A SEVEN-DAY SCRIPTURE GUIDE

Rooted in the Word.

READ / REFLECT / RESPOND

Seven passages. Seven thoughtful pauses. Read in your own Bible, reflect on the questions and choose a simple response.

Read each passage in context. These original reflections are an invitation to study, not a substitute for the biblical text. Move at your own pace and return whenever you need to.

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DAY 01 / JOHN 1:1–18

Begin with Jesus

Read John 1:1–18 in your Bible. Take your time and read the surrounding verses.

READ

John begins with the Word who was with God and became flesh. Before asking what faith requires of you, notice what this passage says about who Jesus is. Grace starts with God drawing near.

REFLECT

What do you discover about Jesus in these verses?

RESPOND

Ask God to help you understand one phrase that stays with you.

A WORD, A QUESTION OR A PRAYER

DAY 02 / PSALM 119:105–112

Make room to listen

Read Psalm 119:105–112 in your Bible. Take your time and read the surrounding verses.

READ

A lamp does not illuminate every mile of a journey. It gives enough light for the next step. Read slowly and consider how the psalmist connects God’s word with the choices of ordinary life.

REFLECT

Where do you need wisdom for your next step?

RESPOND

Write one question you can bring back to Scripture this week.

A WORD, A QUESTION OR A PRAYER

DAY 03 / MATTHEW 6:9–13

Pray with honesty

Read Matthew 6:9–13 in your Bible. Take your time and read the surrounding verses.

READ

Jesus gives his disciples a prayer that holds worship, daily needs, forgiveness and dependence together. You do not need impressive language to begin. Start with the words you can say honestly.

REFLECT

Which part of this prayer speaks to your present circumstances?

RESPOND

Pray through the passage, pausing after each line.

A WORD, A QUESTION OR A PRAYER

DAY 04 / LUKE 10:25–37

See your neighbour

Read Luke 10:25–37 in your Bible. Take your time and read the surrounding verses.

READ

The Samaritan’s compassion becomes practical care. Read the conversation around the story, and notice how Jesus turns attention from defining a neighbour to becoming one.

REFLECT

Whose need have you been too hurried to notice?

RESPOND

Choose one respectful, practical act of kindness you can offer.

A WORD, A QUESTION OR A PRAYER

DAY 05 / 1 PETER 4:8–11

Use what you have

Read 1 Peter 4:8–11 in your Bible. Take your time and read the surrounding verses.

READ

Gifts are entrusted to people for the good of others. Hospitality, speech and practical service can all become ways of honouring God. You do not need someone else’s gifts to begin serving.

REFLECT

What can you offer faithfully in this season?

RESPOND

Name one skill or hour you could use to help someone.

A WORD, A QUESTION OR A PRAYER

DAY 06 / GALATIANS 6:1–10

Carry one another

Read Galatians 6:1–10 in your Bible. Take your time and read the surrounding verses.

READ

Paul places gentleness, responsibility and perseverance side by side. Caring for others asks for patience and humility. It also asks us to keep doing good without making ourselves the centre of the story.

REFLECT

What might gentle support look like in one relationship?

RESPOND

Encourage someone without assuming you know everything they need.

A WORD, A QUESTION OR A PRAYER

DAY 07 / ROMANS 15:1–13

Continue in hope

Read Romans 15:1–13 in your Bible. Take your time and read the surrounding verses.

READ

Paul connects endurance, encouragement and hope with the Scriptures and with welcoming one another. Hope is more than optimism about easy days. It takes root in the character and promises of God.

REFLECT

What gives you a reason to keep going?

RESPOND

Write a short prayer for hope, for yourself and for another person.

A WORD, A QUESTION OR A PRAYER