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21

**Day Guide
to Begin
Your Daily
Time with
God.**





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A NOTE FROM PASTOR MARK QUATTROCHI

There is no other practice that will transform your life and help you become more like Jesus than knowing God's Word. If you aim to be a healthy disciple of Jesus, spending time in scripture to be fed should be a discipline that is established so well that it becomes second nature.

Jesus called it "abiding." In John 8:31, He said, *"If you abide in My word, then you are truly disciples of mine."*

In the next 21 days, our hope is that you make a daily habit of spending time in God's Word, which is His voice. This will allow you to know the Bible in a deeper way and put into practice what you learn.

God's Word is not meant just to inform you, but to transform you. God never meant for Bible study to simply increase our knowledge. Receiving, reading, researching, remembering, and reflecting on the Bible become useless in helping us live an abundant life if we fail to put it into practice. Without action, the Bible just becomes another book, and not the transformative compass and survival guide for our lives.

In James 1:22, the apostle says if we want our lives to be blessed by God we must become "doers of the Word."

Matthew 7:24 shows us that Jesus says both knowing and applying the Word creates the foundation for our lives.

"Everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock."

In order to become Christ-like, we must become living translations of God's Word. We are not transformed by just knowing. We are transformed by doing what we know.

When God speaks, your life will be transformed. But, that can only happen by making the Bible the authoritative standard for your life. It must be the compass on which you rely for direction, the counsel you seek for making wise decisions, and the benchmark you use for evaluating everything. The Bible must always have the first and last word in your life.

My hope is that the next 21 days will become the most important days of your life. I pray these days will change the trajectory of your future, and that God will be more known to you than ever before.



Mark Quattrochi
Lead Pastor | theChapel

15 MINUTES WITH GOD

A SCHEDULED PLAN TO GET YOU STARTED

1. RELAX (1 minute)

Slow down and be still. Find a quiet place where you can prepare your heart. Take a few deep breaths and wait on God.

2. READ (4 minutes)

In these next twenty-one days, you will be reading the Book of James.

3. REFLECT (4 minutes)

Use the questions on the next page to help you meditate on each day's Scripture passage.

4. RECORD (2 minutes)

Write out a daily application statement that is personal, practical, possible, and provable.

5. REQUEST (4 minutes)

Conclude your daily time with God by talking to him about what he has shown you and making your requests to him in prayer.

3 QUESTIONS

BRING EACH DAY'S READING ALIVE

WHAT DID YOU SEE?

What jumped out in your reading? What was surprising, confirming, comforting, or challenging?

WHAT DO YOU THINK?

How does this impact you? What does it say about how you view life, God, yourself, or others?

WHAT WILL YOU DO?

How can this change who you are and how you act? What can you do to live this out today/tomorrow?

But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do. JAMES 1:25

WEEK ONE

BEGINNING YOUR NEW LIFE-CHANGING HABIT

If you are reading this, then you have already taken one of the most important steps in your spiritual growth. In fact, multiple independent studies show that the single most transformative practice you can cultivate in the Christian life is the habit of daily Bible reading. Nothing else comes close to the growth that results when you interact with God's Word every day.

Think about it. There are thousands of voices that are speaking into us every single day telling us who we are, who we are supposed to be, what we are supposed to like and dislike, how we are supposed to act, dress, and behave. How important is it to let God—the one who made us and truly loves us—speak into our lives at least once a day? The goal of this guide is to help you do just that. The most important step in building this habit? Starting! And here you are. Check that box as already done!

How Do I Build This Habit?

The first rule of habit-building is not just to set a goal, but to build a system to accomplish that goal. "I want to read the Bible more." That's the goal part. Think of New Year's resolutions: we want to lose weight, pray more, be better with money, love people better, etc. These goals push us to try, but what often happens by the second week of January? Our resolutions come crashing to the ground.

Take some time right now and answer the following four questions:

1. What time of the day will you open to each day's reading? _____

2. Where will you be when you open to each day's reading? _____

3. How long will you spend? (Set a realistic goal. Don't feel bad starting with just 5 minutes!) _____

4. How will you track your progress? _____

If you want to cultivate this habit of daily Bible reading, start by paying attention to your system. In fact, let's build a system.

Write Your "Statement of Commitment"

Write out a statement of commitment, based on your answers above and sign it. Recent studies found that 91% of people who wrote down their intended habit actually followed through. Feel free to model the example below and write your own statement of commitment in the box below.

"I will open this booklet each day when I'm in my car before driving to work. I will spend 15 minutes per day. I will complete the 3 questions daily as a sign of my progress."

Let perseverance finish its work so that you may be mature and complete, not lacking anything. JAMES 1:4

THE BOOK OF JAMES

To help you begin your journey into the Bible, we will be reading through the Book of James, located towards the end of the New Testament. So, what is this book about?

Let's Set the Scene

This book is actually a letter written by a man named James, who was the half-brother of Jesus; they shared the same mother. Though Scripture hints at some possible tension James had with Jesus during his ministry (imagine the difficulties of having God-in-flesh as a brother), James grew into a wise and strong leader. In fact, James became the leader of a community of Jesus-followers in Jerusalem, the very first church. He was known for his knowledge of the Scriptures, his wise discernment, and his leadership even through tough times. Most scholars believe James wrote this letter within twenty years of Jesus' resurrection.

James held firm to his devotion to Jesus, even when his community fell on tough times. As a result of a terrible famine the city of Jerusalem experienced at the time, the church faced rampant poverty along with growing tension with the occupying Roman army and Jewish leaders that resulted in violent persecution of these early Christians. Yet, through all of this, James persisted in leading these followers of Jesus with consistency, humility, and strength.

Out of this turmoil, James wrote this letter. Unlike other letters you may read in the Bible (like Paul's letters to the Romans, Galatians, Ephesians, etc.), this letter is to all of Jesus' followers, who are scattered all throughout the known world. This letter is a collection of teachings about how to live best as a Jesus follower—basically, how to be wise. Each teaching ties back to the Old Testament wisdom books like Proverbs and Job, but also retells and gives commentary to Jesus' most famous "Sermon on the Mount." Usually, the teaching from James ends with a punchy one-liner to help you remember.

Why It's Important to You

So, what does this letter written thousands of years ago to ancient people have to do

with you and your life? James wrote this letter to people that faced ongoing challenges in their life: Some had problems with holding their tongue; others tended to play favorites; some were divided in what they lived for; others pretended to be more religious than they actually were. Sound like a group of people you can empathize with?

Of course! This is such a great place to start your Bible reading because of its power to transform your daily life. In this letter, James is not primarily concerned with addressing the particular issues of his time, but to get into the personal lives of all of us who call ourselves "Christians." By getting personal, you'll see that James' words and challenges will have no problem applying to your life now. Be careful, it may sting a little! But like Jesus said, *"You will know the truth, and the truth will set you free (John 8:32)."*

DAY 1

James 1:1–8

RELAX: Slow down and be still.

READ: James 1:1–8

Faith Produces Perseverance

1 James, a servant of God and of the Lord Jesus Christ, To the twelve tribes scattered among the nations: Greetings. 2 Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, 3 because you know that the testing of your faith produces perseverance. 4 Let perseverance finish its work so that you may be mature and complete, not lacking anything. 5 If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. 6 But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. 7 That person should not expect to receive anything from the Lord. 8 Such a person is double-minded and unstable in all they do.

REFLECT then record:

Meditate on today's passage using the following questions as a guide, then write out your thoughts.

WHAT DID YOU SEE?

What jumped out in your reading? What was surprising, confirming, comforting, or challenging?

WHAT DO YOU THINK?

How does this impact you? What does it say about how you view life, God, yourself, or others?

WHAT WILL YOU DO?

How can this change who you are and how you act? What can you do to live this out today?

REQUEST: Talk with God about what you just read and thought through. Ask for his help and direction to live it out. Remember to involve him in this. He wants to hear from you!

DAY 2

James 1:9–12

RELAX: Slow down and be still.

READ: James 1:9–12

True Perseverance

9 Believers in humble circumstances ought to take pride in their high position. 10 But the rich should take pride in their humiliation—since they will pass away like a wildflower. 11 For the sun rises with scorching heat and withers the plant; its blossom falls and its beauty is destroyed. In the same way, the rich will fade away even while they go about their business. 12 Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him.

REFLECT then record: Meditate on today's passage using the following questions as a guide, then write out your thoughts.

WHAT DID YOU SEE?

What jumped out in your reading? What was surprising, confirming, comforting, or challenging?

WHAT DO YOU THINK?

How does this impact you? What does it say about how you view life, God, yourself,

or others?

WHAT WILL YOU DO?

How can this change who you are and how you act? What can you do to live this out today?

REQUEST: Talk with God about what you just read and thought through. Ask for his help and direction to live it out. Remember to involve him in this. He wants to hear from you!

DAY 3

James 1:13–18

RELAX: Slow down and be still.

READ: James 1:13–18

Our Desires versus God's Gifts 13 When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone; 14 but each person is tempted when they are dragged away by their own evil desire and enticed. 15 Then, after desire has conceived, it gives birth to sin; and when it is full-grown, gives birth to death. 16 Don't be deceived, my dear brothers and sisters. 17 Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. 18 He chose to give us birth through the word of truth, that we might be a kind of firstfruits of all he created.

REFLECT then record: Meditate on today's passage using the following questions as a guide, then write out your thoughts.

WHAT DID YOU SEE?

What jumped out in your reading? What was surprising, confirming, comforting, or challenging?

WHAT DO YOU THINK?

How does this impact you? What does it say about how you view life, God, yourself, or others?

WHAT WILL YOU DO?

How can this change who you are and how you act? What can you do to live this out today?

REQUEST: Talk with God about what you just read and thought through. Ask for his help and direction to live it out. Remember to involve him in this. He wants to hear from you!

DAY 4

James 1:19–21

RELAX: Slow down and be still.

READ: James 1:19–21

Living as Listeners

19 My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, 20 because human anger does not produce the righteousness that God desires. 21 Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you.

REFLECT then record: Meditate on today's passage using the following questions as a guide, then write out your thoughts.

WHAT DID YOU SEE?

What jumped out in your reading? What was surprising, confirming, comforting, or challenging?

WHAT DO YOU THINK?

How does this impact you? What does it say about how you view life, God, yourself, or others?

WHAT WILL YOU DO?

How can this change who you are and how you act? What can you do to live this out today?

REQUEST: Talk with God about what you just read and thought through. Ask for his help and direction to live it out. Remember to involve him in this. He wants to hear from you!

DAY 5

James 1:22–27

RELAX: Slow down and be still.

READ: James 1:22–27

Living as Hearers and Doers

22 Do not merely listen to the word, and so deceive yourselves. Do what it says. 23 Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror 24 and, after looking at himself, goes away and immediately forgets what he looks like. 25 But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do. 26 Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves, and their religion is worthless. 27 Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world.

REFLECT then record: Meditate on today's passage using the following questions as a guide, then write out your thoughts.

WHAT DID YOU SEE?

What jumped out in your reading? What was surprising, confirming, comforting, or challenging?

WHAT DO YOU THINK?

How does this impact you? What does it say about how you view life, God, yourself, or others?

WHAT WILL YOU DO?

How can this change who you are and how you act? What can you do to live this out today?

REQUEST: Talk with God about what you just read and thought through. Ask for his help and direction to live it out. Remember to involve him in this. He wants to hear from you!

DAY 6

James 2:1–4

RELAX: Slow down and be still.

READ: James 2:1–4

Favoritism and Discrimination

1 My brothers and sisters, believers in our glorious Lord Jesus Christ must not show favoritism. 2 Suppose a man comes into your meeting wearing a gold ring and fine clothes, and a poor man in filthy old clothes also comes in. 3 If you show special attention to the man wearing fine clothes and say, "Here's a good seat for you," but say to the poor man, "You stand there" or "Sit on the floor by my feet," 4 Have you not discriminated among yourselves and become judges with evil thoughts?

REFLECT then record: Meditate on today's passage using the following questions as a guide, then write out your thoughts.

WHAT DID YOU SEE?

What jumped out in your reading? What was surprising, confirming, comforting, or challenging?

WHAT DO YOU THINK?

How does this impact you? What does it say about how you view life, God, yourself, or others?

WHAT WILL YOU DO?

How can this change who you are and how you act? What can you do to live this out today?

REQUEST: Talk with God about what you just read and thought through. Ask for his help and direction to live it out. Remember to involve him in this. He wants to hear from you!

DAY 7

James 2:5–13

RELAX: Slow down and be still.

READ: James 2:5–13

Favoritism and Discrimination (continued)

5 Listen, my dear brothers and sisters: Has not God chosen those who are poor in the eyes of the world to be rich in faith and to inherit the kingdom he promised those who love him? 6 But you have dishonored the poor. Is it not the rich who are exploiting you? Are they not the ones who are dragging you into court? 7 Are they not the ones who are blaspheming the noble name of him to whom you belong? 8 If you really keep the royal law found in Scripture, "Love your neighbor as yourself," you are doing right. 9 But if you show favoritism, you sin and are convicted by the law as lawbreakers. 10 For whoever keeps the whole law and yet stumbles at just one point is guilty of breaking all of it. 11 For he who said, "You shall not commit adultery," also said, "You shall not murder." If you do not commit adultery but do commit murder, you have become a lawbreaker. 12 Speak and act as those who are going to be judged by the law that gives freedom, 13 because judgment without mercy will be shown to anyone who has not been merciful. Mercy triumphs over judgment.

REFLECT then record: Meditate on today's passage using the following questions as a guide, then write out your thoughts.

WHAT DID YOU SEE?

What jumped out in your reading? What was surprising, confirming, comforting, or challenging?

WHAT DO YOU THINK?

How does this impact you? What does it say about how you view life, God, yourself, or others?

WHAT WILL YOU DO?

How can this change who you are and how you act? What can you do to live this out today?

REQUEST: Talk with God about what you just read and thought through. Ask for his help and direction to live it out. Remember to involve him in this. He wants to hear from you!

WEEK 2

In the same way, faith by itself, if it is not accompanied by action, is dead. PSALM 119:11

BUILDING ON YOUR HABIT

Congratulations, you made it through your first week! This is a big accomplishment worth celebrating. Believe it or not, you are already one-third of the way through your 21 days of habit building. This may have been the most Bible you've ever read on your own, and you could have lots of questions. That's a great thing! We learn best when we ask questions and discuss what we're learning with others. Talk to others in your small group, or ask any pastor after a weekend service.

Take a minute right now and think about the results of this new habit you are cultivating. What have you learned (about yourself, God, or others)? What challenges did you face? Was there any slight or major change you experienced as a result of your efforts? Reflecting on these things will help you stay consistent this week.

Keeping the Habit

Sticking with this for one week is an amazing start. As time continues, however, it can become easier and easier to miss a day or to drop this habit altogether. There is a lot of research about strengthening your habits that could help you build this important spiritual habit in the days ahead.

Try these tips to help enforce your new habit.

1. Shape Your Environment

Where are you spending your time with God? Is it quiet? Is it refreshing? If it isn't, it is far more likely for you to drop the habit. Make it comfortable and tie it to something pleasant like coffee, fresh air, or even chocolate!

2. Link Your Habits

Struggling with consistency? Take something you do every day already (brushing teeth, watching TV, driving, eating breakfast) and link that already built habit with your time with God. For instance, put this guide on top of your TV remote as a reminder to do this first. Place it under your toothbrush or in your car to read before each day's drive. By doing this, you link the strength of your current habit with this new one.

3. Don't Miss Twice

Remember to not get on a guilt trip if you miss a day here or there. At the same time, do your best to not miss two in a row, which could easily stop your efforts. Instead, if you miss a day, just pick back up where you left off!

Praying for God's Help

God has given us his Holy Spirit to guide, empower, and equip us for the life he has for us. Remember that you are not on your own as you cultivate this habit. The God of the universe is celebrating alongside you as you put the effort in to hear from him every day!

DAY 8

James 2:14–17

RELAX: Slow down and be still.

READ: James 2:14–17

Faith with Action

14 What good is it, my brothers and sisters, if someone claims to have faith but has no deeds? Can such faith save them? 15 Suppose a brother or a sister is without clothes and daily food. 16 If one of you says to them, "Go in peace; keep warm and well fed," but does nothing about their physical needs, what good is it? 17 In the same way, faith by itself, if it is not accompanied by action, is dead.

REFLECT then record: Meditate on today's passage using the following questions as a guide, then write out your thoughts.

WHAT DID YOU SEE?

What jumped out in your reading? What was surprising, confirming, comforting, or challenging?

WHAT DO YOU THINK?

How does this impact you? What does it say about how you view life, God, yourself, or others?

WHAT WILL YOU DO?

How can this change who you are and how you act? What can you do to live this out today?

REQUEST: Talk with God about what you just read and thought through. Ask for his help and direction to live it out. Remember to involve him in this. He wants to hear from you!

DAY 9

James 2:18–26

RELAX: Slow down and be still.

READ: James 2:18–26

Faith as a Lifestyle

18 But someone will say, "You have faith; I have deeds." Show me your faith without deeds, and I will show you my faith by my deeds. 19 You believe that there is one God. Good! Even the demons believe that—and shudder. 20 You foolish person, do you want evidence that faith without deeds is useless? 21 Was not our father Abraham considered righteous for what he did when he offered his son Isaac on the altar? 22 You see that his faith and his actions were working together, and His faith was made complete by what he did. 23 And the scripture was fulfilled that says, "Abraham believed God, and it was credited to him as righteousness," and he was called God's friend. 24 You see that a person is considered righteous by what they do and not by faith alone. 25 In the same way, was not even Rahab the prostitute considered righteous for what she did when she gave lodging to the spies and sent them off in a different direction? 26 As the body without the spirit is dead, so faith without deeds is dead.

REFLECT then record: Meditate on today's passage using the following questions as a guide, then write out your thoughts.

WHAT DID YOU SEE?

What jumped out in your reading? What was surprising, confirming, comforting, or challenging?

WHAT DO YOU THINK?

How does this impact you? What does it say about how you view life, God, yourself, or others?

WHAT WILL YOU DO?

How can this change who you are and how you act? What can you do to live this out today?

REQUEST: Talk with God about what you just read and thought through. Ask for his help and direction to live it out. Remember to involve him in this. He wants to hear from you!

DAY 10

James 3:1–5

RELAX: Slow down and be still.

READ: James 3:1–5

The Power of Words

1 Not many of you should become teachers, my fellow believers, because you know that we who teach will be judged more strictly. 2 We all stumble in many ways. Anyone who is never at fault in what they say is perfect, able to keep their whole body in check. 3 When we put bits into the mouths of horses to make them obey us, we can turn the whole animal. 4 Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go. 5 Likewise, the tongue is a small part of the body, but it makes great boasts.

REFLECT then record: Meditate on today's passage using the following questions as a guide, then write out your thoughts.

WHAT DID YOU SEE?

What jumped out in your reading? What was surprising, confirming, comforting, or challenging?

WHAT DO YOU THINK?

How does this impact you? What does it say about how you view life, God, yourself, or others?

WHAT WILL YOU DO?

How can this change who you are and how you act? What can you do to live this out today?

REQUEST: Talk with God about what you just read and thought through. Ask for his help and direction to live it out. Remember to involve him in this. He wants to hear from you!

DAY 11

James 3:5–12

RELAX: Slow down and be still.

READ: James 3:5b–12

Controlling Our Mouths

Consider what a great forest is set on fire by a small spark. ⁶The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole body, sets the whole course of one's life on fire, and is itself set on fire by hell. ⁷All kinds of animals, birds, reptiles and sea creatures are being tamed and have been tamed by mankind, ⁸ but no human being can tame the tongue. It is a restless evil, full of deadly poison. ⁹With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness. ¹⁰ Out of the same mouth come praise and cursing. My brothers and sisters, this should not be. ¹¹ Can both fresh water and salt water flow from the same spring? ¹² My brothers and sisters, can a fig tree bear olives, or a grapevine bear figs? Neither can a salt spring produce fresh water.

REFLECT then record: Meditate on today's passage using the following questions as a guide, then write out your thoughts.

WHAT DID YOU SEE?

What jumped out in your reading? What was surprising, confirming, comforting, or challenging?

WHAT DO YOU THINK?

How does this impact you? What does it say about how you view life, God, yourself, or others?

WHAT WILL YOU DO?

How can this change who you are and how you act? What can you do to live this out today?

REQUEST: Talk with God about what you just read and thought through. Ask for his help and direction to live it out. Remember to involve him in this. He wants to hear from you!

DAY 12

James 3:13–18

RELAX: Slow down and be still.

READ: James 3:13–18

God's Wisdom versus World's Wisdom

13 Who is wise and understanding among you? Let them show it by their good life, by deeds done in the humility that comes from wisdom. 14 But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. 15 Such "wisdom" does not come down from heaven but is earthly, unspiritual, demonic. 16 For where you have envy and selfish ambition, there you find disorder and every evil practice. 17 But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. 18 Peacemakers who sow in peace reap a harvest of righteousness.

REFLECT then record: Meditate on today's passage using the following questions as a guide, then write out your thoughts.

WHAT DID YOU SEE?

What jumped out in your reading? What was surprising, confirming, comforting, or challenging?

WHAT DO YOU THINK?

How does this impact you? What does it say about how you view life, God, yourself, or others?

WHAT WILL YOU DO?

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REQUEST: Talk with God about what you just read and thought through. Ask for his help and direction to live it out. Remember to involve him in this. He wants to hear from you!

DAY 13

James 4:1–3

RELAX: Slow down and be still.

READ: James 4:1–3

The Cause of Conflict

1 What causes fights and quarrels among you? Don't they come from your desires that battle within you? 2 You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have it because you do not ask God. 3 When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.

REFLECT then record: Meditate on today's passage using the following questions as a guide, then write out your thoughts.

WHAT DID YOU SEE?

What jumped out in your reading? What was surprising, confirming, comforting, or challenging?

WHAT DO YOU THINK?

How does this impact you? What does it say about how you view life, God, yourself, or others?

WHAT WILL YOU DO?

How can this change who you are and how you act? What can you do to live this out today?

REQUEST: Talk with God about what you just read and thought through. Ask for his help and direction to live it out. Remember to involve him in this. He wants to hear from you!

DAY 14

James 4:4–10

RELAX: Slow down and be still.

READ: James 4:4–10

Conflict with God

4 You adulterous people, don't you know that friendship with the world means enmity against God? Therefore, anyone who chooses to be a friend of the world becomes an enemy of God. 5 Or do you think Scripture says without reason that he jealously longs for the spirit he has caused to dwell in us? 6 But he gives us more grace. That is why Scripture says: "God opposes the proud but shows favor to the humble." 7 Submit yourselves, then, to God. Resist the devil, and he will flee from you. 8 Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. 9 Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. 10 Humble yourselves before the Lord, and he will lift you up.

REFLECT then record: Meditate on today's passage using the following questions as a guide, then write out your thoughts.

WHAT DID YOU SEE?

What jumped out in your reading? What was surprising, confirming, comforting, or challenging?

WHAT DO YOU THINK?

How does this impact you? What does it say about how you view life, God, yourself, or others?

WHAT WILL YOU DO?

How can this change who you are and how you act? What can you do to live this out today?

REQUEST: Talk with God about what you just read and thought through. Ask for his help and direction to live it out. Remember to involve him in this. He wants to hear from you!



WEEK 3

Be patient, then, brothers and sisters, until the Lord's coming. See how the farmer waits for the land to yield its valuable crop, patiently waiting for the autumn and spring rains. You too, be patient and stand firm, because the Lord's coming is near.
JAMES 5:7–8

STRENGTHENING YOUR HABIT

What an accomplishment! You've now been spending daily time with God for two weeks straight and are almost finished with an entire book of the Bible! Whether you've missed a day here or there, remember that reading the Bible is a "get to" life opportunity instead of a "have to" religious rule. God knows we live best when our lives are shaped by his Word. This habit has been shown to be the single most transformative element in spiritual growth. Whether you have just started this journey with Jesus or you have been walking alongside him for a long time now, regular Bible reading and reflection helps growth at all stages. And of course it would—it's God's Word to us!

How to Strengthen this Habit

By now, you may be tempted to push it much harder than you have: quadruple the time, read twice as much Bible each day, or spend twice as much time in prayer. Be careful!

Remember, we want to focus on our systems instead of just the goal. If you begin to bite off too much, you could become discouraged and give up. Your brain is actually designed to find the easiest solution—to "hack" your plans. If it is too hard, your brain will work to find a shortcut. Instead, imagine taking very small steps forward.

Reflect on the Results

It's always good to see results for our investment in time. As the Bible talks about it, there should be fruit from our labor. We see a lower number on the scale after diet and exercise. We see a better grade on a test after studying. We see more money in our bank account after saving. This spurs us on to keep our habits.

If you want to increase your time with God each day from, say, 5 minutes, try adding just one minute a day this next week.

On Monday, do 6 minutes. Tuesday, 7 minutes. Wednesday, 8 minutes. And so on. By the end of the week, you'll be at almost 15 minutes! Then stay there.

Sometimes, the spiritual realm can feel a bit more ambiguous. But it's not! Reflect on what Paul writes to Timothy:

2 Timothy 3:16–17 TLB

The whole Bible was given to us by inspiration from God and is useful to teach us what is true, and to make us realize what is wrong in our lives; it straightens us out and helps us do what is right. It is God's way of making us well prepared at every point, fully equipped to do good to everyone.

Take some time, right now, and write down a few results you have seen from your efforts so far. Look at the passage above and see if any of it has come alive in your life. Whatever results you have seen, write them down in the space below:

DAY 15

James 4:11–12

RELAX: Slow down and be still.

READ: James 4:11–12

Conflict with People

11 Brothers and sisters, do not slander one another. Anyone who speaks against a brother or sister or judges them speaks against the law and judges it. When you judge the law, you are not keeping it, but sitting in judgment on it. 12 There is only one Lawgiver and Judge, the one who is able to save and destroy. But you—who are you to judge your neighbor?

REFLECT then record: Meditate on today's passage using the following questions as a guide, then write out your thoughts.

WHAT DID YOU SEE?

What jumped out in your reading? What was surprising, confirming, comforting, or challenging?

WHAT DO YOU THINK?

How does this impact you? What does it say about how you view life, God, yourself, or others?

WHAT WILL YOU DO?

How can this change who you are and how you act? What can you do to live this out today?

REQUEST: Talk with God about what you just read and thought through. Ask for his help and direction to live it out. Remember to involve him in this. He wants to hear from you!

DAY 16

James 4:13–17

RELAX: Slow down and be still.

READ: James 4:13–17

Warning to the Proud

13 Now listen, you who say, "Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money." 14 Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. 15 Instead, you ought to say, "If it is the Lord's will, we will live and do this or that." 16 As it is, you boast in your arrogant schemes. All such boasting is evil. 17 If anyone, then, knows the good they ought to do and doesn't do it, it is sin for them.

REFLECT then record: Meditate on today's passage using the following questions as a guide, then write out your thoughts.

WHAT DID YOU SEE?

What jumped out in your reading? What was surprising, confirming, comforting, or challenging?

WHAT DO YOU THINK?

How does this impact you? What does it say about how you view life, God, yourself,

or others?

WHAT WILL YOU DO?

How can this change who you are and how you act? What can you do to live this out today?

REQUEST: Talk with God about what you just read and thought through. Ask for his help and direction to live it out. Remember to involve him in this. He wants to hear from you!

DAY 17

James 5:1–6

RELAX: Slow down and be still.

READ: James 5:1–6

Warning to the Well-Off

1 Now listen, you rich people, weep and wail because of the misery that is coming on you. 2 Your wealth has rotted, and moths have eaten your clothes. 3 Your gold and silver are corroded. Their corrosion will testify against you and eat your flesh like fire. You have hoarded wealth in the last days. 4 Look! The wages you failed to pay the workers who mowed your fields are crying out against you. The cries of the harvesters have reached the ears of the Lord Almighty. 5 You have lived on earth in luxury and self-indulgence. You have fattened yourselves on the day of slaughter. 6 You have condemned and murdered the innocent one, who was not opposing you.

REFLECT then record: Meditate on today's passage using the following questions as a guide, then write out your thoughts.

WHAT DID YOU SEE?

What jumped out in your reading? What was surprising, confirming, comforting, or challenging?

WHAT DO YOU THINK?

How does this impact you? What does it say about how you view life, God, yourself, or others?

WHAT WILL YOU DO?

How can this change who you are and how you act? What can you do to live this out today?

REQUEST: Talk with God about what you just read and thought through. Ask for his help and direction to live it out. Remember to involve him in this. He wants to hear from you!

DAY 18

James 5:7–9

RELAX: Slow down and be still.

READ: James 5:7–9

Brave Patience

7 Be patient, then, brothers and sisters, until the Lord's coming. See how the farmer waits for the land to yield its valuable crop, patiently waiting for the autumn and spring rains. 8 You too, be patient and stand firm, because the Lord's coming is near. 9 Don't grumble against one another, brothers and sisters, or you will be judged. The Judge is standing at the door!

REFLECT then record: Meditate on today's passage using the following questions as a guide, then write out your thoughts.

WHAT DID YOU SEE?

What jumped out in your reading? What was surprising, confirming, comforting, or challenging?

WHAT DO YOU THINK?

How does this impact you? What does it say about how you view life, God, yourself, or others?

WHAT WILL YOU DO?

How can this change who you are and how you act? What can you do to live this out today?

REQUEST: Talk with God about what you just read and thought through. Ask for his help and direction to live it out. Remember to involve him in this. He wants to hear from you!

DAY 19

James 5:10–12

RELAX: Slow down and be still.

READ: James 5:10–12

Brave Patience (continued)

10 Brothers and sisters, as an example of patience in the face of suffering, take the prophets who spoke in the name of the Lord.

11As you know, we count as blessed those who have persevered. You have heard of Job’s perseverance and have seen what the Lord finally brought about. The Lord is full of compassion and mercy. 12 Above all, my brothers and sisters, do not swear—not by heaven or by earth or by anything else. All you need to say is a simple “Yes” or “No.” Otherwise you will be condemned.

REFLECT then record: Meditate on today’s passage using the following questions as a guide, then write out your thoughts.

WHAT DID YOU SEE?

What jumped out in your reading? What was surprising, confirming, comforting, or challenging?

WHAT DO YOU THINK?

How does this impact you? What does it say about how you view life, God, yourself,

or others?

WHAT WILL YOU DO?

How can this change who you are and how you act? What can you do to live this out today?

REQUEST: Talk with God about what you just read and thought through. Ask for his help and direction to live it out. Remember to involve him in this. He wants to hear from you!

DAY 20

James 5:13–18

RELAX: Slow down and be still.

READ: James 5:13–18

The Power of Prayer

13 Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise. 14 Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. 15 And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. 16 Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. 17 Elijah was a human being, even as we are. He prayed earnestly that it would not rain, and it did not rain on the land for three and a half years. 18 Again he prayed, and the heavens gave rain, and the earth produced its crops.

REFLECT then record: Meditate on today's passage using the following questions as a guide, then write out your thoughts.

WHAT DID YOU SEE?

What jumped out in your reading? What was surprising, confirming, comforting, or challenging?

WHAT DO YOU THINK?

How does this impact you? What does it say about how you view life, God, yourself, or others?

WHAT WILL YOU DO?

How can this change who you are and how you act? What can you do to live this out today?

REQUEST: Talk with God about what you just read and thought through. Ask for his help and direction to live it out. Remember to involve him in this. He wants to hear from you!

DAY 21

James 5:19–20

RELAX: Slow down and be still.

READ: James 5:19–20

Closing Instructions

19 My brothers and sisters, if one of you should wander from the truth and someone should bring that person back, 20 remember this: Whoever turns a sinner from the error of their way will save them from death and cover over a multitude of sins.

REFLECT then record: Meditate on today's passage using the following questions as a guide, then write out your thoughts.

WHAT DID YOU SEE?

What jumped out in your reading? What was surprising, confirming, comforting, or challenging?

WHAT DO YOU THINK?

How does this impact you? What does it say about how you view life, God, yourself, or others?

WHAT WILL YOU DO?

How can this change who you are and how you act? What can you do to live this out today?

REQUEST: Talk with God about what you just read and thought through. Ask for his help and direction to live it out. Remember to involve him in this. He wants to hear from you!



WEEK 4

Let perseverance finish its work so that you may be mature and complete, not lacking anything. JAMES 1:4

CONGRATULATIONS!

WHAT'S NEXT?

You have now spent 21 days cultivating the habit of daily time with God. Though this was a major commitment of time and discipline, the return on the investment will be exponential and eternal. God promises that his Word "will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it. You will go out in joy and be led forth in peace." (Isaiah 55:11–12) Exploring God's Word every day will bring you joy and peace. Perhaps you have already experienced this!

Next Steps

1. Celebrate this accomplishment. Treat yourself to something special or a fun experience to represent this step forward in your life. And remember to thank God for his help!

2. Plan your next step. You have committed this time and worked hard to build this new habit, so DON'T LOSE IT! Take a moment right now to plan out what you will read in the Bible tomorrow during your daily time with God. Whatever you choose, just make sure you engage with the Bible tomorrow! The only wrong next step is not taking one.

3. Ask for help when you need it. There is a whole world of resources out there to help you continue this habit. If you have any questions, have hit a wall, want to share about your progress, or need some help along this journey, reach out by emailing info@theChapel.cc

Plan Ahead

When I will have my daily time with God tomorrow: _____ Which book of the Bible will I read next: _____



14

The Last Supper

On the first day of the Festival of Unleavened Bread, Jesus took his disciples to a room and prepared the Passover. He said to them, "I have eagerly desired to eat this Passover with you before I suffer. But since I cannot, I will observe it with you from now on. Take and eat, for this is my body." And he took the cup, gave thanks, and said, "This is my blood of the covenant, which is poured out for many. Drink from it, all of you. Whenever you drink from this cup, you will be drinking my blood. I tell you, I will not drink from the fruit of the vine again until I drink it with you in the kingdom." And when he had said this, he took the bread and broke it, and gave it to them, and they ate. And he took the cup, and gave thanks, and gave it to them, and they all drank from it. This was the last supper that Jesus had with his disciples before he died for us.

Peter's Denial

Jesus said to Peter, "Simon, son of John, do you love me?" He answered, "Yes, Lord, you know that I love you." Jesus said to him, "Feed my sheep." Peter asked him, "Lord, where are you going?" Jesus answered, "Where I am going, you cannot follow me now. But later you will follow me. Truly, truly, I tell you, when you were young, you used to dress and undress yourself without my help. But when you are old, you will stretch out your hands, and another will dress and undress you, and that will be to your shame. And all this will happen to you this year or the next." Peter said to him, "Lord, why do you tell me this if I am not to follow you? I will follow you wherever you go." Jesus answered, "Peter, Satan has asked to sift you as wheat. But you will stand firm. I will go ahead and go to Jerusalem, die, and be buried. And after three days I will rise again. And when I have risen, I will go ahead of you to Galilee. But you must not say anything to anyone. After I have risen, I will meet you in Galilee, and you will tell everyone that you saw me." Peter said to him, "Lord, when will you appear to me?" Jesus answered, "Peter, I tell you, before the rooster crows, you will deny me three times. You will not know me." Peter said to him, "Lord, even if I have to die with you, I will not deny you. And all the other disciples said the same thing.

Jesus Arrested

Just as he was speaking, a crowd came toward him, and one of them, a man named Judas Iscariot, the son of Mary, stepped forward. He was one of the twelve. He went to Jesus and said, "Greetings, Rabbi!" He kissed him. Jesus said to him, "Friend, why are you doing this?" Judas answered, "I am doing what I know." Then Jesus said to him, "You have no power over me." At that time, Simon Peter drew his sword and struck the high priest's servant, cutting off his right ear. Jesus said to Peter, "Put your sword away. Whoever uses the sword will perish by the sword. I do not want to call the Father's angels to help me, for that would fulfill the saying, 'He who strikes a servant with the sword will die by the sword.' But the Father's will is that I should not lose a single hair of my head. Yet this must happen. Whoever loves his life will lose it, and whoever hates his life in this world will keep it for eternal life. If anyone wants to be with me, he must deny himself, take up his cross, and follow me. For whoever wants to save his life will lose it, and whoever loses his life for me and the gospel will save it. For the Son of Man must be betrayed and killed, and after three days he will rise again. And whoever loves me and keeps my commandments will remain in my love, and I will come to him and eat with him and drink with him, and I will love him, and the Father will love him, and we will come to him and make our home with him. The one who does not love me does not keep my commandments. Therefore, if you do not keep my commandments, you will not see me, and you will not know me, and you will not be with me. The one who keeps my commandments will remain in my love, and I will come to him and eat with him and drink with him, and I will love him, and the Father will love him, and we will come to him and make our home with him. The one who does not love me does not keep my commandments. Therefore, if you do not keep my commandments, you will not see me, and you will not know me, and you will not be with me. The one who keeps my commandments will remain in my love, and I will come to him and eat with him and drink with him, and I will love him, and the Father will love him, and we will come to him and make our home with him.

MARK 14:55

KEYS TO A POWERFUL PRAYER LIFE

Here is a simple, seven-step method you can use to add power to your prayer life. It's based on The Lord's Prayer. If you follow these steps for forty days, your prayer life will be radically improved.

Matthew 6:9

"This, then, is how you should pray . . ."

Praise: Begin By Honoring God

Matthew 6:9 NKJV

"Our Father in heaven, Hallowed be Your name."

Two Ways to Praise God

- **ADORATION** — Praising God for who he is.

As you read your Bible, make a list of God's character qualities that you discover and then review them when you pray. For example, he is loving (John 3:16), compassionate (Psalm 103:13), merciful (Luke 6:36), forgiving (1 John 1:9), committed to us (Isaiah 49:15). What other characteristics can you think of?

God's character is the basis for our boldness in making requests in prayer. We ask with faith when we ask according to God's character. God answers the prayers that acknowledge who he is!

Hebrews 4:16 NLT

So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.

- **THANKSGIVING** — Praising God for what he has done. Psalm 100:4 NKJV

Enter into His gates with thanksgiving, and into His courts with praise. Be thankful to Him, and bless His name.

Make a list of all that you are thankful for today and review it when you pray:

Now You Pray: Begin by offering praise to God for who he is and what he has done in your life. You might pray something like this to get started:

Heavenly Father,

I worship you today. You are my God, my King, my Savior and Lord. Thank you for your faithfulness. Thank you for your mercy. Thank you for your grace and compassion.

Now begin to thank him for specific things that come to mind.

How has he blessed you? How has he provided for you? How has he protected you? Don't think about the prayers he hasn't answered yet. Thank him for the prayers he has already answered. Thank him for what you already have.

Purpose: Commit to Do God's Will

Matthew 6:10 NKJV

"Your kingdom has come. You will be done on earth as it is in heaven."

Romans 12:1b GNT

Offer yourselves as a living sacrifice to God, dedicated to his service and pleasing to him. This is the true worship that you should offer.

Now You Pray: Pray a short prayer surrendering your will to God's will. Pray something like this:

Lord,

I believe you know what's best for me. So I want to do things your way. Please bring your rulership and wisdom into every area of my life today . . .

Provision: Ask God to Provide Your Daily Needs

Matthew 6:11 NKJV

"Give us this day our daily bread."

What needs can you pray about? All of them! There is nothing too big—or too small—for God's attention. He cares about every detail of your life.

James 4:2b

You do not have, because you do not ask God.

Matthew 6:32–33 NLT

“Your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.”

Now You Pray: Make a list of your specific needs today and tell the Lord about them.

Pardon: Ask God to Forgive Your Sins

Matthew 6:12 NKJV *“Forgive us our debts . . .”*

Don't be afraid to tell the Lord about your sins. He already knows them. He just wants you to admit them to him and to yourself. He promises to forgive you when you ask him to.

1 John 1:9

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

Psalms 32:5 NLT

Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, “I will confess my rebellion to the Lord.” And you forgave me! All my guilt is gone.

Now You Pray: Take a minute to talk to God about any unconfessed sin in your life. If you can't think of anything, ask him to show you if there is something you need to confess.

People: Pray for Other People

Matthew 6:12b NKJV

“ . . . as we forgive our debtors.”

1 Timothy 2:1b TLB

Pray much for others; plead for God's mercy upon them; give thanks for all he is going to do for them.

The Bible commands us to pray for other people—even those who have harmed us.

Now You Pray: Make a list of people you need to pray for. They can be family, friends, co-workers, and of course, people you know who do not have a personal relationship with Jesus Christ. Pray as the Lord leads you. At the very least, mention their names in prayer to God and ask for his blessing on their lives. If your list becomes too long, spread them over different days of the week.

Family, friends, co-workers, etc. Be sure to pray for those who do not know Jesus yet.

Protection: Ask for spiritual protection

Matthew 6:13 KJV

“And lead us not into temptation, but deliver us from evil.”

Christians face a spiritual battle every day. Satan wants to defeat us through temptation and fear. By praying for protection, you will have the confidence to face every situation during the day.

1 John 4:4b GNT

The Spirit who is in you is more powerful than the spirit in those who belong to the world.

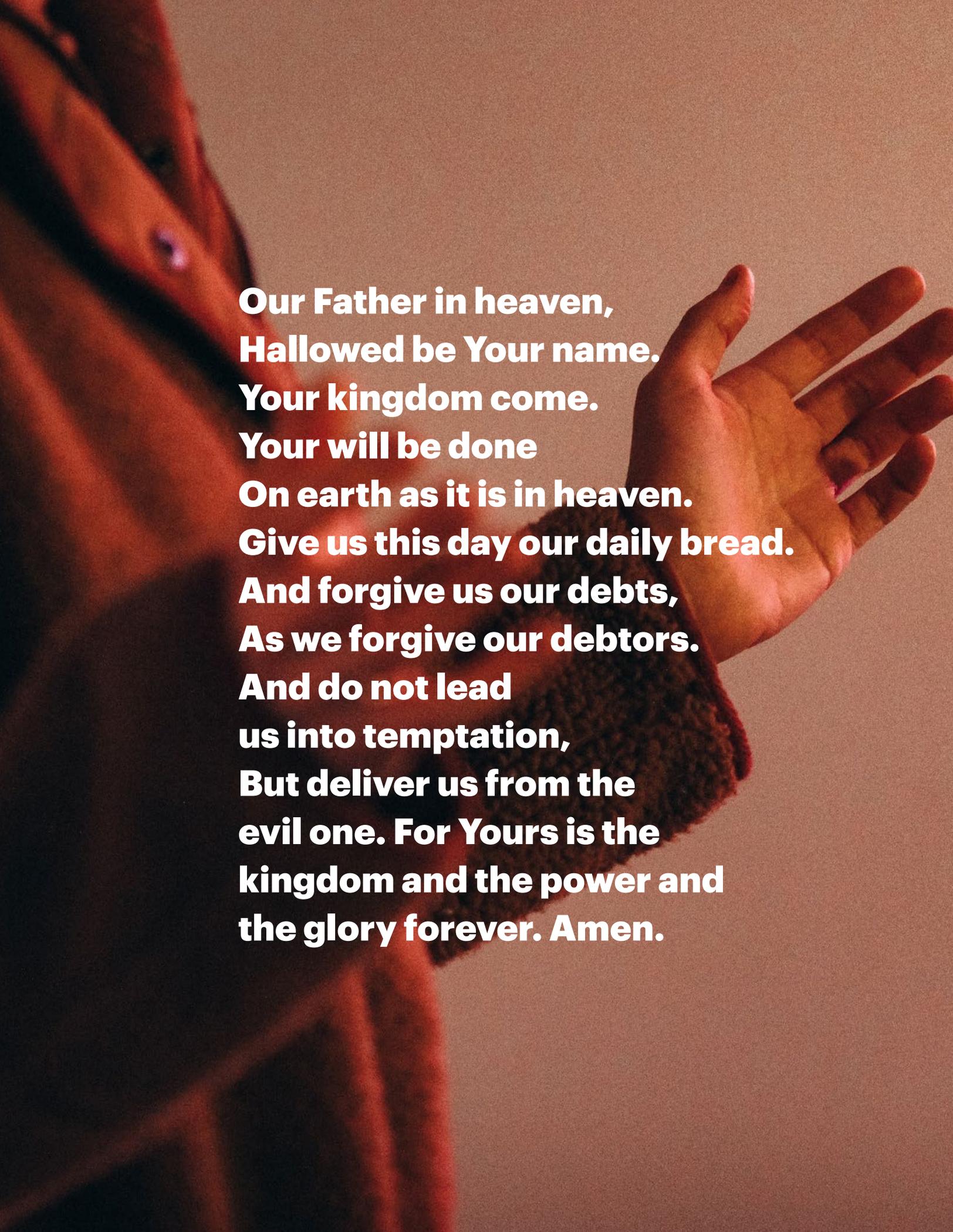
Now You Pray: Ask the Lord to keep you safe from danger or harm. Ask him to give you inner strength to flee from temptation.

Praise: Finish the Way You Started with Worship

Matthew 6:13b NKJV

“For Yours is the kingdom and the power and the glory forever. Amen.”

Now You Pray: Thank God for hearing your prayer. Praise him in advance for what he is going to do.



**Our Father in heaven,
Hallowed be Your name.
Your kingdom come.
Your will be done
On earth as it is in heaven.
Give us this day our daily bread.
And forgive us our debts,
As we forgive our debtors.
And do not lead
us into temptation,
But deliver us from the
evil one. For Yours is the
kingdom and the power and
the glory forever. Amen.**

