

The Journey Uniting Church ~ Bible Reading Plan - July 2010

Week 1 When I'm Down

	Day 1	Day 2	Day 3	Day 4	Day 5
July 4th	Psalm 42	Romans 8:18-37	1 Peter 5: 6-11	Habakkuk 3:16-19	Psalm 143

Winter is here, the weather is freezing (though try telling that to those of us who have lived in Europe!) and several of us have periods of feeling 'down'. In addition to this, many of our community are facing difficult trials and circumstances that can be very taxing on our mental health. This week we are considering what our response is to these 'winter blues'. How do we treat ourselves when we are feeling 'down' or when we are going through a really hard time? How do we treat others who are experiencing this? Allow God to speak to you and comfort you this week.

Week 2 Sharing My Faith

	Day 1	Day 2	Day 3	Day 4	Day 5
July 11th	Romans 1:8-17	1 Peter 3:8-18	2 Timothy 1:7-12	Psalm 71: 16-18 & Psalm 96:2-3	1 Peter 2: 4-11

I remember an illustration from an Alpha course that has stuck with me. Two men were lost in the scorching heat in the desert; one of them miraculously stumbles upon a pool of water. What does he do? Rather than keep it to himself he quickly calls the other man over to share his joy. This week Brian Billard will bring some insight on sharing our faith, the most precious thing in our lives.

Week 3 Overcoming Adversity Part 1

	Day 1	Day 2	Day 3	Day 4	Day 5
July 18 th	Numbers 13:21-30	Luke 11:1-13	Philippians 1:12-29	John 16:17-33	2 Corinthians 11:16-33

We know that in this life we will encounter many challenges. This week and next week we are encouraging each other to consider how God would have us face and deal with these adversities in His strength. Be kind to yourself as you do this- how you approach and overcome situations may be different to others, enjoy your unique relationship with God as you prayerfully consider and act!

Week 4 Overcoming Adversity Part 2

	Day 1	Day 2	Day 3	Day 4	Day 5
July 25 th	Corinthians 12:1-10	Philippians 3:12-21	Revelation 7:9-17	Hebrews 11	Hebrews 12:1-12