

Day 1

Psalm 19:14

Memorize this Psalm today. Repeat it again and again. Start each day with this as a prayer until it becomes an automatic ask of God and a real part of your life. As you pray this with sincerity, watch how your life changes.

Day 2

Hebrews 4:12

There is a time to study scripture, and a time to read it. Establish a plan to do both. Make sure you make time daily for reading it, just as you would prayer, for you cannot live on bread alone.

Day 3

2 Timothy 3:16

Consider scripture your spiritual GPS. What steps do you need to take to learn how to use it as such? Are you part of a study group? If not, partner with someone and start one—even if it's just 2 people. You don't need to journey alone.

Day 4

Proverbs 15:2

Consider your daily intake of communication from all sources—what you read, what you watch, what you listen to—and then consider the words that come from your mouth when speaking to others. Is there a correlation? Change that which goes in, and you'll change that which comes out.

Day 5

Deuteronomy 11:18-20

God's instructions in this passage is so that we might move from recognizing his instructions, to knowing and internalizing them. Ignorance of the law is no defense. From Matthew, Mark, Luke, or John, pick something Jesus said and memorize it today.

Day 6

Ephesians 4:26

Consider your closest relationships today. Are there things you need to say? Are there things you need to hear? What would you want to make sure they knew if you weren't around? Reach out to them today.

Day 7

James 1:19

Today practice the art of listening. Be quick to listen, and slow to anger. Try to imagine what it's like to walk in the shoes of others around you.