

## FOR GROWING CHRISTIANS

(You may cross out the days only after completing your meditation and sharing!)

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| Day 1 <input type="checkbox"/> 1 John 5:1-14         | Day 36 <input type="checkbox"/> Matthew 5:1-12          |
| Day 2 <input type="checkbox"/> John 16:11-27         | Day 37 <input type="checkbox"/> Matthew 5:13-20         |
| Day 3 <input type="checkbox"/> Galatians 5:13-26     | Day 38 <input type="checkbox"/> Matthew 5:21-32         |
| Day 4 <input type="checkbox"/> 1 Corinthians 13:1-13 | Day 39 <input type="checkbox"/> Matthew 5:33-48         |
| Day 5 <input type="checkbox"/> Matthew 7:1-12        | Day 40 <input type="checkbox"/> Matthew 6:1-15          |
| Day 6 <input type="checkbox"/> Matthew 7:24-29       | Day 41 <input type="checkbox"/> Matthew 6:16-24         |
| Day 7 <input type="checkbox"/> Colossians 2:1-8      | Day 42 <input type="checkbox"/> Matthew 6:25-34         |
|  |   |
| Day 8 <input type="checkbox"/> John 1:1-18           | Day 43 <input type="checkbox"/> Matthew 24:1-14         |
| Day 9 <input type="checkbox"/> John 4:7-26           | Day 44 <input type="checkbox"/> Matthew 24:15-31        |
| Day 10 <input type="checkbox"/> John 6:26-40         | Day 45 <input type="checkbox"/> Matthew 24:32-51        |
| Day 11 <input type="checkbox"/> John 8:1-12          | Day 46 <input type="checkbox"/> 1 Thessalonians 4:1-18  |
| Day 12 <input type="checkbox"/> John 10:1-11         | Day 47 <input type="checkbox"/> 1 Thessalonians 5:1-11  |
| Day 13 <input type="checkbox"/> John 11:1-46         | Day 48 <input type="checkbox"/> 1 Thessalonians 5:12-28 |
| Day 14 <input type="checkbox"/> John 15:1-8          | Day 49 <input type="checkbox"/> Psalm 23                |
|  |   |
| Day 15 <input type="checkbox"/> Psalm 19:7-14        | Day 50 <input type="checkbox"/> 1 Corinthians 9:24-37   |
| Day 16 <input type="checkbox"/> Proverbs 2:1-10      | Day 51 <input type="checkbox"/> Proverbs 24:30-34       |
| Day 17 <input type="checkbox"/> Jeremiah 29:11-13    | Day 52 <input type="checkbox"/> 1 Peter 2:9-25          |
| Day 18 <input type="checkbox"/> James 1:22-25        | Day 53 <input type="checkbox"/> 2 Timothy 3:1-17        |
| Day 19 <input type="checkbox"/> James 3:13-18        | Day 54 <input type="checkbox"/> Philippians 2:1-8       |
| Day 20 <input type="checkbox"/> James 5:7-20         | Day 55 <input type="checkbox"/> Colossians 3:18-25      |
| Day 21 <input type="checkbox"/> Psalm 63:1-11        | Day 56 <input type="checkbox"/> 1 Timothy 2:1-15        |
|  |   |
| Day 22 <input type="checkbox"/> Hebrews 10:17-25     | Day 57 <input type="checkbox"/> James 1:1-16            |
| Day 23 <input type="checkbox"/> John 10:22-30        | Day 58 <input type="checkbox"/> James 3:1-12            |
| Day 24 <input type="checkbox"/> Romans 8:31-39       | Day 59 <input type="checkbox"/> James 4:1-17            |
| Day 25 <input type="checkbox"/> 1 John 1:1-10        | Day 60 <input type="checkbox"/> 1 Peter 4:1-19          |
| Day 26 <input type="checkbox"/> Ephesians 4:17-32    | Day 61 <input type="checkbox"/> 1 Peter 5:1-14          |
| Day 27 <input type="checkbox"/> Colossians 3:1-17    | Day 62 <input type="checkbox"/> 1 John 2:1-14           |
| Day 28 <input type="checkbox"/> Psalm 119:9-16       | Day 63 <input type="checkbox"/> 1 John 2:15-29          |
|  |   |
| Day 29 <input type="checkbox"/> Mark 8:1-26          | Day 64 <input type="checkbox"/> 1 John 3:1-24           |
| Day 30 <input type="checkbox"/> Mark 9:14-29         | Day 65 <input type="checkbox"/> 1 John 4:1-21           |
| Day 31 <input type="checkbox"/> Mark 10:17-31        | Day 66 <input type="checkbox"/> Hebrews 4:12-16         |
| Day 32 <input type="checkbox"/> Mark 11:15-26        | Day 67 <input type="checkbox"/> Hebrews 13:15-25        |
| Day 33 <input type="checkbox"/> Mark 12:41-44        | Day 68 <input type="checkbox"/> Ephesians 6:10-24       |
| Day 34 <input type="checkbox"/> Mark 14:32-42        | Day 69 <input type="checkbox"/> 2 Timothy 2:1-13        |
| Day 35 <input type="checkbox"/> Psalm 119:81-88      | Day 70 <input type="checkbox"/> Matthew 28:16-20        |

### How do I drink the Milk of God's Word?

1. Pray (Psalm 119:18)—wait upon the Lord and sense His presence!
2. Meditate on the passage several times. “What is the passage saying?”
3. Record key thoughts/lessons/applications. “What is God saying to me?”
4. Thank God for His Word and write out your prayer.
5. Share your meditation with at least one person through your day.