Jan. 1 – Apr. 8

*Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.* — Hebrews 12:1–2 (ESV)

**“TRAIN YOURSELF IN GODLINESS”**

(1 Tim. 4:7)

*The Rise and Fall of Israel’s Kingdom*

*1 & 2 Samuel*

*1 & 2 Kings*

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| 1 & 2 Samuel — 1 & 2 Kings | | | | | | |
| Church | Mon. | Tue. | Wed. | Thurs. | Fri. | Sat. |
| 12/31 | **1S** 1:1-2:11 | 2:12-36 | 3 | 4:1-5:12 | 6:1-7:2 | 7:3-8:22 |
| 01/07 | 9-10 | 11-12 | 13 | 14 | 15 | 16 |
| 01/14 | 17 | 18-19 | 20 | 21-22 | 23 | 24 |
| 01/21 | 25 | 26 | 27 | 28:1-29:11 | 30:1-31:13 | **2S** 1:1-2:7 |
| 01/28 | 2:8-32 | 3 | 4 | 5 | 6 | 7 |
| 02/04 | 8:1-9:19 | 10 | 11 | 12 | 13 | 14 |
| 02/11 | 15 | 16 | 17 | 18:1-19:8 | 19:9-43 | 20 |
| 02/18 | 21 | 22 | 23 | 24 | **1K** 1 | 2 |
| 02/25 | 3 | 4 | 5:1-6:38 | 7 | 8 | 9 |
| 03/03 | 10 | 11 | 12 | 13 | 14 | 15:1-16:7 |
| 03/10 | 16:8-34 | 17 | 18 | 19 | 20 | 21 |
| 03/17 | 22 | **2K** 1 | 2 | 3 | 4 | 5 |
| 03/24 | 6:1-23 | 6:24-7:20 | 8 | 9 | 10 | 11:1-12:21 |
| 03/31 | 13 | 14 | 15 | 16 | 17 | 18 |
| 04/08 | 19 | 20 | 21 | 22:1-23:30 | 23:31-24:17 | 24:18-25:30 |

**WHY PURSUE DISCIPLESHIP**? Christians are, by definition, Christ’s disciples (Acts 11:26). Disciples must commit to a disciplined lifestyle as they follow their Lord (1 John 2:5–6). The following activities are Christ-centered guidelines to help the spiritual "workout" (1. Tim. 4:7).

1. **SOLITUDE (Mark 1:35).** Schedule a set time each day (optimal time

½ hr. +) with *NO DISTRACTIONS* (No phone!).

1. **SCRIPTURE STUDY (2 Tim. 3:16**–**17).** Have a notebook ready. **Read each chapter *two* times per day**: morning and noon/evening. Summarize what you read using the H.E.A.R.1 method:

* **H**ighlight what stands out (aim to capture a single thought).
* **E**xplain what it means in the original context (consult a study Bible).
* **A**pply it to our time and circumstances.
* **R**espond — apply the verses to your walk.

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| 31 PSALMS FOR DAILY WORSHIP | | | | |
| 1. Psalm 8 | 8. Psalm 46 | 15. Psalm 96 | 22. Psalm 111 | 29. Psalm 134 |
| 2. Psalm 19 | 9. Psalm 47 | 16. Psalm 97 | 23. Psalm 113 | 30. Psalm 135 |
| 3. Psalm 23 | 10. Psalm 65 | 17. Psalm 98 | 24. Psalm 115 | 31. Psalm 136 |
| 4. Psalm 24 | 11. Psalm 67 | 18. Psalm 99 | 25. Psalm 116 |  |
| 5. Psalm 29 | 12. Psalm 84 | 19. Psalm 100 | 26. Psalm 117 |  |
| 6. Psalm 33 | 13. Psalm 91 | 20. Psalm 103 | 27. Psalm 118 |  |
| 7. Psalm 34 | 14. Psalm 93 | 21. Psalm 104 | 28. Psalm 130 |  |

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| **1S** — 1 Samuel | **2S** – 2 Samuel | **1K** – 1 Kings | **2K** – 2 Kings |

1. **SCRIPTURE MEMORIZATION (Psalm 119:11).** Use Mooretown’s memory verse of the month.
2. **WORSHIP (John 4:23).** Worship the Lord with one of your favorite songs an
3. d incorporate the Psalms (see the bottom right chart).
4. **PRAY (1 Thess. 5:17).** Have an updated prayer list.One of the ways to organize your prayer is by using the acronym P.R.A.Y.,2 which is based around the *Lord's Prayer* in Matthew 6:9b–13 (ESV):

* **P**raise God for who he is and what he has done (v. 9b: "Our Father in heaven, hallowed be your name.")
* **R**epent of your sins of both commission and omission (v. 12: "and forgive us our debts, as we also have forgiven our debtors.").
* **A**sk for the needs of others and yourself (v. 11: "Give us this day our daily bread"; v. 13: "and lead us not into temptation, but deliver us from evil."). *Be sure to bring up the needs of the church, both locally and worldwide (esp. remember the persecuted Christians).*
* **Y**ield your will to God's will and his agenda (v. 10: "Your kingdom come, your will be done, on earth as it is in heaven.")