

Manna in the Morning

March, 2017

“Then the Lord said... ‘I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day.’ ...The people of Israel called the bread manna.” Numbers 16:4, 31

“One does not live on bread alone but on every word that comes from the mouth of the Lord.” Deuteronomy 8:3

Won't you take time to each day to let God speak to you through His Word? Listed below is a series of daily readings from the Bible. You are encouraged to spend a few minutes in the morning to let the scriptures soak into your heart. You may choose to begin each day by reading the psalm of the week. There is a single text listed for each weekday and Saturday; the Sunday texts are the Old Testament, Epistle and Gospel lectionary selections that are incorporated into our worship services (Note: during the time between Easter and Pentecost, the Old Testament lesson is replaced by a reading from Acts). One suggestion for daily reading would be to engage with the text through a process known as “Lectio Divina” (a Latin term that simply means “Divine Reading.” For more information on Lectio Divina, please see the reverse side of this sheet. Read God's Word, and take time to reflect on what God might be saying to you.

The Power to Give Life

Psalm of the Week

Psalm 36

Friday, April 21

Saturday, April 22

Ephesians 1:15-23

2 Corinthians 4:7-18

Sunday, April 2

Ezekiel 37:1-14

Romans 8:6-11

John 11:1-45

Life in Christ

Psalm of the Week

Psalm 126

Monday, April 3

John 17:1-19

Sunday, April 23

Acts 2:14a, 22-32

Tuesday, April 4

Romans 6:1-14

1 Peter 1:3-9

Wednesday, April 5

John 10:22-30

John 20:19-31

Thursday, April 6

Matthew 16:21-28

Romans 6:1-11

Friday, April 7

Luke 8:40-56

Monday, April 24

Ephesians 2:1-10

Saturday, April 8

John 12:44-50

Wednesday, April 26

Galatians 2:11-21

Thursday, April 27

John 17:1-5

Friday, April 28

Romans 6:15-23

Saturday, April 29

Romans 8:18-30

Holy Week

Psalm of the Week

Psalm 22

Palm Sunday, April 9

Philippians 2:5-11

Matthew 21:1-11

Psalm 118:1-2, 19-29

Companionship with the Living Lord

Psalm of the Week

Psalm 121

Monday, April 10

Isaiah 42:1-9

Sunday, April 30

Acts 2:14a, 36-41

Tuesday, April 11

Isaiah 49:1-7

1 Peter 1:17-23

Wednesday, April 12

Isaiah 50:4-9a

Luke 24:13-35

Maundy Thursday, April 13

John 13:1-17, 31b-35

Monday, May 1

Ezekiel 36:22-36

Good Friday, April 14

John 18:1-19:42

Tuesday, May 2

Genesis 17:1-8

Saturday, April 15

silence

Wednesday, May 3

Genesis 39:19-23

Thursday, May 4

Philippians 4:1-9

Friday, May 5

Colossians 2:6-15

Saturday, May 6

Acts 4:23-37

The Living Christ

Psalm of the Week

Psalm 23

Sunday, April 16

Acts 10:34-43

Colossians 3:1-4

Matthew 28:1-10

Note: Scripture readings and weekly themes are taken from Norman Shawchuck and Rueben Job, [A Guide to Prayer for All God's People](#) (Nashville: Upper Room Books, 1990).

Monday, April 17

Acts 3:11-16

Tuesday, April 18

Acts 4:1-12

Wednesday, April 19

Acts 5:17-32

Thursday, April 20

Acts 2:22-36

Lectio Divina

Use *lectio divina* in your daily reading of scripture.

One of the most central and ancient practices of Christian prayer is *lectio divina*, or divine reading. In *lectio divina*, we begin by reading a few verses of the Bible. We read unhurriedly so that we can listen for the message God has for us there. We stay alert to connections the Spirit may reveal between the passage and what is going on in our lives. We ask, “What are you saying to me today, Lord? What am I to hear in this story, parable, or prophecy?” Listening in this way requires patience and a willingness to let go of our own agendas and open ourselves to God’s shaping.

Once we have heard a word that we know is meant for us, we are naturally drawn to prayer. From listening we move to speaking — perhaps in anguish, confession or sorrow; perhaps in joy, praise, thanksgiving or adoration; perhaps in anger, confusion or hurt; perhaps in quiet confidence, trust or surrender. Finally, after pouring out our heart to God, we come to rest simply and deeply in that wonderful, loving presence of God. Reading, reflecting, responding and resting — this is the basic rhythm of divine reading.

- 1. Read the scripture slowly.** Watch for a key phrase or word that jumps out at you or promises to have special meaning for you. It is better to dwell profoundly on one word or phrase than to skim the surface of several chapters. Read with your own life and choices in mind.
- 2. Reflect on a word or phrase.** Let the special word or phrase that you discovered in the first phase sink into your heart. Bring mind, will and emotions to the task. Be like Mary, Jesus’ mother, who heard of the angel’s announcement and “treasured” and “pondered” what she had heard (Luke 2:19).
- 3. Respond to what you have read.** Form a prayer that expresses your response to the idea, then “pray it back to God.” What you have read is woven through what you tell God.
- 4. Rest in God’s word.** Let the text soak into your deepest being, savoring an encounter with God and truth. When ready, move toward the moment in which you ask God to show you how to live out what you have experienced.

From Upper Room Ministries, http://www.upperroom.org/daily/?page_id=9