

12-DAY BIBLE READING PLAN

RECONNECT • REFRESH

The following 12 sections contain three parts:

- A picture
- A scripture
- And warm-up, comprehension and reflection questions

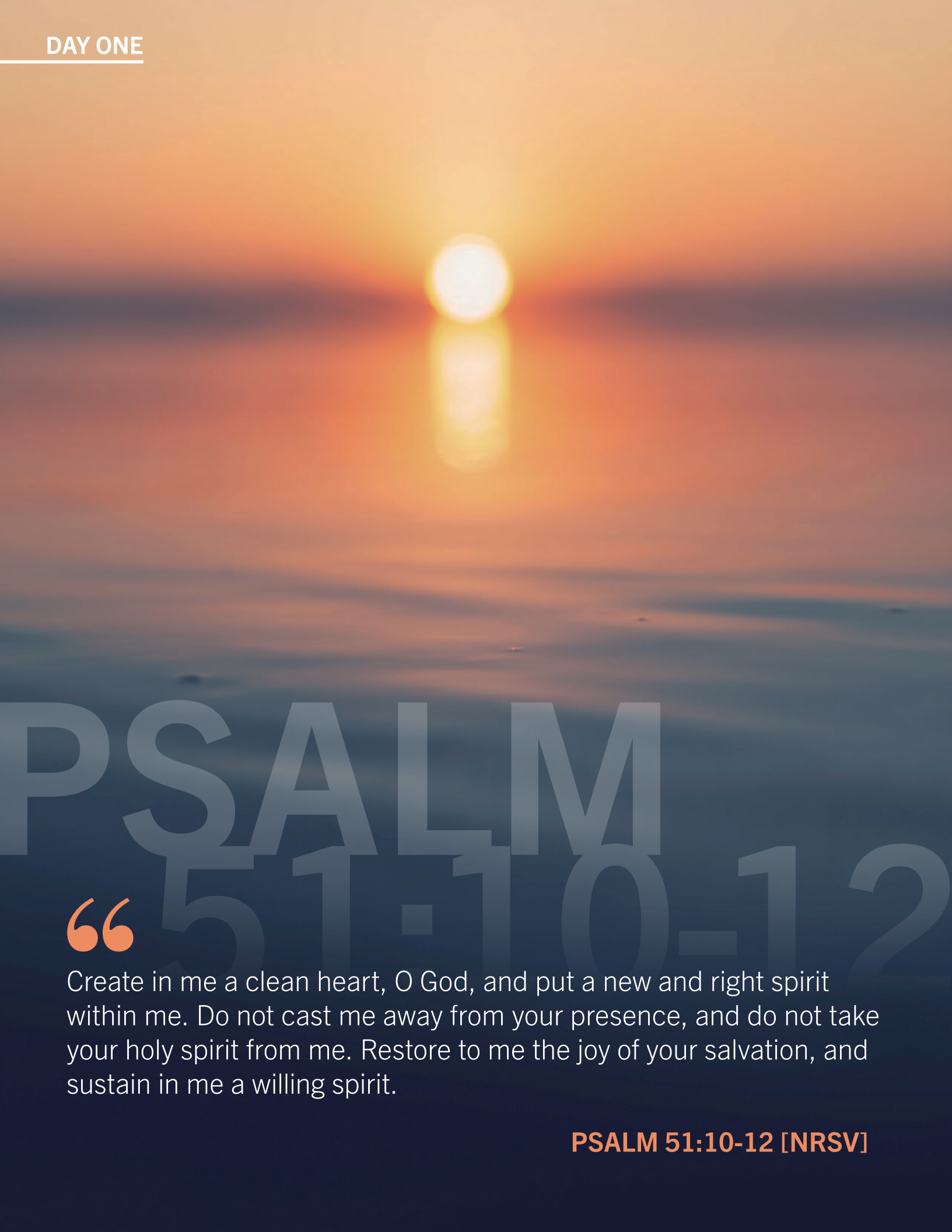
We suggest you start your reading time by asking yourself the warm-up question. Then read the scripture and work your way through the comprehension and reflection questions.



SHARE YOUR DISCOVERIES ON SOCIAL

What is being revealed to you through this reading plan and your interactions with the Bible?

Hit us with a direct message on Twitter @umrethinkchurch. Or post with #RethinkChurch on any social media platform.



“

Create in me a clean heart, O God, and put a new and right spirit within me. Do not cast me away from your presence, and do not take your holy spirit from me. Restore to me the joy of your salvation, and sustain in me a willing spirit.

PSALM 51:10-12 [NRSV]



WARM UP

When was the last time you felt like you could take on the world?



COMPREHEND

What do you think is meant by “joy of your salvation” (vs. 11)?



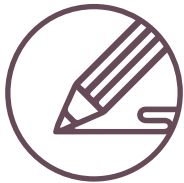
REFLECT

Take a moment to confess: how is your heart feeling unwilling today?

“

Why do you say, O Jacob, and speak, O Israel, “My way is hidden from the Lord, and my right is disregarded by my God”? Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and strengthens the powerless. Even youths will faint and be weary, and the young will fall exhausted; but those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

ISAIAH 40:27-31 [NRSV]



WARM UP

Who is someone whose strength you admire?



COMPREHEND

What circumstances do you think this passage was meant to address?



REFLECT

What image of strength in this passage most inspires you?



“

“Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life?

And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? Therefore do not worry, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear?’ For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well. “So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today.

MATTHEW 6:25-34 [NRSV]



WARM UP

How would you describe your personal style?



COMPREHEND

What does Jesus suggest we should seek instead of food and clothes?



REFLECT

Is there a particular worry in your life this passage speaks about?
How are you feeling called to respond?



“

Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

MATTHEW 11:25-30 [NRSV]



WARM UP

Do you generally wake up in the morning feeling refreshed or tired?



COMPREHEND

What do you think Jesus means by taking up his “yoke”?



REFLECT

How might taking up Jesus’ way lead to rest and refreshment?

“

On that day, when evening had come, he said to them, “Let us go across to the other side.” And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him. A great windstorm arose, and the waves beat into the boat, so that the boat was already being swamped. But he was in the stern, asleep on the cushion; and they woke him up and said to him, “Teacher, do you not care that we are perishing?” He woke up and rebuked the wind, and said to the sea, “Peace! Be still!” Then the wind ceased, and there was a dead calm. He said to them, “Why are you afraid? Have you still no faith?” And they were filled with great awe and said to one another, “Who then is this, that even the wind and the sea obey him?”

MARK 4:35-41 [NRSV]



WARM UP

Do you find thunderstorms fearful or exhilarating?



COMPREHEND

What two things are the Disciples scared by in this passage?



REFLECT

What storm is present around you right now? How might representing Jesus’ presence offer some calm to the situation?

“MARK 6:30-44

The apostles gathered around Jesus, and told him all that they had done and taught. He said to them, “Come away to a deserted place all by yourselves and rest a while.” For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a deserted place by themselves. Now many saw them going and recognized them, and they hurried there on foot from all the towns and arrived ahead of them. As he went ashore, he saw a great crowd; and he had compassion for them, because they were like sheep without a shepherd; and he began to teach them many things. When it grew late, his disciples came to him and said, “This is a deserted place, and the hour is now very late; send them away so that they may go into the surrounding country and villages and buy something for themselves to eat.” But he answered them, “You give them something to eat.” They said to him, “Are we to go and buy two hundred denarii worth of bread, and give it to them to eat?” And he said to them, “How many loaves have you? Go and see.” When they had found out, they said, “Five, and two fish.” Then he ordered them to get all the people to sit down in groups on the green grass. So they sat down in groups of hundreds and of fifties. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to his disciples to set before the people; and he divided the two fish among them all. And all ate and were filled; and they took up twelve baskets full of broken pieces and of the fish. Those who had eaten the loaves numbered five thousand men.

Mark 6:30-44 [NRSV]



WARM UP

Do you enjoy dinner parties? Why or why not?



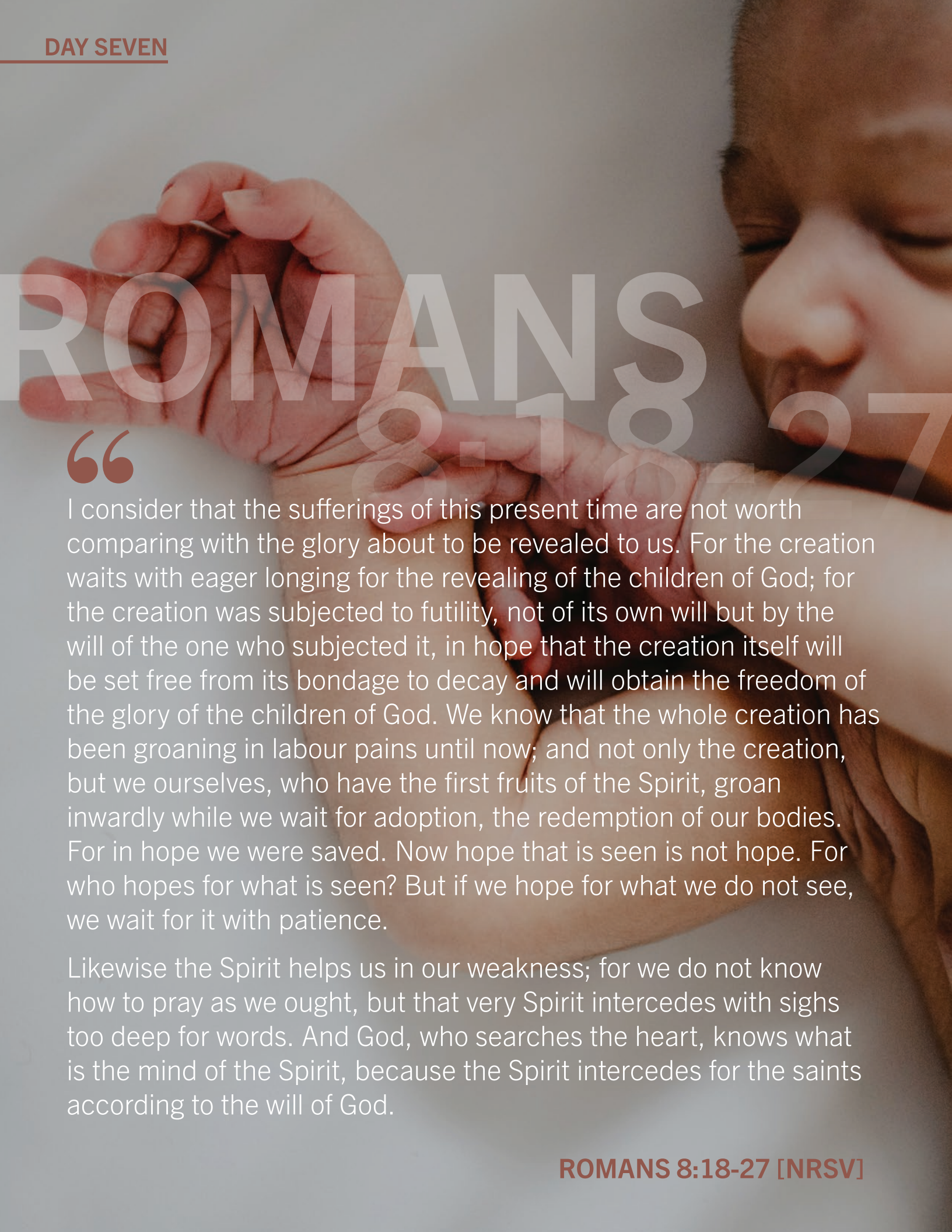
COMPREHEND

Where do you suppose the food came from?



REFLECT

What do you think might have been more nourishing for the Disciples: the food they ate or the knowledge that Jesus provided? What might you find more nourishing?



“

I consider that the sufferings of this present time are not worth comparing with the glory about to be revealed to us. For the creation waits with eager longing for the revealing of the children of God; for the creation was subjected to futility, not of its own will but by the will of the one who subjected it, in hope that the creation itself will be set free from its bondage to decay and will obtain the freedom of the glory of the children of God. We know that the whole creation has been groaning in labour pains until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies. For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what we do not see, we wait for it with patience.

Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

ROMANS 8:18-27 [NRSV]



WARM UP

What is making you groan today?



COMPREHEND

What signs of hope do you find in this passage?



REFLECT

Paul compares the pains of the world to the pains of childbirth: the world is aching because something new is coming. What pains are you witnessing? Do these struggles include hope for new things to come?

“



We know that all things work together for good for those who love God, who are called according to his purpose. For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn within a large family. And those whom he predestined he also called; and those whom he called he also justified; and those whom he justified he also glorified.

What then are we to say about these things? If God is for us, who is against us? He who did not withhold his own Son, but gave him up for all of us, will he not with him also give us everything else? Who will bring any charge against God’s elect? It is God who justifies. Who is to condemn? It is Christ Jesus, who died, yes, who was raised, who is at the right hand of God, who indeed intercedes for us. Who will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written, ‘For your sake we are being killed all day long; we are accounted as sheep to be slaughtered.’ No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

ROMANS 8: 28-39 [NRSV]

ROMANS
8:28-39



WARM UP

What is an achievement you are proud of?



COMPREHEND

There are a lot of powerful messages in this passage. Which message resounds with you today? Why?



REFLECT

What is something you can do today to offer the world (and yourself) a reminder of the depth of God’s love?

“

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all consolation, who consoles us in all our affliction, so that we may be able to console those who are in any affliction with the consolation with which we ourselves are consoled by God. For just as the sufferings of Christ are abundant for us, so also our consolation is abundant through Christ. If we are being afflicted, it is for your consolation and salvation; if we are being consoled, it is for your consolation, which you experience when you patiently endure the same sufferings that we are also suffering. Our hope for you is unshaken; for we know that as you share in our sufferings, so also you share in our consolation.

We do not want you to be unaware, brothers and sisters, of the affliction we experienced in Asia; for we were so utterly, unbearably crushed that we despaired of life itself. Indeed, we felt that we had received the sentence of death so that we would rely not on ourselves but on God who raises the dead. He who rescued us from so deadly a peril will continue to rescue us; on him we have set our hope that he will rescue us again, as you also join in helping us by your prayers, so that many will give thanks on our behalf for the blessing granted to us through the prayers of many.

2 CORINTHIANS 1:3-11 [NRSV]



WARM UP

What is something you do to bring comfort to someone you love?



COMPREHEND

In this letter, Paul says he offers comfort because he’s experienced comfort from God. How has God brought you some comfort, especially in difficult circumstances?



REFLECT

Where is a comforting presence needed around you right now?





Therefore, knowing the fear of the Lord, we try to persuade others; but we ourselves are well known to God, and I hope that we are also well known to your consciences. We are not commending ourselves to you again, but giving you an opportunity to boast about us, so that you may be able to answer those who boast in outward appearance and not in the heart. For if we are beside ourselves, it is for God; if we are in our right mind, it is for you. For the love of Christ urges us on, because we are convinced that one has died for all; therefore all have died. And he died for all, so that those who live might live no longer for themselves, but for him who died and was raised for them.

From now on, therefore, we regard no one from a human point of view; even though we once knew Christ from a human point of view, we know him no longer in that way. So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new! All this is from God, who reconciled us to himself through Christ, and has given us the ministry of reconciliation; that is, in Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting the message of reconciliation to us. So we are ambassadors for Christ, since God is making his appeal through us; we entreat you on behalf of Christ, be reconciled to God. For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

As we work together with him, we urge you also not to accept the grace of God in vain. For he says, ‘At an acceptable time I have listened to you, and on a day of salvation I have helped you.’ See, now is the acceptable time; see, now is the day of salvation!

2 CORINTHIANS 5:11-6:2 [NRSV]



WARM UP

Have you ever tried to reshape your image or tried to be something you’re not?



COMPREHEND

From this passage, what do you interpret Paul is suggesting about God’s view—or image—of us?



REFLECT

Paul suggests God does not hold our pasts against us. What actions of your past are you struggling to let go of?



“

I rejoice in the Lord greatly that now at last you have revived your concern for me; indeed, you were concerned for me, but had no opportunity to show it. Not that I am referring to being in need; for I have learned to be content with whatever I have. I know what it is to have little, and I know what it is to have plenty. In any and all circumstances I have learned the secret of being well-fed and of going hungry, of having plenty and of being in need. I can do all things through him who strengthens me.

PHILIPPIANS 4:10-13 [NRSV]

PHILIPPIANS
4:10-13



WARM UP

Do you remember a time when you felt truly content in life?



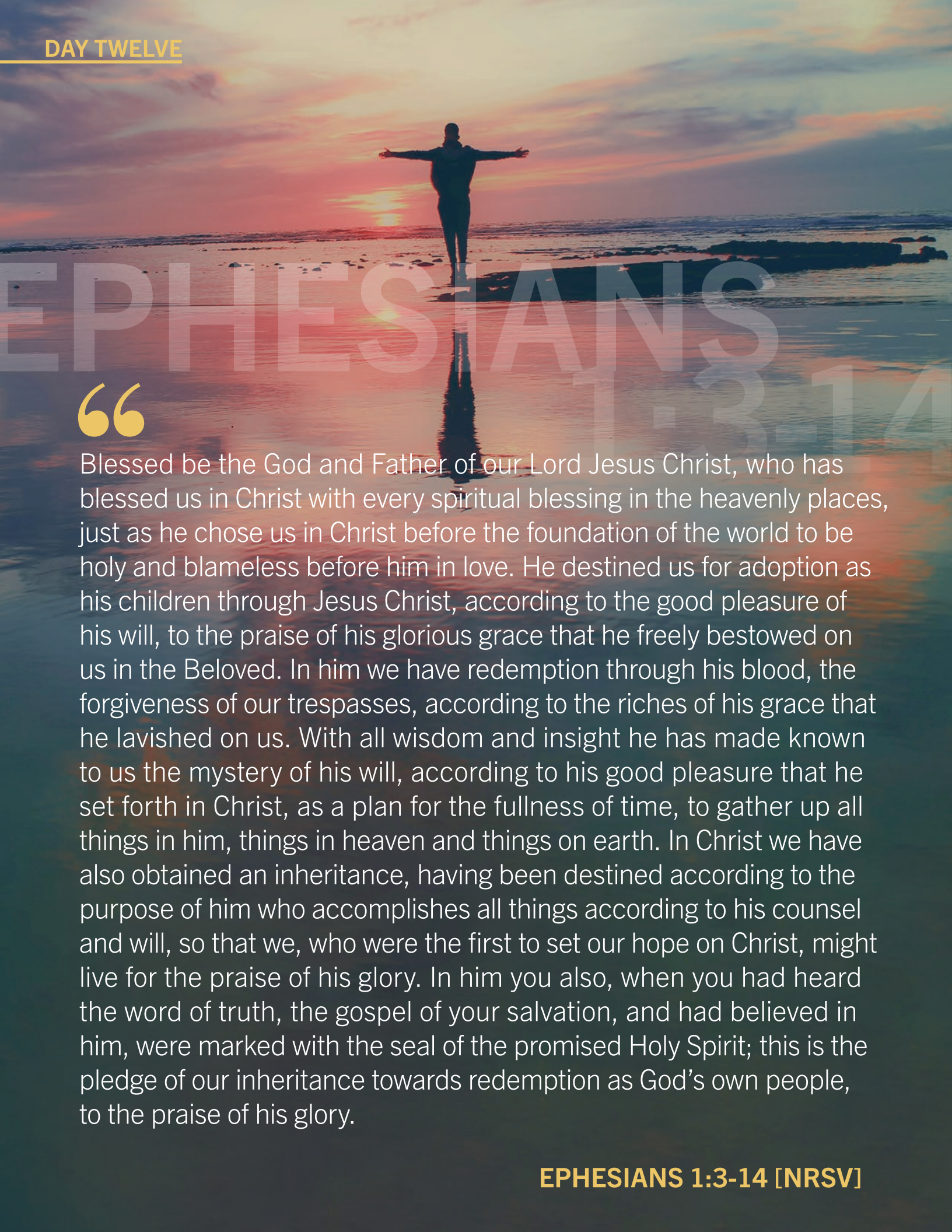
COMPREHEND

Paul is the author of these verses. What do you think is behind the universal contentment he is writing about?



REFLECT

We can't change the world around us, but we can change how we react to it. What might need to change in you in order to find this kind of contentment?



“

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, just as he chose us in Christ before the foundation of the world to be holy and blameless before him in love. He destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, to the praise of his glorious grace that he freely bestowed on us in the Beloved. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace that he lavished on us. With all wisdom and insight he has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ, as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth. In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will, so that we, who were the first to set our hope on Christ, might live for the praise of his glory. In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit; this is the pledge of our inheritance towards redemption as God’s own people, to the praise of his glory.

EPHESIANS 1:3-14 [NRSV]



WARM UP

Have you ever been picked or singled out for a special task?
How did it make you feel?



COMPREHEND

Paul, the author of this letter, is opening with a pep talk to the church in Ephesus.
What uplifting things does he say?



REFLECT

If we accept Paul’s claim that we are chosen by God,
what does that inspire in you?



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