



# DAILY STEP

One of the primary ways God changes us is through His Word. Bible reading is one of the most important practices in our formation. Placing ourselves in Scripture daily is the single greatest habit the people of God can do.

## JANUARY

### PHYSICAL HEALTH

- ☐ 1 - SAT. | Phil. 1:1-2
- ☐ 2 - SUN. | Phil. 1:3-7
- ☐ 3 - MON. | Phil. 1:8-11
- ☐ 4 - TUES. | Phil. 1:12-15
- ☐ 5 - WED. | Phil. 1:16-20
- ☐ 6 - THURS. | Phil. 1:21-24
- ☐ 7 - FRI. | Phil. 1:25-26
- ☐ 8 - SAT. | Phil. 1:27-30

### RELATIONAL HEALTH

- ☐ 9 - SUN. | Phil. 2:1-4
- ☐ 10 - MON. | Phil. 2:5-11
- ☐ 11 - TUES. | Phil. 2:12-13
- ☐ 12 - WED. | Phil. 2:14-18
- ☐ 13 - THURS. | Phil. 2:19-24
- ☐ 14 - FRI. | Phil. 2:25-28
- ☐ 15 - SAT. | Phil. 2:29-30

### EMOTIONAL HEALTH

- ☐ 16 - SUN. | Phil. 3:1-6
- ☐ 17 - MON. | Phil. 3:7-9
- ☐ 18 - TUES. | Phil. 3:10-11

- ☐ 19 - WED. | Phil. 3:12-14
- ☐ 20 - THURS. | Phil. 3:15-17
- ☐ 21 - FRI. | Phil. 3:18-20
- ☐ 22 - SAT. | Phil. 3:21

### MENTAL HEALTH

- ☐ 23 - SUN. | Phil. 4:1-3
- ☐ 24 - MON. | Phil. 4:4-7
- ☐ 25 - TUES. | Phil. 4:8-9
- ☐ 26 - WED. | Phil. 4:10-14
- ☐ 27 - THURS. | Phil. 4:15-17
- ☐ 28 - FRI. | Phil. 4:18-20
- ☐ 29 - SAT. | Phil. 4:21-23

### FINANCIAL HEALTH

- ☐ 30 - SUN. | 1 Tim. 6:1-2
- ☐ 31 - MON. | 1 Tim. 6:3-5

## FEBRUARY

- ☐ 1 - TUES. | 1 Tim. 6:6-10
- ☐ 2 - WED. | 1 Tim. 6:11-12
- ☐ 3 - THURS. | 1 Tim. 6:13-16
- ☐ 4 - FRI. | 1 Tim. 6:17-21

# NEXT → STEPS

## A DISCIPLE'S GUIDE

DAILY PRACTICE: BIBLE READING



### ASK THESE QUESTIONS OF THE PASSAGE YOU ARE READING:

1. What does this passage teach me about who God is?
2. What does this passage teach me about who I am?
3. What practices are there to emulate?

### TAKE IT WITH YOU

Use our Rolling Hills App to find a digital and audio version of today's reading. There is also a space for you to jot down your answers and interact with the text so that you can meditate and pray on the reading throughout the day.

Dig deeper into your daily reading, find additional resources, and discover your next step with a daily, weekly, or monthly practice by visiting our online Disciple's Guide at

**[ROLLINGHILLS.CHURCH/DISCIPLESGUIDE](http://ROLLINGHILLS.CHURCH/DISCIPLESGUIDE)**