



# How to Read the Bible and Change Your Life

By Laura Smith



You know the line from the musical Hamilton 1 where Alexander Hamilton asks Angelica Schuyler, “Where are you taking me?” And she answers, “I’m about to change your life.”

Change-your-life is a pretty big promise. I’m about to teach you how to change yours. Reading the Bible for ten minutes a day will change your life.

How?

Because it is a one-on-one meeting between you and the God of the Universe! Spending time in the Bible is spending time with the God who created everything and everyone.



Reading your Bible will show you how loved you are, give you courage, hope, strength, direction, and reassurance. Reading the Bible will remind you you’re not alone. Ever. And that God not only made you, but has perfect plans for you, and He loves you unconditionally. Wow!

So worth the ten-minute investment each day.

But here’s where we often get stuck. The Bible is, well, huge. There’s one sitting on my desk that’s 2,416 pages, plus some maps at the end. If you’ve never picked up a Bible before, or even

if you’ve read along at church or get the “verse of the day” texted to you, the Bible can feel daunting. Where do you start? Where do you find an extra ten minutes when your day is already crazy busy? Some of the Bible feels confusing, what do you do with those parts? The Bible was written thousands of years ago, is it still relevant? Those are all great questions.

I’ll answer them plus a few more in this short free, three-day study designed to help you read your Bible for ten minutes a day, get something meaningful out of those ten minutes, and actually begin to crave time in God’s Living Word, so the truth on its pages can seep into your heart and change your life.

Are you ready?  
Let’s dive in.






TS

DAY

01

# Where to start?



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11 For your name's sake, O Lord,  
pardon my guilt, for it is great.  
Who is the man who fears the Lord,  
Him will he instruct in the way  
he should choose.

12 His soul shall abide in well-being,  
and his offspring shall inherit the land.  
The friendship of the Lord is for  
those who fear him,  
and he makes known to them his  
covenant.

13 My eyes are ever toward the Lord,  
for he will pluck my feet out of the  
net.

14 Turn to me and be gracious to me,  
for I am lonely and afflicted.  
The troubles of my heart are enlarged,  
bring me out of my distresses,  
and forgive all my sins.

15 Consider how many are my foes,  
and with what violent hatred they  
hate me.

16 Oh, guard my soul, and deliver me!  
Let me not be put to shame, for I  
take refuge in you.

17 May integrity and uprightness  
preserve me,  
for I wait for you.

18 Redeem Israel, O God,  
out of all his troubles.

19 O Lord,  
do not  
forget me, O Lord,  
I have walked in my integrity,  
I have not  
been  
deceived in the Lord.  
I have  
not  
been  
deceived,  
and try me,  
O Lord,  
and know  
my  
integrity.  
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deceived,  
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DAY

# 01 Where to start?

The Bible is divided into two giant sections, the Old and New Testaments.

The Old Testament begins with God creating the world and everything in it. The first five books of the Old Testament are believed to be written by Moses and are sometimes referred to as “The Law,” because these books include the original governing laws God gave His people to keep them safe. These include the Ten Commandments plus 603 additional laws mainly designed for family, health, and safety. The rest of the Old Testament gives accounts of God forgiving, loving, and protecting His people, and of God’s people turning away from Him toward the things of this world like money, appearance, and status.

## Sound familiar?

This pattern repeated over and over throughout the Old Testament. This first portion of the Bible is still used by the Jewish faith community as their holy book. It is their story. And it is the foundation of ours.

The Ten Commandments were the ideal, the if-we-all-followed-them-all-the-time-the-world-and-everyone-in-it-would-be-happy. No one would be jealous or lie. Families would be whole. Everyone would put God first in their lives. There would be no addiction or overworking or systemic racism or poverty. But we’re human. And we mess up. All of us. We all fall short of this perfect outline for living.

The New Testament is the game changer for Christians. This is where Jesus steps on the scene for one final rescue mission. Jesus loves us so much, He came down from heaven, took the punishment for all our past, present, and future mistakes, and invites us into a glorious, grace-filled life of peace, joy, and love. Sound good? It’s better than you could ever hope or imagine (Ephesians 3:20)!



DAY

# 01 Where to start?

## So wait—where do we start?

I suggest starting by reading the four gospels, also known as Matthew, Mark, Luke, and John (the first four books of the New Testament), because these are the stories of Jesus' life. If you want to follow Jesus, it's important to know what He did, what He said, how He reacted, how He treated people.

Each of these books is a separate biography of Jesus' life written by a different author. Just like you could read four different biographies about Rosa Parks and get four different versions of the same stories and perhaps some information in one that wasn't in another. The same thing happens when you read through all our Gospel accounts. They're all true. But from slightly different perspectives.

The word “gospel” simply means good news. The news that Jesus came down from His heavenly throne to live with humans, to experience our emotions and needs, our daily battles and triumphs, and then died on the cross to save everyone who believes in Him from death and sin—that is good news. The very best news. And these four writers wanted everyone to hear about it. Over two thousand years later, we're still reading their accounts.

**John's telling of this good news is my favorite place to start!** John was one of Jesus' best friends. John's gospel is packed with “I am” statements—phrases Jesus used to explain who He is and what He is capable of. If you want to know who Jesus is, if you want your life to be changed, begin by reading the first chapter of John today. Maybe spend some extra time on these verses:

*The Word (Jesus) gave life to everything that was created  
And his life brought light to everyone.  
The light shines in the darkness,  
And the darkness can never extinguish it. —John 1:4-5 NLT*



# Change Your Life

## Day 1

- ✓ Go outside and list ten things in nature. Since Jesus created every living thing, He created everything you listed. Pause to consider Jesus' creativity, brilliance, intentionality, and perfect design.
- ✓ Take note of anything dark in your life—something you've been through, experienced, seen, or felt. Don't linger here, just give it a name, then picture Jesus shining bright, golden light on that darkness like the sun breaking through the clouds. Inhale and exhale. Picture warmth like sunlight filling in your dark cracks and crevices with joy, love, peace, and healing.

## Notes



TS

DAY

02

# Some of This is Confusing

19 But you, O LORD, do not be far off!  
O you my help, come quickly to my aid!

20 Deliver my soul from the sword,  
my precious life from the power of the dog!

21 Save me from the mouth of the lion!  
You have rescued<sup>d</sup> me from the horns of the wild oxen!

22 I will tell of your name to my brothers,  
in the midst of the congregation I will praise you.

23 You who fear the LORD, praise him!  
All you offspring of Jacob, glorify him,  
and stand in awe of him, all you offspring of Israel!

24 For he has not despised or abhorred the affliction of the afflicted,  
and he has not hidden his face from him,  
but has heard, when he cried to him.

25 From you comes my praise in the great congregation,  
my vows I will perform before those who fear him.

26 The afflicted<sup>l</sup> shall eat and be satisfied,  
those who seek him shall praise the LORD!  
May your hearts live forever!

27 All the ends of the earth shall remember and turn to the LORD,  
and all the families of the nations shall worship before you.

28 For kingship belongs to the LORD,  
and he rules over the nations.

29 All the prosperous of the earth eat and worship,

30 and they do not lift up their hands against him,  
for they are afraid of him and are in awe of him.  
He makes me lie down in green pastures.  
He leads me beside still waters.<sup>e</sup>  
He restores my soul.  
He leads me in paths of righteousness for his name's sake.

31 Even though I walk through the valley of the shadow of death,<sup>f</sup>  
I will fear no evil,  
for you are with me,  
your rod and your staff, they comfort me.

32 You prepare a table before me in the presence of my enemies,  
you anoint my head with oil,  
my cup overflows.

33 Surely goodness and mercy shall follow me  
all the days of my life,  
and I shall dwell<sup>g</sup> in the house of the LORD forever.<sup>h</sup>

**The King of Glory**

24 A Psalm of David.  
The earth is the LORD's and the fullness thereof,<sup>i</sup>  
the world and those who dwell therein,  
for he has founded it upon the seas  
and established it upon the rivers.

3 Who shall ascend the hill of the LORD?  
And who shall stand in his holy place?  
4 He who has clean hands and a pure heart,  
who does not lift up his soul to what is false  
and does not swear deceitfully.

5 Lift up, O LORD, the horn of David.  
And lift them up, O ancient doors,  
that the King of glory may come in.  
6 Who is this King of glory?  
The LORD of hosts,  
he is the King of glory!  
Selah

**With Me Your Paths**

25 Or Death.  
To you, O LORD, I lift up my soul,  
O my God, in you I trust;  
let me not be put to shame;  
let not my enemies exult over me.  
Indeed, none who wait for you shall be put to shame;  
they shall be ashamed who are wantonly treacherous.

6 Make me to know your ways, O LORD,  
teach me your paths.  
7 Lead me in your truth and teach me,  
for you are the God of my salvation,  
for you I wait all the day long.

8 Remember your mercy, O LORD,  
and your steadfast love,  
for they have been from of old.  
9 Remember not the sins of my youth or  
my transgressions,  
according to your steadfast love  
remember me,  
for the sake of your goodness,  
O LORD!

10 Good and upright is the LORD;  
therefore he instructs sinners in the way.  
11 He leads the humble in what is right,  
and teaches the humble his way.  
12 All the paths of the LORD are steadfast love and faithfulness,  
for those who keep his covenant and his testimonies.

16 Turn to me and be gracious to me,  
for I am lonely and afflicted.  
17 The troubles of my heart are enlarged,  
bring me out of my distresses.  
18 Consider my affliction and my trouble,  
and forgive all my sins.

19 Consider how many are my foes,  
and with what violent hatred they hate me.  
20 Oh, guard my soul, and deliver me!  
Let me not be put to shame, for I take refuge in you.  
21 May integrity and uprightness preserve me,  
for I wait for you.

22 Redeem Israel, O God,  
out of all his troubles.

**I Will Bless the Lord**

26 Or Death.  
Vindicate me, O LORD,  
for I have walked in my integrity,  
and I have trusted in the LORD  
without wavering.  
27 Prove me, O LORD, and try me,  
test my heart and my mind.  
28 For your steadfast love is before my eyes,  
and I walk in your faithfulness.

31 I do not sit with men of falsehood,  
nor do I consort with hypocrites.  
32 I hate the assembly of evildoers,  
and I will not sit with the wicked.  
33 I wash my hands in innocence  
and go around your altar, O LORD,  
proclaiming thanksgiving aloud,  
and telling all your wonderful deeds.

PSALM 26:7

DAY

## 02 Some of this is confusing

You're off to an awesome start! You are reading your Bible! Take a second to give yourself a hug, acknowledging that you are doing this.

There's so much information in the first chapter of John we read yesterday, it can feel like a lot to take in. If we read through it too fast or skip over parts we don't understand it won't necessarily feel life changing, even though it can be. So how do we get the most out of our reading?

Start by asking God what He wants you to see or learn from the reading. Then read over John 1 again and note what stood out to you.

### Here are some the things that popped out to me:

- Jesus was with God as He created the world. Jesus has been there all along, and He's with us now.
- John the Baptist who lived in the wilderness eating bugs as his way to roll out the red carpet for the coming Messiah seems crazy. But his anti-cultural life was obedient to God. What might that mean for you and me?
- The seven different names given for Jesus: the Lamb of God, Rabbi (Teacher), Jesus of Nazareth, Messiah, Son of God, King of Israel, Son of Man are all pretty incredible titles.
- Jesus called his first disciples to follow Him in different ways. Jesus recognized their unique personalities and situations and how they needed to be called. How might He be calling you and me?
- The disciples dropped everything to follow Jesus, because they knew somewhere deep inside that He would change their lives. Just like He wants to change yours and mine.

Amazing! There's so much there! How can we make the most of this jam-packed reading? Today we're going to talk about some free tools you can access to help you clarify confusing questions, dig deeper, and gain context.





DAY

## 02 Some of this is confusing

I have all kinds of gadgets in my kitchen—a garlic press, muffin pans, a cheese grater, an immersion blender. I don't use all these gadgets every time I'm in the kitchen or even every day. But it sure is helpful to have that cheese grater when I'm grating a wedge of tangy Parmesan over my pasta. And I don't know what I'd do without those muffin pans every time I bake muffins or cupcakes, which are basically the same thing except for the frosting. Think of the tools we're about to talk about in the same way—waiting there to access and super useful when you need them, but not necessary every time you read your Bible.

**Here are my main Bible reading tools: (I'm not affiliated with any of them, I just use them):**

1. The Bible App
2. A translation of the Bible that works for you.
3. A study Bible. I use the Life Application Study Bible in the New Living Translation
4. Blue Letter Bible
5. The Bible Project



DAY

# 02 Some of this is confusing

## The Bible App

This is a free app on the App Store also called YouVersion. If you don't have it, go download it. I'll wait.

This app allows you to read the Bible anywhere anytime on your phone. It's packed with free Bible studies, resources and reading plans. It will even read the Bible out loud to you (awesome if you want to listen while going for a walk, folding clothes, driving, etc.). It also has sixty-eight different translations of the Bible, and those are just the ones in English.

## Translation

The Bible was originally written in Hebrew and Greek and then translated either word for word or in phrases depending on the translation. How do you pick which one is best? That depends on you.

I personally use the New Living Translation (NLT) as my go to. But I also love The Message (MSG) which uses more modern phrases and terms. And because I grew up going to a church that used the New International Version (NIV), some Bible passages feel like home to me in this traditional format. I frequently bounce back and forth between these three. The ESV and NKJV are some other popular translations. If you're stuck on a passage, try reading it in another translation to get a fresh perspective or different wording.



DAY

# 02 Some of this is confusing

## Study Bible

Study Bibles are a goldmine when you stumble across something you don't understand or that you'd like to learn more about.

For example, in John 1:46 Nathanael says, "Can anything good come from Nazareth?" I've never been to Nazareth. I certainly don't know what it was like 2000 years ago. But I'm curious why Nathanael was so disgusted by this town. If I drop to the notes section of my study Bible, it tells me the Jewish people couldn't stand Nazareth because Roman army troops (the enemy) were stationed there. Nathanael's question makes more sense to me with this information.

## Blue Letter Bible

I use this free site similarly to my study Bible, but specifically when there's a word I want to investigate. Blue Letter tells us the original Greek or Hebrew word, any possible definitions (sometimes there are multiple) and other instances in the Bible where that same word pops up.

If you're reading along and are confused by the repeated reference of "The Word" in John 1:1, you can go to [blueletterbible.org](http://blueletterbible.org), search John 1, verse 1, and click on "The Word." Scroll down to Roman numeral III where it says, "In John, denotes the essential Word of God, Jesus Christ, the personal wisdom and power in union with God." Using this tool clarifies that "The Word" means Jesus.

We don't need to read notes and references for every word or verse of the Bible. But these two tools are useful when we find a word, name, or saying that trips us up.



DAY

# 02 Some of this is confusing

## The Bible Project

The Bible Project uses cool graphics, drawing a story as they speak it—perfect for visual learners. It gives overviews of each book of the Bible, explores Biblical topics, gives background on cultural details and history, and shows how the Old and New Testament tie together. Also, it's totally free.

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Don't get overwhelmed. Remember, all these resources are like gadgets in your kitchen. You don't have to use any of them. You can let them sit in your cupboards and drawers. But they are available to help. Use one tool at a time or in any combination when you want or need them. They're meant to enhance and simplify, not burden your Bible reading.

We're going to practice using these tools today. That way if you ever them, you'll know how to pull them out of your figurative kitchen cupboard and use them.



# Change Your Life

## Day 2

- ✓ Watch the first three minutes of the overview video from The Bible Project on the book of John chapters 1-12. Did you learn anything new?
- ✓ Read John 1:1-5 out loud, but each time you see “The Word” replace it with Jesus. Did this change the way you react to this verse?
- ✓ What section did you find most interesting or important from John 1? This could be something we’ve mentioned, or something else altogether. Read that same section in a different translation on the Bible App. Which version did you like better? Why?
- ✓ Were there any words in John 1 that were confusing? Look them up on [www.blueletterbible.org](http://www.blueletterbible.org). Did this bring you clarity? As you consider that word’s definition, does it spark new questions in your mind? Give you something to talk to Jesus about?

## Notes



TS

DAY

03

# How and When?

PSALM 22:1-4

14 I am poured out  
and all my bones are dry,  
my heart is like wax,  
it is melted,  
15 my strength is like  
dried grass,  
and my tongue  
like a parched rind,  
you lay

16 For dogs encircle me,  
a company of evildoers encircles me;  
they have pierced my hands and feet—  
17 I can count all my bones—  
they stare and gloat over me;  
18 they divide my garments among them,  
and for my clothing they cast lots.

19 But you, O Lord, do not be far off!  
O you my help, come quickly to my aid!  
20 Deliver my soul from the sword,  
my precious life from the power of  
the dog!  
21 Save me from the mouth of the lion!  
You have rescued me from the horns of  
the wild oxen!

22 I will tell of your name to my brothers,  
in the midst of the congregation I will  
praise you.

23 You who fear the Lord, praise him!  
All you offspring of Jacob, glorify him,  
and stand in awe of him, all you  
offspring of Israel!

24 For he has not despised or abhorred  
the affliction of the afflicted,  
and he has not hidden his face from him,  
but has heard, when he cried to him.

25 O you who come my praise in the great  
congregation,  
26 perform before those

who fear the Lord,  
afflicted souls,  
those who seek  
the Lord,  
27 May your hearts  
be comforted,  
28 All the ends of the earth  
and turn to the Lord,  
and all the families of  
the nations  
shall worship before you.  
29 For kingship belongs to the Lord,  
and he rules over the nations.

30 All the prosperous of the earth eat and  
worship,  
31 and they will not say,  
"Where is the Lord,  
our God,  
who has taken away  
our strength?"  
32 For the Lord is our God,  
and he will save us  
from the hand of  
all our enemies.

33 The Lord will save us  
from all our enemies,  
34 and he will take  
vengeance for us  
against all our enemies.  
35 The Lord will save us  
from all our enemies,  
36 and he will take  
vengeance for us  
against all our enemies.

37 The Lord will save us  
from all our enemies,  
38 and he will take  
vengeance for us  
against all our enemies.

righteousness to  
unborn,  
that he has done it.

**The Lord Is My Shepherd**  
A Psalm of David.  
The Lord is my shepherd, I shall  
not want.

2 He makes me lie down in green  
pastures.  
3 He leads me beside still waters;  
4 He restores my soul.  
5 He leads me in paths of righteousness  
for his name's sake.

6 **Even though I walk through the valley  
of the shadow of death,  
I will fear no evil,  
for you are with me;  
your rod and your staff,  
they comfort me.**

7 You prepare a table before me  
in the presence of my enemies;  
you anoint my head with oil,  
my cup overflows.

8 Surely goodness and mercy shall  
follow me  
all the days of my life,  
and I shall dwell in the house of the  
Lord  
forever.

**The King of Glory**  
A Psalm of David.  
The earth is the Lord's and the  
fullness thereof,  
2 the world and those who dwell therein,  
3 he founded it upon the seas,  
4 and he established it upon the rivers.  
5 Who shall stand in his holy place?  
6 Who shall ascend his holy hill?  
7 Clean hands and a pure  
heart,  
8 who does not lift up his soul to what  
is false,  
9 and does not swear deceitfully.

10 The Lord will take vengeance for us  
against all our enemies.  
11 The Lord will take  
vengeance for us  
against all our enemies.

12 The Lord will take  
vengeance for us  
against all our enemies.  
13 The Lord will take  
vengeance for us  
against all our enemies.

14 The Lord will take  
vengeance for us  
against all our enemies.  
15 The Lord will take  
vengeance for us  
against all our enemies.

16 **that the King of glory may come in.**  
17 Who is this King of glory?  
18 The Lord, strong and mighty,  
the Lord, mighty in battle!  
19 Lift up your heads, O gates!  
And lift them up, O ancient doors,  
that the King of glory may come in.  
20 Who is this King of glory?  
The Lord of hosts,  
he is the King of glory! Selah

**Teach Me Your Paths**  
O David.  
To you, O Lord, I lift up my soul.  
2 **O my God, in you I trust;**  
let me not be put to shame;  
let not my enemies exult over me.  
3 Indeed, none who wait for you shall be  
put to shame;  
they shall be ashamed who are  
wantonly treacherous.

4 Make me to know your ways, O Lord;  
teach me your paths.  
5 Lead me in your truth and teach me,  
for you are the God of my salvation;  
for you I wait all the day long.

6 Remember your mercy, O Lord, and  
your steadfast love,  
7 for they have been from of old;  
Remember not the sins of my youth or  
my transgressions;  
according to your steadfast love  
remember me,  
8 for the sake of your goodness,  
O Lord!

9 **Good and upright is the Lord;**  
therefore he instructs sinners in his  
ways.  
10 **He leads the humble in what is right,  
and teaches the humble his way.**  
11 **All the paths of the Lord are steadfast  
love and faithfulness,**  
12 for those who keep his covenant and  
his testimonies.

13 My eyes are ever toward the Lord,  
for he will pluck my feet out of the  
net.  
14 Turn to me and be gracious to me,  
for I am lonely and afflicted.  
15 The troubles of my heart are enlarged;  
bring me out of my distresses,  
16 Consider my affliction and my trouble,  
and forgive all my sins.

17 Consider how many are my foes,  
and with what violent hatred they  
hate me.  
18 Oh, guard my soul, and deliver me!  
Let me not be put to shame, for I  
take refuge in you.  
19 May integrity and uprightness  
preserve me,  
for I wait for you.

20 Redeem Israel, O God,  
out of all his troubles.

**I Will Bless the Lord**  
O David.  
Vindicate me, O Lord,  
for I have walked in my integrity,  
and I have not wavered  
without wavering,  
2 test my heart and my mind;  
3 **For your steadfast love is before my eyes,  
and I walk in your faithfulness.**

4 I do not sit with men of falsehood,  
nor do I consort with hypocrites;  
5 I hate the assembly of evildoers,  
and I will not sit with the wicked.  
6 I wash my hands in innocence,  
and go around your altar, O Lord,  
7 proclaiming thanksgiving aloud,  
and telling all your wondrous deeds.

18 My eyes are ever toward the Lord,  
for he will pluck my feet out of the  
net.

19 Turn to me and be gracious to me,  
for I am lonely and afflicted.  
20 The troubles of my heart are enlarged;  
bring me out of my distresses,  
21 Consider my affliction and my trouble,  
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23 Oh, guard my soul, and deliver me!  
Let me not be put to shame, for I  
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3 **For your steadfast love is before my eyes,  
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and I will not sit with the wicked.  
6 I wash my hands in innocence,  
and go around your altar, O Lord,  
7 proclaiming thanksgiving aloud,  
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for I am lonely and afflicted.  
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bring me out of my distresses,  
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12 Consider how many are my foes,  
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Let me not be put to shame, for I  
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preserve me,  
for I wait for you.

15 Redeem Israel, O God,  
out of all his troubles.

DAY

## 03 How and When?

**“Come and see,” Jesus invites Andrew and John (John 1:39). Jesus invites you and me to do the same.**

*To come and see all about Him.*

When we open our Bibles that’s what we get to do. We get to come and see how Jesus loves everybody—how that love extends to us. We get to come and see how humble, kind, and savvy Jesus is, that He is loving and compassionate to everyone—even the people everyone else excludes.

As we come and see for just ten minutes a day, reading the words of an ancient text truly connects us to the Living God. God designed the Bible to be both a love letter and instruction manual to His people then, and to His people now, you and me. God dictated these accounts, events, and writings to the Biblical authors because they were timeless—living and active and relevant for all time. Reading the Bible can change our lives.

You’re finding a rhythm already. The last two days you’ve read the Bible and hopefully learned from your reading. Way to go!

Today, let’s focus on finding a way to make it a regular life-changing part of your daily routine. Consider your schedule, when could you carve out ten minutes to be quiet and alone with Jesus?



DAY

## 03 How and When?

I have friends who wake up before the rest of their family or roommates, make a cup of coffee and sit with their Bible before they engage with anyone else. It works awesome for them. This isn't practical for me. I wake up, get my kids fed and hugged and out the door to school. Then the house is quiet and so is my mind. This is when I sit down with my Bible.

First, I ask God to open my eyes to what He has in store for me today. It's a simple two-second prayer, but so powerful. This time is all about me hanging out with Jesus, so I want to be focused on Him. As I read, I jot down specific verses or phrases in my journal that jump out to me. When I've finished my reading (this could be a few verses or a few chapters depending on my time and the content), I journal about what I think God is trying to tell, teach, or remind me through those verses. Then I'll continue journaling, maybe thanking God for things He's done and doing, perhaps asking Him for healing for a friend, guidance in a decision, or courage to say something bold. Journaling might not be your thing, but it's a gift to me. Not only does writing things by hand make me slow down to process my thoughts, but I can flip back to previous pages and see prayers God answered and things He's taught me. It's beautiful!

Some friends read their Bibles before bed. For them it's a wonderful, relaxing unwind and a great end point for their day. One friend listens to the audio Bible while she showers to get her mind focused on God as she prepares for work. The trick is finding a consistent time and place that works for you. When we regularly do anything at the same time it's easier to make it part of our routine. You probably brush your teeth at the same times every day, and I bet you never forget.





DAY

# 03 How and When?

There won't be lightning bolts every time you read your Bible. But some days there will be. You'll feel enlightened, empowered, refreshed, and healed. Other days you might think, "oh, that's interesting," or "nice" or even "weird." But your time in the Bible won't go without results.

## God tells us so Himself:

*so is my word that goes out from my mouth:*

*It will not return to me empty,  
but will accomplish what I desire*

*and achieve the purpose for which I sent it. —Isaiah 55:11*

You might read something today that will help you three months from now. A passage you read this morning might not mean anything to you, but as you're chatting with a friend, you realize it is the exact verse she needs to hear. You might skim over something on Tuesday, then hear the same passage in a sermon on Sunday, and realize God is really trying to tell you something.

**Reading the Bible will not leave you empty. It will accomplish a purpose—God's purpose in your life, and that is life changing.**



# Change Your Life

## Day 3

- ✓ Designate a specific time and place to read your Bible every day for the rest of this week. Make that space inviting. If it's a chair or couch, add a blanket or pillow. If it's your office, decide how you'll turn away from work during that time. Maybe spin your chair to face the window instead of your desk? Shut your laptop? You decide. If this space doesn't work, keep trying until you find a spot that feels good to you.
- ✓ Before you open your Bible, ask God to show you what He wants you to discover.
- ✓ Read John 2 today. Read it in two translations. Have you found one that resonates yet? Was there anything confusing? Or that you wish you knew more about? See if your study Bible has a note about it or look it up on Blue Letter Bible.
- ✓ Journal or pray through anything that stood out or felt important to you.
- ✓ Repeat tomorrow and the next day and the day after that.

## Notes





## You're doing it!

You're reading your Bible. You're not just going through the motions. You're coming and seeing what God has in store for you. You're meeting Him on the pages. Stick with it. If you miss a morning, no worries, grab your Bible later that day or the next day. Give yourself grace. God does. No one is taking attendance or keeping score, especially God. He's not grading you; He just loves hanging out with you. Be intentional to get back at it. If your time or place isn't working, adjust them until they do.

I'm praying for you. God's so excited you're making it a priority to hang out with Him. He has so much in store for you within the pages of His Word. I promise, reading your Bible every day will change your life.

# Bible Reading Plan



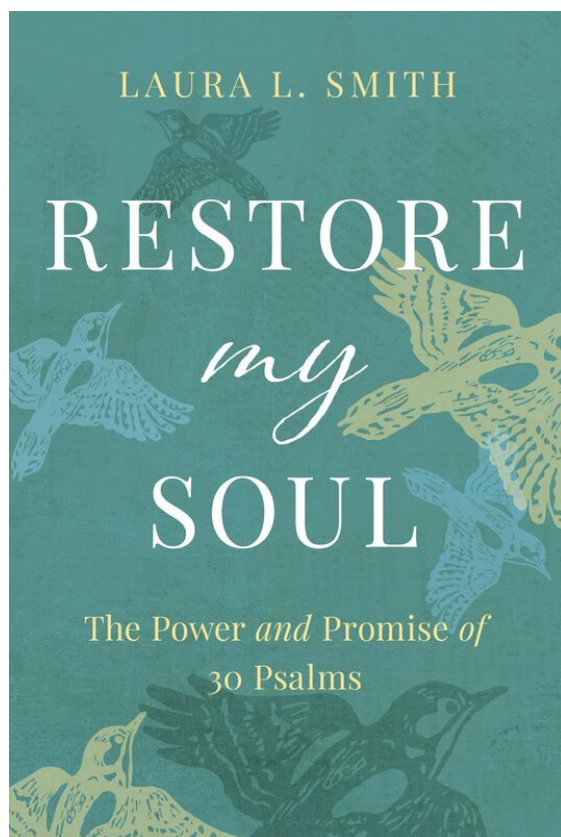
Experts say if you do anything for sixty-six days it can become a habit. I've attached a reading plan to help make reading the Bible stick. Let's overachieve and try for four months! That should get you through the four Gospels and well in the swing of allowing God to change your life.

I've put lots of wiggle room in this calendar. Every Saturday is a "catch up" day. This is your opportunity to either finish up what you haven't gotten to or return to whatever hit home or piqued your interest.

Sunday is a grace day, because on any given week you might need it. It's fine. Jesus loves you and loves spending time with you. Jesus is waiting, eager to hang out. If you got to all the readings this week you could spend ten minutes on Sunday in prayer or read ahead for next week or listen to ten minutes of worship music or watch another video from The Bible Project. There's such freedom and grace here because Jesus offers you endless freedom and grace.

01 John 1	02 John 1	03 John 2	04 John 3	05 John 4
06 Catch Up	07 Grace Day	08 John 5	09 John 6	10 John 7
11 John 8	12 John 9	13 Catch Up	14 Grace Day	15 John 10
16 John 11	17 John 12	18 Watch The Bible Project video for John 13-21, read John 13	19 John 14	20 Catch Up
21 Grace Day	22 John 15	23 John 16	24 John 17	25 John 18
26 John 19	27 Catch Up	28 Grace	29 John 20	30 John 21
31 Watch The Bible Project video for Matthew 1-13, read Mathew 1	32 And so on, going through Matthew, Mark, and Luke	<p><b>Make sense? There's a Bible Project video for Matthew 14-28, Mark, Luke 1-9, and Luke 10-24</b></p>		

# Meet my new book!



Laura's newest book, *Restore My Soul* dives into the Psalms and uses modern day stories to illustrate how relevant they are today. *Restore My Soul* reminds readers that God loves, protects, and provides for us in all our emotions—the beautiful, wonderful moments and the gut-wrenching, terrifying moments. He never leaves us. The psalmists knew this, and they took everything to God—yes, their praise and rejoicing, but also their anger and sorrow. God is faithful in everything we face and feel. This truth can truly restore our souls.

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