

# 2018



# FOOD PLAN

Jesus wants us to be well fed as Christians. Here are some guidelines on how to eat:

**1. ASK** God to speak to you through his word. **2. READ** some of the weekly chapters (perhaps stop when you have a couple of things that stand out). **3. THINK** about the verses that stand out: ask questions of the text. What does it tell me about God? Humanity? Jesus? Salvation? What does it mean for me today? What is God saying to me? **4. ACT** on it: ask the Lord what he wants you to do? **5. PRAY** about what you have learnt & ask God to help you respond.

*Reading the Bible isn't the only part of a good devotional rhythm. We suggest thinking about how you can integrate more prayer and worship into your daily life.*

<input type="checkbox"/> 5-Feb	Joshua 1-9	<input type="checkbox"/> 11-Jun	Hebrews	<input type="checkbox"/> 15-Oct	Psalms 73-89
<input type="checkbox"/> 12-Feb	Joshua 10-17	<input type="checkbox"/> 18-Jun	2 Samuel 1-7	<input type="checkbox"/> 22-Oct	1 Chronicles 1-10
<input type="checkbox"/> 19-Feb	Joshua 18-24	<input type="checkbox"/> 25-Jun	2 Samuel 8-14	<input type="checkbox"/> 29-Oct	1 Chronicles 11-20
<input type="checkbox"/> 26-Feb	Philippians, Colossians	<input type="checkbox"/> 2-Jul	2 Samuel 15-24	<input type="checkbox"/> 5-Nov	1 Chronicles 21-29
<input type="checkbox"/> 5-Mar	1-2 Thessalonians	<input type="checkbox"/> 9-Jul	1-2 Peter	<input type="checkbox"/> 12-Nov	Mark 1-8
<input type="checkbox"/> 12-Mar	Judges 1-9	<input type="checkbox"/> 16-Jul	1-3 John, Jude	<input type="checkbox"/> 19-Nov	Mark 9-16
<input type="checkbox"/> 19-Mar	Judges 10-16	<input type="checkbox"/> 23-Jul	Revelation 1-11	<input type="checkbox"/> 26-Nov	Jeremiah 1-9
<input type="checkbox"/> 26-Mar	Judges 17-21, Ruth	<input type="checkbox"/> 30-Jul	Revelation 12-21	<input type="checkbox"/> 3-Dec	Jeremiah 10-17
<input type="checkbox"/> 2-Apr	Acts 1-9	<input type="checkbox"/> 6-Aug	1 Kings 1-10	<input type="checkbox"/> 10-Dec	Jeremiah 18-26
<input type="checkbox"/> 9-Apr	Acts 10-18	<input type="checkbox"/> 13-Aug	1 Kings 11-22	<input type="checkbox"/> 17-Dec	Jeremiah 27-35
<input type="checkbox"/> 16-Apr	Acts 19-28	<input type="checkbox"/> 20-Aug	Matthew 1-9	<input type="checkbox"/> 24-Dec	Jeremiah 36-45
<input type="checkbox"/> 23-Apr	Psalms 42-57	<input type="checkbox"/> 27-Aug	Matthew 10-18	<input type="checkbox"/> 31-Dec	Jeremiah 46-52
<input type="checkbox"/> 30-Apr	Psalms 58-72	<input type="checkbox"/> 3-Sep	Matthew 19-28	<input type="checkbox"/> 7-Jan	Lamentations
<input type="checkbox"/> 7-May	1 Samuel 1-10	<input type="checkbox"/> 10-Sep	2 Kings 1-8	<input type="checkbox"/> 14-Jan	1 Corinthians 1-7
<input type="checkbox"/> 14-May	1 Samuel 11-20	<input type="checkbox"/> 17-Sep	2 Kings 9-17	<input type="checkbox"/> 21-Jan	1 Corinthians 8-16
<input type="checkbox"/> 21-May	1 Samuel 21-31	<input type="checkbox"/> 24-Sep	2 Kings 18-25	<input type="checkbox"/> 28-Jan	2 Corinthians
<input type="checkbox"/> 28-May	1-2 Timothy	<input type="checkbox"/> 1-Oct	Romans 1-8		
<input type="checkbox"/> 4-Jun	Titus, Philemon, James	<input type="checkbox"/> 8-Oct	Romans 9-16		

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Need to catch up? Don't stress. Just skip to the current week. God wants to speak to you today!