

Reading Journal and Group Guide

For use with any reading plan, alone or with a small group

“Open my eyes, that I may see wondrous things out of your law.”
PSALM 119:18, WEB

READ SLOWLY: SIX STEPS

1. **Be still** for a moment. A breath and a short prayer: “Speak, Lord, for your servant hears.”
2. **Read once** straight through. Who is speaking, to whom, and why?
3. **Read again**, slower, aloud if you can.
4. **Stop** where a word or phrase catches you, and stay with it for a minute.
5. **Pray it back**: thank, ask, confess, or repeat the phrase to God.
6. **Carry one line** into the day.

JOURNALING PROMPTS (PICK ONE OR TWO)

- What happened in today’s reading, in one sentence?
- What does this passage show me about God?
- What does it show me about people, and about me?
- Is there a promise to trust, a command to obey, an example to follow or a warning to heed?
- What surprised, confused or troubled me?
- What one word or phrase will I carry into today?
- What do I want to say to God after reading this?
- Looking back over the week: what keeps coming up?

THIS WEEK

DAY	READING	ONE LINE THAT CAUGHT ME, AND MY PRAYER
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

WHAT KEPT COMING UP THIS WEEK

A 45-MINUTE SMALL-GROUP MEETING

1. **Open** with a short prayer or a psalm from the week's readings.
2. **Check in.** Everyone says how the week's reading went, honestly. "I read two days" is a fine answer.
3. **Share one line.** Each person reads aloud one verse that caught them and says why, in a minute or two. No comments yet.
4. **Talk about one passage.** What does it say? What did it mean to its first hearers? What does it ask of us?
5. **Pray** for one another, briefly, by name.

HABITS THAT KEEP A GROUP HEALTHY

- No one has to read or pray aloud who would rather not.
- Welcome people who are behind. The plan is never a contest.
- Write down questions no one can answer, and look them up together next week, or ask a pastor or priest.
- If the group spans more than one church, let each person describe their own tradition's practice in their own words.

PLANS THAT SUIT A GROUP

PLAN	MEETINGS
Gospels in 30 days	4 to 5 meetings, one a week
Lent 2027 (John)	6 meetings, Feb 14 to Mar 21
Easter season	7 meetings, Apr 4 to May 16
Advent 2026	4 meetings, Nov 29 to Dec 20
New Testament in 90 days	13 meetings, one a week

GROUP LOG

DATE	READINGS COVERED	PASSAGE WE DISCUSSED, AND WHAT WE NOTICED	PRAYER REQUESTS

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