

JANUARY		
Beginner's Track		
1	Matt	1:18-25
2	Matt	2:1-12
3	Matt	3:1-12
4	Matt	4:1-11
5	Matt	5:43-48
6	Matt	6:25-34
7	Matt	7:7-12
8	Matt	8:5-13
9	Matt	9:9-13
10	Matt	10:32-39
11	Matt	11:25-30
12	Matt	12:1-14
13	Matt	13:1-23
14	Matt	14:22-33
15	Matt	15:1-20
16	Matt	16:21-28
17	Matt	17:14-23
18	Matt	18:21-35
19	Matt	19:16-30
20	Matt	20:20-28
21	Matt	21:12-17
22	Matt	22:34-40
23	Matt	23:1-12
24	Matt	24:36-51
25	Matt	25:14-30
26	Matt	26:17-30
27	Matt	27:11-26
28	Matt	28:16-20
29	Acts	1:1-11
30	Acts	2:36-47
31	Acts	3:1-16

FEBRUARY		
1	Acts	4:23-31
2	Acts	5:27-32
3	Acts	6:1-7
4	Acts	7:51-53
5	Acts	8:32-39
6	Acts	9:10-19
7	Acts	10:30-43
8	Acts	11:19-26
9	Acts	12:1-11
10	Acts	13:32-41
11	Acts	14:1-7
12	Acts	15:5-11
13	Acts	16:1-10
14	Acts	17:10-15
15	Acts	18:24-28
16	Acts	19:11-20
17	Acts	20:17-24
18	Acts	21:17-25
19	Acts	22:1-21
20	Acts	23:1-11
21	Acts	24:10-21
22	Acts	25:8-12
23	Acts	26:19-29
24	Acts	27:21-26
25	Acts	28:21-31
26	Psalm	1
27	Psalm	4
28	Psalm	8
29		

S *scripture*
what does it say?

O *observation*
what does that mean?

A *application*
what does that mean for me?

P *prayer*
how will I pray?

Y *yes God, today...*
how will I be different today?

MAY		
Beginner's Track		
1	I Cor	14:1-19, 39-40
2	I Cor	15:1-11, 30-32
3	I Cor	16:5-9, 13-14
4	II Cor	1:1-11, 20-22
5	II Cor	2:5-11 or 14-15
6	II Cor	3:7-18
7	II Cor	4:1-12
8	II Cor	5:11-21
9	II Cor	6:3-10 or 14-18
10	II Cor	7:8-11
11	II Cor	8:1-9
12	II Cor	9:6-11
13	II Cor	10:1-5
14	II Cor	11:1-6, 13-15
15	II Cor	12:1-10
16	II Cor	13:1-5
17	Psalm	42:1-8
18	Psalm	46:1-11
19	Psalm	47:1-9
20	Psalm	51:1-19
21	Psalm	53:1-6
22	Psalm	54:1-7
23	Psalm	57:1-11
24	Psalm	60:1-12
25	Psalm	62:1-12
26	Psalm	63:1-11
27	Psalm	66:1-4, 16-20
28	Psalm	68:1-20
29	Psalm	69:1-36
30	Psalm	71:1-24
31	Gal	1:1-24

JUNE		
1	Gal	2:11-21
2	Gal	3:1-9
3	Gal	4:1-7
4	Gal	5:16-26
5	Gal	6:6-10
6	Phil	1:1-11
7	Phil	2:1-11
8	Phil	3:7-16
9	Phil	4:4-9
10	Col	1:13-23
11	Col	2:6-15
12	Col	3:12-17
13	Col	4:2-6
14	I Thess	1
15	I Thess	2:1-9
16	I Thess	3:6-13
17	I Thess	4:13-18
18	I Thess	5:12-22
19	II Thess	1:3-10
20	II Thess	2:13-17
21	II Thess	3:1-5
22	Luke	1:26-38
23	Luke	2:8-20
24	Luke	3:1-20
25	Luke	4:38-44
26	Luke	5:1-11
27	Luke	6:46-49
28	Luke	7:36-50
29	Luke	8:40-56
30	Luke	9:18-27

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P *prayer*
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how will I be different today?

SEPTEMBER		
Beginner's Track		
1	James	2:14-26
2	James	3:1-12
3	James	4:1-10
4	James	5:13-18
5	I Peter	1:3-9
6	I Peter	2:13-25
7	I Peter	3:1-7
8	I Peter	4:12-19
9	I Peter	5:1-7
10	II Peter	1:3-12
11	II Peter	2:1-3
12	II Peter	3:1-13
13	I John	1:5-10
14	I John	2:15-17
15	I John	3:16-20
16	I John	4:1-6
17	I John	5:1-12
18	II John	1:7-11
19	III John	1:2-8
20	Jude	1:3-4
21	Psalm	108:1-5
22	Psalm	109:21-27
23	Psalm	112:1-8
24	Psalm	115:1-8
25	Psalm	118:5-9
26	Psalm	119:9-16
27	Psalm	121:1-8
28	Psalm	123:1-4
29	Psalm	127:1-5
30	Psalm	130:1-8

OCTOBER		
1	Psalm	131
2	Psalm	133
3	Psalm	135:13-21
4	Psalm	138
5	Psalm	139:1-10
6	Psalm	142
7	Psalm	143:5-10
8	Psalm	145:1-9
9	Psalm	148
10	Psalm	150
11	John	1:1-18
12	John	2:1-11
13	John	3:1-21
14	John	4:43-54
15	John	5:16-27
16	John	6:60-71
17	John	7:37-43
18	John	8:48-59
19	John	9:1-11
20	John	10:22-39
21	John	11:17-44
22	John	12:12-19
23	John	13:1-17
24	John	14:1-14
25	John	15:1-8
26	John	16:5-15
27	John	17:1-5
28	John	18:28-37
29	John	19:28-37
30	John	20:24-31
31	John	21:1-14

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P *prayer*
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how will I be different today?

MARCH	
Beginner's Track	
1	Psalm 10:13-14
2	Psalm 13:1-6
3	Psalm 16:7-11
4	Psalm 18:27-36
5	Psalm 20:6-9
6	Psalm 22:1-5
7	Psalm 23:1-6
8	Psalm 25:4-9
9	Psalm 27:1-5
10	Psalm 29:1-4
11	Psalm 31:19-24
12	Psalm 33:13-22
13	Psalm 36:5-9
14	Psalm 37:1-7
15	Psalm 38:1-15
16	Psalm 40:1-5
17	Rom 1:16-32
18	Rom 2:12-16
19	Rom 3:21-31
20	Rom 4:16-25
21	Rom 5:1-11
22	Rom 6:1-14
23	Rom 7:7-25
24	Rom 8:1-17
25	Rom 9:6-26
26	Rom 10:1-15
27	Rom 11:25-36
28	Rom 12:1-8
29	Rom 13:8-10
30	Rom 14:1-18
31	Rom 15:1-13

APRIL	
1	Rom 16:17-20
2	Mark 1:1-8
3	Mark 2:13-17
4	Mark 3:20-30
5	Mark 4:1-20
6	Mark 5:21-34
7	Mark 6:30-44
8	Mark 7:1-23
9	Mark 8:31-38
10	Mark 9:14-32
11	Mark 10:17-31
12	Mark 11:12-26
13	Mark 12:28-34
14	Mark 13:32-37
15	Mark 14:27-31, 66-72
16	Mark 15:33-41
17	Mark 16:9-20
18	I Cor 1:18-31
19	I Cor 2:6-16
20	I Cor 3:1-9
21	I Cor 4:1-5
22	I Cor 5:9-13
23	I Cor 6:12-20
24	I Cor 7:17-24, 32-35
25	I Cor 8:9-13
26	I Cor 9:19-27
27	I Cor 10:1-13
28	I Cor 11:23-29
29	I Cor 12:4-13
30	I Cor 13:4-8

"How do I get started?"

The best way to get started is to meet once a week for a month to journal with a group or person who is already journaling regularly.

For help finding a journaling group in your area or any other journaling questions, please call the church office at 425.450.9899 or general@cornerstoneSeattle.com

JULY	
Beginner's Track	
1	Luke 10:25-37
2	Luke 11:1-13
3	Luke 12:22-34
4	Luke 13:22-30
5	Luke 14:25-35
6	Luke 15:11-31
7	Luke 16:1-15
8	Luke 17:1-4
9	Luke 18:9-14
10	Luke 19:1-10
11	Luke 20:9-19
12	Luke 21:1-4
13	Luke 22:39-46
14	Luke 23:32-43
15	Luke 24:50-53
16	I Tim 1:12-17
17	I Tim 2:1-7
18	I Tim 3:1-7
19	I Tim 4:9-13
20	I Tim 5:1-2
21	I Tim 6:3-10
22	II Tim 1:7-14
23	II Tim 2:22-26
24	II Tim 3:10-17
25	II Tim 4:1-8
26	Titus 1:6-9
27	Titus 2:11-15
28	Titus 3:1-8
29	Phlm 1:4-7
30	Psalm 73:25-28
31	Psalm 75:1

AUGUST	
1	Psalm 77:11-15
2	Psalm 78:36-41
3	Psalm 79:9
4	Psalm 81:13-16
5	Psalm 84:1-2,10
6	Psalm 86:11-13
7	Psalm 89:1-8
8	Psalm 91:14-16
9	Psalm 92:1-5
10	Psalm 95:6-7
11	Psalm 98
12	Psalm 100
13	Psalm 102:24-28
14	Psalm 103:8-10
15	Psalm 104:1-3, 31-34
16	Psalm 105:4-7
17	Psalm 106:1-5
18	Heb 1:1-4
19	Heb 2:14-18
20	Heb 3:12-15
21	Heb 4:12-16
22	Heb 5:12-14
23	Heb 6:10-12
24	Heb 7:22-28
25	Heb 8:7-13
26	Heb 9:24-28
27	Heb 10:22-25
28	Heb 11:1-2, 39-40
29	Heb 12:1-2, 7-11
30	Heb 13:15-16
31	Jam 1:2-16

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NOVEMBER	
Beginner's Track	
1	Rev 1:1-8, 17-18
2	Rev 2:1-29
3	Rev 3:1-22
4	Rev 4:1-11
5	Rev 5:1-14
6	Rev 6:1-17
7	Rev 7:9-17
8	Rev 8:1-5
9	Rev 9:20-21
10	Rev 10:6-7
11	Rev 11:15-18
12	Rev 12:1-12, 17
13	Rev 13:4-8, 11-18
14	Rev 14:6-7
15	Rev 15:1-4
16	Rev 16:4-16
17	Rev 17:12-14
18	Rev 18:2-8
19	Rev 19:9-20
20	Rev 20:1-15
21	Rev 21:1-27
22	Rev 22:1-21
23	Proverbs 1:1-19
24	Proverbs 2:1-15
25	Proverbs 3:1-12, 27-32
26	Proverbs 4:7,13,20-27
27	Proverbs 5:21-23
28	Proverbs 6:1-19
29	Proverbs 7:1-5
30	Proverbs 8:13,34-36

DECEMBER	
1	Proverbs 9:7-10
2	Proverbs 10:1-32
3	Proverbs 11:1-31
4	Proverbs 12:1-28
5	Proverbs 13:1-25
6	Proverbs 14:1-35
7	Proverbs 15:1-33
8	Proverbs 16:1-33
9	Proverbs 17:1-28
10	Proverbs 18:1-24
11	Proverbs 19:1-29
12	Proverbs 20:1-30
13	Proverbs 21:1-31
14	Proverbs 22:1-16
15	Proverbs 23:1-30
16	Proverbs 24:1-27
17	Proverbs 25:9-28
18	Proverbs 26:1-28
19	Proverbs 27:1-27
20	Proverbs 28:1-28
21	Proverbs 29:1-27
22	Proverbs 30:5-6, 15-33
23	Proverbs 31:10-31
24	Luke 1:1-80
25	Luke 2:1-40
26	Ephes 1:1-23
27	Ephes 2:1-22
28	Ephes 3:14-21
29	Ephes 4:1-32
30	Ephes 5:1-33
31	Ephes 6:1-20

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