

LIFE JOURNAL READING PLAN

Romans • Galatians • Ephesians • Philippians • Colossians • James • 1–3 John

Purpose:

This reading plan is designed to help believers grow through consistent, daily engagement with Scripture.

How This Plan Works:

- Read one to two chapters each day, Monday through Saturday
 - Sundays are intentional pause days for reflection, journaling, or catching up
 - Each week includes:
 - A focused theme
 - A short prayer
 - A declaration to speak aloud
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Group Flow Suggestion:

- Read daily on your own
 - Come to group ready to share:
 - One verse that stood out
 - One truth God highlighted
 - One way you're applying it
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Using the SOAP Method

Throughout this reading plan, we will use the SOAP method to help us slow down, engage Scripture, and apply God's Word to our daily lives.

S – Scripture: What verse stood out?

O – Observation: What did you notice or learn?

A – Application: How will you apply this today?

P – Prayer: Ask God to help you live it out.

Use the SOAP method daily as you read, reflect, and prepare for group discussion.

GRACE & TRUTH
MINISTRIES



WEEK 1 — The Gospel, Grace & Life in the Spirit

Romans 1–12

Monday — Romans 1-2

Tuesday — Romans 3-4

Wednesday — Romans 5-6

Thursday — Romans 7-8

Friday — Romans 9-10

Saturday — Romans 11-12

Sunday — Reflection / Catch-Up

Prayer: Father, thank You that salvation is a gift, not a reward. Strip away striving and root my faith in grace.

Declaration:

I am justified by faith. I live by grace, not performance.

WEEK 2 — Love, Unity, Freedom & Sonship

Romans 13–16 • Galatians 1–6 • Ephesians 1–2

Monday — Romans 13-14

Tuesday — Romans 15-16

Wednesday — Galatians 1-2

Thursday — Galatians 3-4

Friday — Galatians 5-6

Saturday — Ephesians 1-2

Sunday — Reflection / Catch-Up

Prayer:

Father, align my life with Your will. Teach me to walk in love, receive my identity as Your child, and reject every lie of slavery.

Declaration:

I am free, adopted, and led by the Spirit.

WEEK 3 — Maturity, Walking Worthy, Joy & Perspective

Ephesians 3–6 • Philippians 1–4 • Colossians 1–2

Monday — Ephesians 3-4

Tuesday — Ephesians 5-6

Wednesday — Philippians 1-2

Thursday — Philippians 2-3

Friday — Colossians 1

Saturday — Colossians 2

Sunday — Reflection / Catch-Up

Prayer: Jesus, help me walk worthy of my calling. Mature my faith, strengthen my joy, and anchor my perspective in You instead of my circumstances.

Declaration:

Christ is my life. I walk in love, light, wisdom, and joy.



WEEK 4 — Rooted Faith, Obedience, Love, Truth & Assurance

Colossians 3–4 • James 1–5 • 1–3 John

Monday — Colossians 3–4

Tuesday — James 1–2

Wednesday — James 3–4

Thursday — James 5 / 1 John 1

Friday — 1 John 2–3

Saturday — 1 John 4–5 / 2 John / 3 John

Sunday — Reflection / Prayer /
Celebration

Prayer:

God, let my faith be lived, not just spoken. Shape my character, my speech, my actions, and my love. Strengthen me to stand firm and finish well.

Declaration:

My faith produces obedience, endurance, love, and good fruit.

A Final Encouragement

Carry the Word with you — into your mornings, your conversations, your decisions, and your prayers. Let Scripture shape how you think, how you respond, and how you walk with God each day. Growth happens quietly, consistently, and over time as we remain rooted in His truth. Stay faithful in the small, daily moments. God is at work in you — forming, strengthening, and leading you forward.

“Let the word of Christ dwell in you richly.” — Colossians 3:16

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