

## October

DATE ✓ CHAPTER

15	Reflection	
16	Reflection	
John		
17	<input type="checkbox"/>	1
18	<input type="checkbox"/>	2
19	<input type="checkbox"/>	3
20	<input type="checkbox"/>	4
21	<input type="checkbox"/>	5
22	Reflection	
23	Reflection	
24	<input type="checkbox"/>	6
25	<input type="checkbox"/>	7
26	<input type="checkbox"/>	8
27	<input type="checkbox"/>	9
28	<input type="checkbox"/>	10
29	Reflection	
30	Reflection	
31	<input type="checkbox"/>	11

## November

DATE ✓ CHAPTER

1	<input type="checkbox"/>	12
2	<input type="checkbox"/>	13
3	<input type="checkbox"/>	14
4	<input type="checkbox"/>	15
5	Reflection	
6	Reflection	
7	<input type="checkbox"/>	16
8	<input type="checkbox"/>	17
9	<input type="checkbox"/>	18
10	<input type="checkbox"/>	19
11	<input type="checkbox"/>	20
12	Reflection	

(November, continued)

13	Reflection	
14	<input type="checkbox"/>	21
1	Thessalonians	
15	<input type="checkbox"/>	1
16	<input type="checkbox"/>	2
17	<input type="checkbox"/>	3
18	<input type="checkbox"/>	4
19	Reflection	
20	Reflection	
21	<input type="checkbox"/>	5
2	Thessalonians	
22	<input type="checkbox"/>	1
23	<input type="checkbox"/>	2
24	<input type="checkbox"/>	3
2	Peter	
25	<input type="checkbox"/>	1
26	Reflection	
27	Reflection	
28	<input type="checkbox"/>	2
29	<input type="checkbox"/>	3
Jude		
30	<input type="checkbox"/>	1

## December

DATE ✓ CHAPTER

Revelation		
1	<input type="checkbox"/>	1
2	<input type="checkbox"/>	2
3	Reflection	
4	Reflection	
5	<input type="checkbox"/>	3
6	<input type="checkbox"/>	4
7	<input type="checkbox"/>	5
8	<input type="checkbox"/>	6
9	<input type="checkbox"/>	7
10	Reflection	

(December, continued)

11	Reflection	
12	<input type="checkbox"/>	8
13	<input type="checkbox"/>	9
14	<input type="checkbox"/>	10
15	<input type="checkbox"/>	11
16	<input type="checkbox"/>	12
17	Reflection	
18	Reflection	
19	<input type="checkbox"/>	13
20	<input type="checkbox"/>	14
21	<input type="checkbox"/>	15
22	<input type="checkbox"/>	16
23	<input type="checkbox"/>	17
24	Reflection	
25	Reflection	
26	<input type="checkbox"/>	18
27	<input type="checkbox"/>	19
28	<input type="checkbox"/>	20
29	<input type="checkbox"/>	21
30	<input type="checkbox"/>	22
31	Rejoice!	

(Fold Here)

# 5x5x5

## New Testament Reading Plan

Read through the New Testament in ⑤ days a week, ⑤ minutes a day.

### 5 MINUTES A DAY

If you're not used to reading the Bible daily, start with this easy to use plan for 5 minutes a day. This reading plan will take you through all 260 chapters of the New Testament, one chapter per day. The Gospels are read throughout the year to weave in the story of Christ all year long.

### 5 DAYS A WEEK

Determine a time and location to spend 5 minutes a day for 5 days a week. It is best to have a consistent time and a quiet place where you can regularly meet with the Lord.

### 5 CHAPTER CHALLENGE

#### STILL LONG TO DIG DEEPER?

In recent months, many at Trinity have found reading the same five chapters for five days in a row to be quite enlightening and helpful. Because God's Word is "Living and Active," reading and re-reading is life-giving!

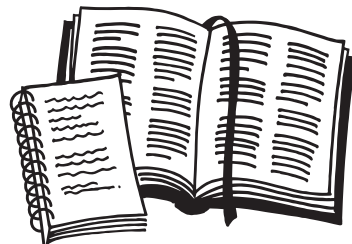
### 5 WAYS TO DIG DEEPER

Pause in your reading to dig into the Bible. Below are 5 different ways to dig deeper each day. These exercises will encourage meditation. Try a single idea for a week to find what works best for you. Remember to keep a pen and paper ready to capture God's insights.

- ① Underline or highlight key words or phrases in the Bible passage. Use a pen or highlighter to mark new discoveries from the text.
- ② Put it in your own words. Read the passage or verse slowly, then rewrite each phrase or sentence using your own words.
- ③ Ask and answer the questions. Questions unlock new discoveries and meanings. Ask questions about the passage using these words: who, what, why, where, or how. Jot down your answers to these questions.
- ④ Capture the big idea. God's Word communicates big ideas. Periodically ask: What's the big idea in this sentence, paragraph, or chapter?
- ⑤ Personalize the meaning. Respond as God speaks to you through the Scriptures. Ask "how could my life be different today as I respond to what I'm reading?"

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# Discipleship Journal

## January

DATE ✓ CHAPTER

<b>Mark</b>		
3	<input type="checkbox"/>	1
4	<input type="checkbox"/>	2
5	<input type="checkbox"/>	3
6	<input type="checkbox"/>	4
7	<input type="checkbox"/>	5
8	Reflection	
9	Reflection	
10	<input type="checkbox"/>	6
11	<input type="checkbox"/>	7
12	<input type="checkbox"/>	8
13	<input type="checkbox"/>	9
14	<input type="checkbox"/>	10
15	Reflection	
16	Reflection	
17	<input type="checkbox"/>	11
18	<input type="checkbox"/>	12
19	<input type="checkbox"/>	13
20	<input type="checkbox"/>	14
21	<input type="checkbox"/>	15
22	Reflection	
23	Reflection	
24	<input type="checkbox"/>	16
<b>Acts</b>		
25	<input type="checkbox"/>	1
26	<input type="checkbox"/>	2
27	<input type="checkbox"/>	3
28	<input type="checkbox"/>	4
29	Reflection	
30	Reflection	
31	<input type="checkbox"/>	5

## February

DATE ✓ CHAPTER

1	<input type="checkbox"/>	6
2	<input type="checkbox"/>	7
3	<input type="checkbox"/>	8
4	<input type="checkbox"/>	9
5	Reflection	
6	Reflection	
7	<input type="checkbox"/>	10
8	<input type="checkbox"/>	11
9	<input type="checkbox"/>	12
10	<input type="checkbox"/>	13
11	<input type="checkbox"/>	14
12	Reflection	
13	Reflection	
14	<input type="checkbox"/>	15
15	<input type="checkbox"/>	16
16	<input type="checkbox"/>	17
17	<input type="checkbox"/>	18
18	<input type="checkbox"/>	19
19	Reflection	
20	Reflection	

(February, continued)

21	<input type="checkbox"/>	20
22	<input type="checkbox"/>	21
23	<input type="checkbox"/>	22
24	<input type="checkbox"/>	23
25	<input type="checkbox"/>	24
26	Reflection	
27	Reflection	
28	<input type="checkbox"/>	25

## March

DATE ✓ CHAPTER

1	<input type="checkbox"/>	26
2	<input type="checkbox"/>	27
3	<input type="checkbox"/>	28

**Hebrews**

4	<input type="checkbox"/>	1
5	Reflection	
6	Reflection	
7	<input type="checkbox"/>	2
8	<input type="checkbox"/>	3
9	<input type="checkbox"/>	4
10	<input type="checkbox"/>	5
11	<input type="checkbox"/>	6
12	Reflection	
13	Reflection	
14	<input type="checkbox"/>	7
15	<input type="checkbox"/>	8
16	<input type="checkbox"/>	9
17	<input type="checkbox"/>	10
18	<input type="checkbox"/>	11

**Galatians**

19	Reflection	
20	Reflection	
21	<input type="checkbox"/>	12
22	<input type="checkbox"/>	13
23	<input type="checkbox"/>	1
24	<input type="checkbox"/>	2
25	<input type="checkbox"/>	3
26	Reflection	
27	Reflection	
28	<input type="checkbox"/>	4
29	<input type="checkbox"/>	5
30	<input type="checkbox"/>	6

**James**

31	<input type="checkbox"/>	1
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## April

DATE ✓ CHAPTER

1	<input type="checkbox"/>	2
2	Reflection	
3	Reflection	
4	<input type="checkbox"/>	3
5	<input type="checkbox"/>	4
6	<input type="checkbox"/>	5

(April, continued)

**Matthew**

7	<input type="checkbox"/>	1
8	<input type="checkbox"/>	2
9	Reflection	
10	Reflection	
11	<input type="checkbox"/>	3
12	<input type="checkbox"/>	4
13	<input type="checkbox"/>	5
14	<input type="checkbox"/>	6
15	<input type="checkbox"/>	7
16	Reflection	
17	Reflection	
18	<input type="checkbox"/>	8
19	<input type="checkbox"/>	9
20	<input type="checkbox"/>	10
21	<input type="checkbox"/>	11
22	<input type="checkbox"/>	12

**Ephesians**

23	Reflection	
24	Reflection	
25	<input type="checkbox"/>	13
26	<input type="checkbox"/>	14
27	<input type="checkbox"/>	15
28	<input type="checkbox"/>	16
29	<input type="checkbox"/>	17
30	Reflection	

## May

DATE ✓ CHAPTER

1	Reflection	
2	<input type="checkbox"/>	18
3	<input type="checkbox"/>	19
4	<input type="checkbox"/>	20
5	<input type="checkbox"/>	21
6	<input type="checkbox"/>	22
7	Reflection	
8	Reflection	
9	<input type="checkbox"/>	23
10	<input type="checkbox"/>	24
11	<input type="checkbox"/>	25
12	<input type="checkbox"/>	26
13	<input type="checkbox"/>	27
14	Reflection	
15	Reflection	
16	<input type="checkbox"/>	28

**Romans**

17	<input type="checkbox"/>	1
18	<input type="checkbox"/>	2
19	<input type="checkbox"/>	3
20	<input type="checkbox"/>	4
21	Reflection	
22	Reflection	
23	<input type="checkbox"/>	5
24	<input type="checkbox"/>	6
25	<input type="checkbox"/>	7
26	<input type="checkbox"/>	8
27	<input type="checkbox"/>	9
28	Reflection	

(May, continued)

29	Reflection	
30	<input type="checkbox"/>	10
31	<input type="checkbox"/>	11

## June

DATE ✓ CHAPTER

1	<input type="checkbox"/>	12
2	<input type="checkbox"/>	13
3	<input type="checkbox"/>	14
4	Reflection	
5	Reflection	
6	<input type="checkbox"/>	15
7	<input type="checkbox"/>	16

**Philippians**

8	<input type="checkbox"/>	1
9	<input type="checkbox"/>	2
10	<input type="checkbox"/>	3
11	Reflection	
12	Reflection	
13	<input type="checkbox"/>	4
14	<input type="checkbox"/>	5
15	<input type="checkbox"/>	6

**Colossians**

16	<input type="checkbox"/>	1
17	<input type="checkbox"/>	2
18	Reflection	
19	Reflection	
20	<input type="checkbox"/>	3
21	<input type="checkbox"/>	4

**1 Corinthians**

22	<input type="checkbox"/>	1
23	<input type="checkbox"/>	2
24	<input type="checkbox"/>	3
25	Reflection	
26	Reflection	
27	<input type="checkbox"/>	4

**Philemon**

28	<input type="checkbox"/>	1
29	<input type="checkbox"/>	1
30	<input type="checkbox"/>	2

## July

DATE ✓ CHAPTER

1	<input type="checkbox"/>	3
2	Reflection	
3	Reflection	
4	<input type="checkbox"/>	4
5	<input type="checkbox"/>	5
6	<input type="checkbox"/>	6
7	<input type="checkbox"/>	7
8	<input type="checkbox"/>	8
9	Reflection	
10	Reflection	

# Bible Reading Plan

(July, continued)

11	<input type="checkbox"/>	9
12	<input type="checkbox"/>	10
13	<input type="checkbox"/>	11
14	<input type="checkbox"/>	12
15	<input type="checkbox"/>	13
16	Reflection	
17	Reflection	
18	<input type="checkbox"/>	14
19	<input type="checkbox"/>	15
20	<input type="checkbox"/>	16
21	<input type="checkbox"/>	17
22	<input type="checkbox"/>	18
23	Reflection	
24	Reflection	
25	<input type="checkbox"/>	19
26	<input type="checkbox"/>	20
27	<input type="checkbox"/>	21
28	<input type="checkbox"/>	22
29	<input type="checkbox"/>	23
30	Reflection	
31	Reflection	

## August

DATE ✓ CHAPTER

1	<input type="checkbox"/>	24
<b>1 Corinthians</b>		
2	<input type="checkbox"/>	1
3	<input type="checkbox"/>	2
4	<input type="checkbox"/>	3
5	<input type="checkbox"/>	4
6	Reflection	
7	Reflection	
8	<input type="checkbox"/>	5
9	<input type="checkbox"/>	6
10	<input type="checkbox"/>	7
11	<input type="checkbox"/>	8
12	<input type="checkbox"/>	9
13	Reflection	
14	Reflection	
15	<input type="checkbox"/>	10
16	<input type="checkbox"/>	11
17	<input type="checkbox"/>	12
18	<input type="checkbox"/>	13
19	<input type="checkbox"/>	14
20	Reflection	
21	Reflection	
22	<input type="checkbox"/>	15
23	<input type="checkbox"/>	16

**2 Corinthians**

24	<input type="checkbox"/>	1
25	<input type="checkbox"/>	2
26	<input type="checkbox"/>	3
27	Reflection	
28	Reflection	
29	<input type="checkbox"/>	4
30	<input type="checkbox"/>	5
31	<input type="checkbox"/>	6

## September

DATE ✓ CHAPTER

1	<input type="checkbox"/>	7
2	<input type="checkbox"/>	8
3	Reflection	
4	Reflection	
5	<input type="checkbox"/>	9
6	<input type="checkbox"/>	10
7	<input type="checkbox"/>	11
8	<input type="checkbox"/>	12
9	<input type="checkbox"/>	13
10	Reflection	
11	Reflection	

**1 Timothy**

12	<input type="checkbox"/>	1
13	<input type="checkbox"/>	2
14	<input type="checkbox"/>	3
15	<input type="checkbox"/>	4
16	<input type="checkbox"/>	5
17	Reflection	
18	Reflection	
19	<input type="checkbox"/>	6

**2 Timothy**

20	<input type="checkbox"/>	1
21	<input type="checkbox"/>	2
22	<input type="checkbox"/>	3
23	<input type="checkbox"/>	4
24	Reflection	
25	Reflection	

**Titus**

26	<input type="checkbox"/>	1
27	<input type="checkbox"/>	2
28	<input type="checkbox"/>	3
<b>1 John</b>		
29	<input type="checkbox"/>	1
30	<input type="checkbox"/>	2

## October

DATE ✓ CHAPTER

1	Reflection	
2	Reflection	
3	<input type="checkbox"/>	3
4	<input type="checkbox"/>	4
5	<input type="checkbox"/>	5
<b>2 John</b>		
6	<input type="checkbox"/>	1
<b>3 John</b>		
7	<input type="checkbox"/>	1
8	Reflection	
9	Reflection	
<b>1 Peter</b>		
10	<input type="checkbox"/>	1
11	<input type="checkbox"/>	2
12	<input type="checkbox"/>	3
13	<input type="checkbox"/>	4
14	<input type="checkbox"/>	5