

GUIDELINES FOR READING SCRIPTURE

John Wesley, founder of the Wesleyan movement, lived a life that sparked radical transformation in individuals and society. His Oxford intellect fueled a hunger for reading widely and writing prolifically. Yet he often referred to himself as “a man of one book.” Below is a paraphrase of his guidelines for engaging with this One Book.

Practice Daily. By submitting to this discipline, we become rooted in Scripture and it takes root in us.

Go Small. By moving through small portions at a time, we are able to focus our minds and hearts more intentionally, and soak in what we are reading.

Listen + Obey. Read with a focused purpose to know the will of God and a fixed resolution to do it. Ask for the wisdom to understand God’s direction and the courage to obey it.

Follow the Story. The great themes run like a thread through the Bible. Keep watch for them. How does the passage at hand point to the larger Story?

Pray. The same Holy Spirit who inspired the writing of Scripture continues to inspire the reading of it today. Begin your reading with prayer for understanding. End your time with prayer for application and transformation. Ask that the seeds of truth will give way to the fruit of growth.

Pause + Act. When finished, we should pause and reflect on what we have heard and what it means for our lives. Then, in humble obedience, we should actively live it out.



a daily journey



**One chapter a day, everyday for six months.
For those who want to dig deeper, read a Psalm or
chapter from Proverbs as well.**

1. John 1 / Psalm 1
2. John 2 / Psalm 2
3. John 3 / Psalm 3
4. John 4 / Psalm 4
5. John 5 / Psalm 5
6. John 6 / Psalm 6
7. John 7 / Psalm 7
8. John 8 / Psalm 8
9. John 9 / Psalm 9
10. John 10 / Psalm 10
11. John 11 / Psalm 11
12. John 12 / Psalm 12
13. John 13 / Psalm 13
14. John 14 / Psalm 14
15. John 15 / Psalm 15
16. John 16 / Psalm 16
17. John 17 / Psalm 17
18. John 18 / Psalm 18
19. John 19 / Psalm 19
20. John 20 / Psalm 20
21. John 21 / Psalm 21
22. Acts 1 / Psalm 22
23. Acts 2 / Psalm 23
24. Acts 3 / Psalm 24
25. Acts 4 / Psalm 25
26. Acts 5 / Psalm 26
27. Acts 6 / Psalm 27
28. Acts 7 / Psalm 28
29. Acts 8 / Psalm 29
30. Acts 9 / Psalm 30
31. Acts 10 / Psalm 31
32. Acts 11 / Psalm 32
33. Acts 12 / Psalm 33
34. Acts 13 / Psalm 34
35. Acts 14 / Psalm 35
36. Acts 15 / Psalm 36
37. Acts 16 / Psalm 37
38. Acts 17 / Psalm 38
39. Acts 18 / Psalm 39
40. Acts 19 / Psalm 40
41. Acts 20 / Psalm 41
42. Acts 21 / Psalm 42
43. Acts 22 / Psalm 43
44. Acts 23 / Psalm 44
45. Acts 24 / Psalm 45
46. Acts 25 / Psalm 46
47. Acts 26 / Psalm 47
48. Acts 27 / Psalm 48
49. Acts 28 / Psalm 49
50. Philippians 1 / Psalm 50
51. Philippians 2 / Psalm 51
52. Philippians 3 / Psalm 52
53. Philippians 4 / Psalm 53
54. Genesis 1 / Psalm 54
55. Genesis 2 / Psalm 55
56. Genesis 3 / Psalm 56
57. Genesis 4 / Psalm 57
58. Genesis 6 / Psalm 58
59. Genesis 7 / Psalm 59
60. Genesis 8 / Psalm 60
61. Genesis 9 / Psalm 61
62. Genesis 12 / Psalm 62
63. Genesis 13 / Psalm 63
64. Genesis 14 / Psalm 64
65. Genesis 15 / Psalm 65
66. Genesis 16 / Psalm 66
67. Genesis 17 / Psalm 67
68. Genesis 18 / Psalm 68
69. Genesis 19 / Psalm 69
70. Genesis 21 / Psalm 70
71. Genesis 22 / Psalm 71
72. Exodus 1 / Psalm 72
73. Exodus 2 / Psalm 73
74. Exodus 3 / Psalm 74
75. Exodus 4 / Psalm 75
76. Exodus 5 / Psalm 76
77. Exodus 6 / Psalm 77
78. Exodus 7 / Psalm 78
79. Exodus 8 / Psalm 79
80. Exodus 9 / Psalm 80
81. Exodus 10 / Psalm 81
82. Exodus 11 / Psalm 82
83. Exodus 12 / Psalm 83
84. Exodus 13 / Psalm 84
85. Exodus 14 / Psalm 85
86. Exodus 19 / Psalm 86
87. Exodus 20 / Psalm 87
88. 1 Samuel 16 / Psalm 88
89. 1 Samuel 17 / Psalm 89
90. 2 Samuel 7 / Psalm 90
91. 2 Samuel 11 / Psalm 91
92. 2 Samuel 12 / Psalm 92
93. Daniel 1 / Psalm 93
94. Daniel 3 / Psalm 94
95. Daniel 6 / Psalm 95
96. Matthew 1 / Psalm 96
97. Matthew 2 / Psalm 97
98. Matthew 3 / Psalm 98
99. Matthew 4 / Psalm 99
100. Matthew 5 / Psalm 100
101. Matthew 6 / Psalm 101
102. Matthew 7 / Psalm 102
103. Matthew 8 / Psalm 103
104. Matthew 9 / Psalm 104
105. Matthew 10 / Psalm 105
106. Matthew 11 / Psalm 106
107. Matthew 12 / Psalm 107
108. Matthew 13 / Psalm 108
109. Matthew 14 / Psalm 109
110. Matthew 15 / Psalm 110
111. Matthew 16 / Psalm 111
112. Matthew 17 / Psalm 112
113. Matthew 18 / Psalm 113
114. Matthew 19 / Psalm 114
115. Matthew 20 / Psalm 115
116. Matthew 21 / Psalm 116
117. Matthew 22 / Psalm 117
118. Matthew 23 / Psalm 118
119. Matthew 24 / Psalm 119:1-40
120. Matthew 25 / Psalm 119:41-88
121. Matthew 26 / Psalm 119:89-136
122. Matthew 27 / Psalm 119:137-176
123. Matthew 28 / Psalm 120
124. Romans 1 / Psalm 121
125. Romans 2 / Psalm 122
126. Romans 3 / Psalm 123
127. Romans 4 / Psalm 124
128. Romans 5 / Psalm 125
129. Romans 6 / Psalm 126
130. Romans 7 / Psalm 127
131. Romans 8 / Psalm 128
132. Romans 9 / Psalm 129
133. Romans 10 / Psalm 130
134. Romans 11 / Psalm 131
135. Romans 12 / Psalm 132
136. Romans 13 / Psalm 133
137. Romans 14 / Psalm 134
138. Romans 15 / Psalm 135
139. Romans 16 / Psalm 136
140. James 1 / Psalm 137
141. James 2 / Psalm 138
142. James 3 / Psalm 139
143. James 4 / Psalm 140
144. James 5 / Psalm 141
145. 1 Corinthians 1 / Psalm 142
146. 1 Corinthians 2 / Psalm 143
147. 1 Corinthians 3 / Psalm 144
148. 1 Corinthians 4 / Psalm 145
149. 1 Corinthians 5 / Psalm 146
150. 1 Corinthians 6 / Psalm 147
151. 1 Corinthians 7 / Psalm 148
152. 1 Corinthians 8 / Psalm 149
153. 1 Corinthians 9 / Psalm 150
154. 1 Corinthians 10 / Proverbs 1
155. 1 Corinthians 11 / Proverbs 2
156. 1 Corinthians 12 / Proverbs 3
157. 1 Corinthians 13 / Proverbs 4
158. 1 Corinthians 14 / Proverbs 5
159. 1 Corinthians 15 / Proverbs 6
160. 1 Corinthians 16 / Proverbs 7
161. 2 Corinthians 1 / Proverbs 8
162. 2 Corinthians 2 / Proverbs 9
163. 2 Corinthians 3 / Proverbs 10
164. 2 Corinthians 4 / Proverbs 11
165. 2 Corinthians 5 / Proverbs 12
166. 2 Corinthians 6 / Proverbs 13
167. 2 Corinthians 7 / Proverbs 14
168. 2 Corinthians 8 / Proverbs 15
169. 2 Corinthians 9 / Proverbs 16
170. 2 Corinthians 10 / Proverbs 17
171. 2 Corinthians 11 / Proverbs 18
172. 2 Corinthians 12 / Proverbs 19
173. 2 Corinthians 13 / Proverbs 20
174. Ephesians 1 / Proverbs 21
175. Ephesians 2 / Proverbs 22
176. Ephesians 3 / Proverbs 23
177. Ephesians 4 / Proverbs 24
178. Ephesians 5 / Proverbs 25
179. Ephesians 6 / Proverbs 26
180. 1 John 1 / Proverbs 27
181. 1 John 2 / Proverbs 28
182. 1 John 3 / Proverbs 29
183. 1 John 4 / Proverbs 30
184. 1 John 5 / Proverbs 31