ask for the needs of others and yourself (v. 11: "Give us this day our daily bread"; v. 13: "and lead us not into temptation, but deliver us from evil."). *Be sure to bring up the needs of the church, both locally and worldwide (esp. remember the persecuted Christians).*
- Yield your will to God's will and his agenda (v. 10: "Your kingdom come, your will be done, on earth as it is in heaven.")

Psalms <sup>3</sup> & Proverbs						
Church	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
04/14	Psalms 1–3	4–6	7–8	9–10	11–12	13–15
04/21	16–17	18	19–21	22	23–25	26–28
04/28	29–31	32–33	34–35	36–37	38–39	40–41
05/05	42–44	45–47	48–50	51–53	54–55	56–58
05/12	59–61	62–64	65–67	68	69	70–72
05/19	73–74	75–77	78	79–80	81–83	84–86
05/26	87–89	90–92	93–95	96–98	99–101	102–104
06/02	105–106	107–108	109–111	112–114	115–118	119:1–64
06/09	119:65–128	119:129–176	120–122	123–125	126–129	130–133
06/16	134–136	137–139	140–142	143–144	145–147	148–150
06/23	Proverbs 1	2	3	4	5	6
06/30	7	8–9	10	11	12	13
07/07	14	15	16	17	18	19
07/14	20	21	22	23	24	25
07/21	26	27	28	29	30	31

1. This journaling method was developed by Pastor Robby Gallaty ([www.replicate.org](http://www.replicate.org)).

2. This method is adopted from a post on the BMA Seminary Facebook page.

3. The Psalms schedule is adopted from "60 DAYS IN THE PSALMS," [https://s3.amazonaws.com/media.cloversites.com/15/1564a5bf-4933-494e-8511-3c7b0ee3528c/documents/Psalm\\_Reading\\_Plan.pdf](https://s3.amazonaws.com/media.cloversites.com/15/1564a5bf-4933-494e-8511-3c7b0ee3528c/documents/Psalm_Reading_Plan.pdf)