

## Preaching Schedule

January – March      Philippians Series

April – May      “Engage Your World to Advance the Gospel”

June – August      Proverbs 1 – 9

## Recommended Listening

“Train Yourself for Godliness” Seminars, August 11, 2007,  
[www.sovgracefairfax.org/seminars-downloads](http://www.sovgracefairfax.org/seminars-downloads)

“Devoted to the Word, Psalm 119”, August 12, 2007,  
[www.sovgracefairfax.org/devoted-to-the-word](http://www.sovgracefairfax.org/devoted-to-the-word)

*Our thanks to Mike Bullmore for teaching us to  
prayerfully meditate on Scripture.*

# 2009 Bible Reading and Meditation Plan

*“The reason we come away so cold from reading  
the word is because we do not warm  
ourselves at the fire of meditation.”*

Thomas Watson

## 3 Keys to Prayerful Meditation\*

**1.** Briefly pray for God's help as you read His Word. Humbly acknowledge your need for this help. **Ask God to feed you with His Word.** This small act of humility will position you for God's grace. Remember, "God opposes the proud, but he gives grace to the humble." See prayers on page 6 of this booklet.

**2.** In an unhurried way, read through a pre-selected portion of Scripture. What you are seeking for is **prayerful meditation** on God's Word. You are seeking to let God feed you with His Word.

\* Set aside enough time so you can be unhurried in your reading.

\* Have a plan for what you will read.

\* Prayerfully meditate as you read.

"Meditating is thinking about, reflecting upon, considering, taking to heart, reading slowly and carefully, prayerfully taking in, and humbly receiving into mind, heart and will that which God has revealed."

Peter Toon in *Meditating as a Christian*

**3.** Let your meditation on Scripture lead you into a time of more intercessory prayer according to your own life situation, needs and responsibilities.

\*From Mike Bullmore's "Train Yourself for Godliness: Practicing the Spiritual Disciplines" Seminar at Sovereign Grace Church, August 11, 2007.

The Reading Plan on the following pages is adapted from *For the Love of God, Volume One* by D.A. Carson.

## Favorite Quotes

*"When you read or hear [the Word of God], reflect on yourselves as you go along, comparing yourselves and your own ways with what you read or hear. Reflect and consider what agreement or disagreement there is between the word and your ways."*<sup>1</sup>

Jonathan Edwards

*"For it is by meditation that we ransack our deep and false hearts, find out our secret enemies, come to grips with them, expel them, and arm ourselves against their re-entrance. By meditation we make use of all good means, fit ourselves for all good duties. By meditation we see our weaknesses, obtain redress, prevent temptations, cheer up our loneliness, temper our occasions of delight, get more light unto our knowledge, add more heat to our affections, put more life into our devotions."*<sup>2</sup>

Bishop Joseph Hall

*"If I have observed anything by experience, it is this: a man may take the measure of his growth and decay in grace according to his thoughts and meditations upon the person of Christ, and the glory of Christ's Kingdom, and of His love."*<sup>3</sup>

John Owen

<sup>1</sup>Jonathan Edwards, *The Works of Jonathan Edwards*, vol. 2, p. 177.

<sup>2</sup>Bishop Joseph Hall, *The Art of Meditation*, Christian Life Classics, vol. 3, p. 427.

<sup>3</sup>John Owen in *A Puritan Golden Treasury* ed. by I.D.E. Thomas, p. 184.

## Some Sample Prayers

Changeless God, as I read your Word, would you please make yourself known to me. Amen

Searcher of hearts, as I come to your Word, would you please form your mind and your heart in me. I want to think about things the way you think about things. I want to feel about things the way you feel about things. And I want to respond to things the way you would have me respond to things. So God, I ask for your help now through your Word. Amen

Father in heaven, as I read your Word, please “open my eyes, that I may behold wondrous things out of your law.” (Psalm 119:18)

Holy father, my heart is not inclined to your Word this morning. Oh God, please “incline my heart to your testimonies, and not to selfish gain.” (Psalm 119:36)

“Make me to know your ways, O Lord; teach me your paths. Lead me in your truth and teach me, for you are the God of my salvation; for you I wait all the day long.” (Psalm 25:4-5)

God of grace, “please show me now your ways, that I may know you.” (Exodus 33:13)

“Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!” (Psalm 139:23-24)

Oh Father, would you out of the riches of your glory strengthen me with power by your Spirit in my inner man so that, as I read your Word, Christ might dwell in my heart by faith and I might be rooted and grounded in His love, and, in fact, know His love for me today. (cf. Ephesians 3:16-19)

Oh God, my God, “satisfy me again this morning with your steadfast love, that I may rejoice and be glad all day long.” (Psalm 90:14)

“Speak Lord, for your servant hears.” (1 Samuel 3:10)

Jan 1	Gen 1	Matt 1	Feb 1	Gen 33	Mark 4
Jan 2	Gen 2	Matt 2	Feb 2	Gen 34	Mark 5
Jan 3	Gen 3	Matt 3	Feb 3	Gen 35-36	Mark 6
Jan 4	Gen 4	Matt 4	Feb 4	Gen 37	Mark 7
Jan 5	Gen 5	Matt 5	Feb 5	Gen 38	Mark 8
Jan 6	Gen 6	Matt 6	Feb 6	Gen 39	Mark 9
Jan 7	Gen 7	Matt 7	Feb 7	Gen 40	Mark 10
Jan 8	Gen 8	Matt 8	Feb 8	Gen 41	Mark 11
Jan 9	Gen 9-10	Matt 9	Feb 9	Gen 42	Mark 12
Jan 10	Gen 11	Matt 10	Feb 10	Gen 43	Mark 13
Jan 11	Gen 12	Matt 11	Feb 11	Gen 44	Mark 14
Jan 12	Gen 13	Matt 12	Feb 12	Gen 45	Mark 15
Jan 13	Gen 14	Matt 13	Feb 13	Gen 46	Mark 16
Jan 14	Gen 15	Matt 14	Feb 14	Gen 47	Lu 1:1-38
Jan 15	Gen 16	Matt 15	Feb 15	Gen 48	Lu 1:39-80
Jan 16	Gen 17	Matt 16	Feb 16	Gen 49	Lu 2
Jan 17	Gen 18	Matt 17	Feb 17	Gen 50	Lu 3
Jan 18	Gen 19	Matt 18	Feb 18	Ex 1	Lu 4
Jan 19	Gen 20	Matt 19	Feb 19	Ex 2	Lu 5
Jan 20	Gen 21	Matt 20	Feb 20	Ex 3	Lu 6
Jan 21	Gen 22	Matt 21	Feb 21	Ex 4	Lu 7
Jan 22	Gen 23	Matt 22	Feb 22	Ex 5	Lu 8
Jan 23	Gen 24	Matt 23	Feb 23	Ex 6	Lu 9
Jan 24	Gen 25	Matt 24	Feb 24	Ex 7	Lu 10
Jan 25	Gen 26	Matt 25	Feb 25	Ex 8	Lu 11
Jan 26	Gen 27	Matt 26	Feb 26	Ex 9	Lu 12
Jan 27	Gen 28	Matt 27	Feb 27	Ex 10	Lu 13
Jan 28	Gen 29	Matt 28	Feb 28	Ex 11:1-12:20	Lu 14
Jan 29	Gen 30	Mark 1			
Jan 30	Gen 31	Mark 2			
Jan 31	Gen 32	Mark 3			
Mar 1	Ex 12:21-51	Lu 15	Apr 1	Lev 4	Ps 1-2
Mar 2	Ex 13	Lu 16	Apr 2	Lev 5	Ps 3-4
Mar 3	Ex 14	Lu 17	Apr 3	Lev 6	Ps 5-6
Mar 4	Ex 15	Lu 18	Apr 4	Lev 7	Ps 7-8
Mar 5	Ex 16	Lu 19	Apr 5	Lev 8	Ps 9
Mar 6	Ex 17	Lu 20	Apr 6	Lev 9	Ps 10
Mar 7	Ex 18	Lu 21	Apr 7	Lev 10	Ps 11-12
Mar 8	Ex 19	Lu 22	Apr 8	Lev 11-12	Ps 13-14
Mar 9	Ex 20	Lu 23	Apr 9	Lev 13	Ps 15-16
Mar 10	Ex 21	Lu 24	Apr 10	Lev 14	Ps 17
Mar 11	Ex 22	John 1	Apr 11	Lev 15	Ps 18
Mar 12	Ex 23	John 2	Apr 12	Lev 16	Ps 19
Mar 13	Ex 24	John 3	Apr 13	Lev 17	Ps 20-21
Mar 14	Ex 25	John 4	Apr 14	Lev 18	Ps 22
Mar 15	Ex 26	John 5	Apr 15	Lev 19	Ps 23-24
Mar 16	Ex 27	John 6	Apr 16	Lev 20	Ps 25
Mar 17	Ex 28	John 7	Apr 17	Lev 21	Ps 26-27
Mar 18	Ex 29	John 8	Apr 18	Lev 22	Ps 28-29
Mar 19	Ex 30	John 9	Apr 19	Lev 23	Ps 30
Mar 20	Ex 31	John 10	Apr 20	Lev 24	Ps 31
Mar 21	Ex 32	John 11	Apr 21	Lev 25	Ps 32
Mar 22	Ex 33	John 12	Apr 22	Lev 26	Ps 33
Mar 23	Ex 34	John 13	Apr 23	Lev 27	Ps 34
Mar 24	Ex 35	John 14	Apr 24	Num 1	Ps 35
Mar 25	Ex 36	John 15	Apr 25	Num 2	Ps 36
Mar 26	Ex 37	John 16	Apr 26	Num 3	Ps 37
Mar 27	Ex 38	John 17	Apr 27	Num 4	Ps 38
Mar 28	Ex 39	John 18	Apr 28	Num 5	Ps 39
Mar 29	Ex 40	John 19	Apr 29	Num 6	Ps 40-41
Mar 30	Lev 1	John 20	Apr 30	Num 7	Ps 42-43
Mar 31	Lev 2-3	John 21			

May 1	Num 8	Ps 44	Jun 1	Deut 5	Ps 88	Sep 1	1 Sam 25	1 Cor 6	Oct 1	1 Ki 3	Eph 1
May 2	Num 9	Ps 45	Jun 2	Deut 6	Ps 89	Sep 2	1 Sam 26	1 Cor 7	Oct 2	1 Ki 4-5	Eph 2
May 3	Num 10	Ps 46-47	Jun 3	Deut 7	Ps 90	Sep 3	1 Sam 27	1 Cor 8	Oct 3	1 Ki 6	Eph 3
May 4	Num 11	Ps 48	Jun 4	Deut 8	Ps 91	Sep 4	1 Sam 28	1 Cor 9	Oct 4	1 Ki 7	Eph 4
May 5	Num 12-13	Ps 49	Jun 5	Deut 9	Ps 92-93	Sep 5	1 Sam 29-30	1 Cor 10	Oct 5	1 Ki 8	Eph 5
May 6	Num 14	Ps 50	Jun 6	Deut 10	Ps 94	Sep 6	1 Sam 31	1 Cor 11	Oct 6	1 Ki 9	Eph 6
May 7	Num 15	Ps 51	Jun 7	Deut 11	Ps 95-96	Sep 7	2 Sam 1	1 Cor 12	Oct 7	1 Ki 10	Phil 1
May 8	Num 16	Ps 52-54	Jun 8	Deut 12	Ps 97-98	Sep 8	2 Sam 2	1 Cor 13	Oct 8	1 Ki 11	Phil 2
May 9	Num 17-18	Ps 55	Jun 9	Deut 13-14	Ps 99-101	Sep 9	2 Sam 3	1 Cor 14	Oct 9	1 Ki 12	Phil 3
May 10	Num 19	Ps 56-57	Jun 10	Deut 15	Ps 102	Sep 10	2 Sam 4-5	1 Cor 15	Oct 10	1 Ki 13	Phil 4
May 11	Num 20	Ps 58-59	Jun 11	Deut 16	Ps 103	Sep 11	2 Sam 6	1 Cor 16	Oct 11	1 Ki 14	Col 1
May 12	Num 21	Ps 60-61	Jun 12	Deut 17	Ps 104	Sep 12	2 Sam 7	2 Cor 1	Oct 12	1 Ki 15	Col 2
May 13	Num 22	Ps 62-63	Jun 13	Deut 18	Ps 105	Sep 13	2 Sam 8-9	2 Cor 2	Oct 13	1 Ki 16	Col 3
May 14	Num 23	Ps 64-65	Jun 14	Deut 19	Ps 106	Sep 14	2 Sam 10	2 Cor 3	Oct 14	1 Ki 17	Col 4
May 15	Num 24	Ps 66-67	Jun 15	Deut 20	Ps 107	Sep 15	2 Sam 11	2 Cor 4	Oct 15	1 Ki 18	1 Thess 1
May 16	Num 25	Ps 68	Jun 16	Deut 21	Ps 108-109	Sep 16	2 Sam 12	2 Cor 5	Oct 16	1 Ki 19	1 Thess 2
May 17	Num 26	Ps 69	Jun 17	Deut 22	Ps 110-111	Sep 17	2 Sam 13	2 Cor 6	Oct 17	1 Ki 20	1 Thess 3
May 18	Num 27	Ps 70-71	Jun 18	Deut 23	Ps 112-113	Sep 18	2 Sam 14	2 Cor 7	Oct 18	1 Ki 21	1 Thess 4
May 19	Num 28	Ps 72	Jun 19	Deut 24	Ps 114-115	Sep 19	2 Sam 15	2 Cor 8	Oct 19	1 Ki 22	1 Thess 5
May 20	Num 29	Ps 73	Jun 20	Deut 25	Ps 116	Sep 20	2 Sam 16	2 Cor 9	Oct 20	2 Ki 1	2 Thess 1
May 21	Num 30	Ps 74	Jun 21	Deut 26	Ps 117-118	Sep 21	2 Sam 17	2 Cor 10	Oct 21	2 Ki 2	2 Thess 2
May 22	Num 31	Ps 75-76	Jun 22	Deut 27:1-28:19	Ps 119:1-24	Sep 22	2 Sam 18	2 Cor 11	Oct 22	2 Ki 3	2 Thess 3
May 23	Num 32	Ps 77	Jun 23	Deut 28:20-68	Ps 119:25-48	Sep 23	2 Sam 19	2 Cor 12	Oct 23	2 Ki 4	1 Tim 1
May 24	Num 33	Ps 78:1-39	Jun 24	Deut 29	Ps 119:49-72	Sep 24	2 Sam 20	2 Cor 13	Oct 24	2 Ki 5	1 Tim 2
May 25	Num 34	Ps 78:40-72	Jun 25	Deut 30	Ps 119:73-96	Sep 25	2 Sam 21	Gal 1	Oct 25	2 Ki 6	1 Tim 3
May 26	Num 35	Ps 79	Jun 26	Deut 31	Ps 119:97-120	Sep 26	2 Sam 22	Gal 2	Oct 26	2 Ki 7	1 Tim 4
May 27	Num 36	Ps 80	Jun 27	Deut 32	Ps 119:121-144	Sep 27	2 Sam 23	Gal 3	Oct 27	2 Ki 8	1 Tim 5
May 28	Deut 1	Ps 81-82	Jun 28	Deut 33-34	Ps 119:145-176	Sep 28	2 Sam 24	Gal 4	Oct 28	2 Ki 9	1 Tim 6
May 29	Deut 2	Ps 83-84	Jun 29	Josh 1	Ps 120-122	Sep 29	1 Ki 1	Gal 5	Oct 29	2 Ki 10-11	2 Tim 1
May 30	Deut 3	Ps 85	Jun 30	Josh 2	Ps 123-125	Sep 30	1 Ki 2	Gal 6	Oct 30	2 Ki 12	2 Tim 2
May 31	Deut 4	Ps 86-87							Oct 31	2 Ki 13	2 Tim 3
Jul 1	Josh 3	Ps 126-128	Aug 1	Judg 15	Acts 19	Nov 1	2 Ki 14	2 Tim 4	Dec 1	1 Chr 29	2 Peter 3
Jul 2	Josh 4	Ps 129-131	Aug 2	Judg 16	Acts 20	Nov 2	2 Ki 15	Titus 1	Dec 2	2 Chr 1	1 John 1
Jul 3	Josh 5	Ps 132-134	Aug 3	Judg 17	Acts 21	Nov 3	2 Ki 16	Titus 2	Dec 3	2 Chr 2	1 John 2
Jul 4	Josh 6	Ps 135-136	Aug 4	Judg 18	Acts 22	Nov 4	2 Ki 17	Titus 3	Dec 4	2 Chr 3-4	1 John 3
Jul 5	Josh 7	Ps 137-138	Aug 5	Judg 19	Acts 23	Nov 5	2 Ki 18	Philem	Dec 5	2 Chr 5:1-6:11	1 John 4
Jul 6	Josh 8	Ps 139	Aug 6	Judg 20	Acts 24	Nov 6	2 Ki 19	Heb 1	Dec 6	2 Chr 6:12-42	1 John 5
Jul 7	Josh 9	Ps 140-141	Aug 7	Judg 21	Acts 25	Nov 7	2 Ki 20	Heb 2	Dec 7	2 Chr 7	2 John
Jul 8	Josh 10	Ps 142-143	Aug 8	Ruth 1	Acts 26	Nov 8	2 Ki 21	Heb 3	Dec 8	2 Chr 8	3 John
Jul 9	Josh 11	Ps 144	Aug 9	Ruth 2	Acts 27	Nov 9	2 Ki 22	Heb 4	Dec 9	2 Chr 9	Jude
Jul 10	Josh 12-13	Ps 145	Aug 10	Ruth 3-4	Acts 28	Nov 10	2 Ki 23	Heb 5	Dec 10	2 Chr 10	Rev 1
Jul 11	Josh 14-15	Ps 146-147	Aug 11	1 Sam 1	Rom 1	Nov 11	2 Ki 24	Heb 6	Dec 11	2 Chr 11-12	Rev 2
Jul 12	Josh 16-17	Ps 148	Aug 12	1 Sam 2	Rom 2	Nov 12	2 Ki 25	Heb 7	Dec 12	2 Chr 13	Rev 3
Jul 13	Josh 18-19	Ps 149-150	Aug 13	1 Sam 3	Rom 3	Nov 13	1 Chr 1-2	Heb 8	Dec 13	2 Chr 14-15	Rev 4
Jul 14	Josh 20-21	Acts 1	Aug 14	1 Sam 4	Rom 4	Nov 14	1 Chr 3-4	Heb 9	Dec 14	2 Chr 16	Rev 5
Jul 15	Josh 22	Acts 2	Aug 15	1 Sam 5-6	Rom 5	Nov 15	1 Chr 5-6	Heb 10	Dec 15	2 Chr 17	Rev 6
Jul 16	Josh 23	Acts 3	Aug 16	1 Sam 7-8	Rom 6	Nov 16	1 Chr 7-8	Heb 11	Dec 16	2 Chr 18	Rev 7
Jul 17	Josh 24	Acts 4	Aug 17	1 Sam 9	Rom 7	Nov 17	1 Chr 9-10	Heb 12	Dec 17	2 Chr 19-20	Rev 8
Jul 18	Judg 1	Acts 5	Aug 18	1 Sam 10	Rom 8	Nov 18	1 Chr 11-12	Heb 13	Dec 18	2 Chr 21	Rev 9
Jul 19	Judg 2	Acts 6	Aug 19	1 Sam 11	Rom 9	Nov 19	1 Chr 13-14	James 1	Dec 19	2 Chr 22-23	Rev 10
Jul 20	Judg 3	Acts 7	Aug 20	1 Sam 12	Rom 10	Nov 20	1 Chr 15	James 2	Dec 20	2 Chr 24	Rev 11
Jul 21	Judg 4	Acts 8	Aug 21	1 Sam 13	Rom 11	Nov 21	1 Chr 16	James 3	Dec 21	2 Chr 25	Rev 12
Jul 22	Judg 5	Acts 9	Aug 22	1 Sam 14	Rom 12	Nov 22	1 Chr 17	James 4	Dec 22	2 Chr 26	Rev 13
Jul 23	Judg 6	Acts 10	Aug 23	1 Sam 15	Rom 13	Nov 23	1 Chr 18	James 5	Dec 23	2 Chr 27-28	Rev 14
Jul 24	Judg 7	Acts 11	Aug 24	1 Sam 16	Rom 14	Nov 24	1 Chr 19-20	1 Peter 1	Dec 24	2 Chr 29	Rev 15
Jul 25	Judg 8	Acts 12	Aug 25	1 Sam 17	Rom 15	Nov 25	1 Chr 21	1 Peter 2	Dec 25	2 Chr 30	Rev 16
Jul 26	Judg 9	Acts 13	Aug 26	1 Sam 18	Rom 16	Nov 26	1 Chr 22	1 Peter 3	Dec 26	2 Chr 31	Rev 17
Jul 27	Judg 10	Acts 14	Aug 27	1 Sam 19	1 Cor 1	Nov 27	1 Chr 23	1 Peter 4	Dec 27	2 Chr 32	Rev 18
Jul 28	Judg 11	Acts 15	Aug 28	1 Sam 20	1 Cor 2	Nov 28	1 Chr 24-25	1 Peter 5	Dec 28	2 Chr 33	Rev 19
Jul 29	Judg 12	Acts 16	Aug 29	1 Sam 21-22	1 Cor 3	Nov 29	1 Chr 26-27	2 Peter 1	Dec 29	2 Chr 34	Rev 20
Jul 30	Judg 13	Acts 17	Aug 30	1 Sam 23	1 Cor 4	Nov 30	1 Chr 28	2 Peter 2	Dec 30	2 Chr 35	Rev 21
Jul 31	Judg 14	Acts 18	Aug 31	1 Sam 24	1 Cor 5				Dec 31	2 Chr 36	Rev 22