



40 Days

Over the next six weeks, Pastor Mike will teach on a few of the historic Christian disciplines (submission, confession, meditation, fasting study and simplicity) as we spend a season drawing closer to Jesus.

During this time, we encourage you to take a step by choosing to do one or a combination of the practices below.

Daily scripture reading:

- Choose a method (see back)

Read devotional / classic book:

- My Utmost for His Highest (Chambers) - *a daily reading guide with scripture references and devotional thoughts.*
- The Pursuit of God (Tozer) - *a book that will remind and challenge you to renew your relationship with a loving God.*
- Abba's Child (Manning) - *a book that encourages us to let go of the imposter lifestyle and freely accept our belovedness as a child of God.*
- Knowing God (Packer) - *an in-depth, yet profoundly moving study on the character of God.*
- Simply Christian (Wright) - *an easy, but more intellectual than devotional read, creatively covering the basics of Christianity.*
- The Spirit of the Disciplines (Willard) - *a well presented book that enables us to enjoy the fruit of the Christian life through self-transformation through the practice of spiritual disciplines.*
- Wounded Healer (Nouwen) - *a hope-filled and simple book that speaks directly to those who want to be of service in their church and community, but have found traditional ways threatening and ineffective.*
- Living In Christ (Graham) - *an easy read and study for those beginning a new walk of faith.*

Practice:

- Meet weekly (at the Vista office) for prayer: Tuesdays at 6:30am or 6pm - beginning Feb 23
- Commit to weekly fasting and prayer every Friday
- Commit to replacing something for 40 days (a beverage, a food, a habit, an indulgence, a diversion ...)
- Apply the weeks discipline / teaching
- Kids Community Lent Activity book
- Consider partnering for encouragement and accountability

	Method 1	Method 2	Method 3	Method 4	Method 5	Method 6
Day	Old Test.	New Test.	Key Psalms	Proverbs	Bible in 3 yrs	Daily Prompt
1	Ge 1	Mt 5	1	1	Use the layout provided in our discipleship binder to start reading thru the Bible in three years.	There are also online programs that will email you daily readings to get you thru the Bible in a year Try: One Year Bible Online .org
2	Ge 17	Mt 6	8	2		
3	Ex 15	Mt 7	15	3		
4	Ex 20	Jn 8	16	4		
5	Lev 19	Jn 20	19	5		
6	Nu 6	Ac 2	23	6		
7	Dt 6	Ac 4	25	7		
8	Jos	Ac 20	27	8		
9	Jdg 8	Ro 8	29	9		
10	Ru 1	Ro 12	32	10		
11	1 Sa	1 Co 2	33	11		
12	2 Sa 7	1 Co 10	34	12		
13	1 Ki	1 Co 15	37	13		
14	1 Ch 16	2 Co 5	67	14		
15	2 Ch 13	2 Co 12	73	15		
16	Ez 3	Gal 5	84	16		
17	Ne 8	Eph 4	90	17		
18	Est 4	Eph 6	91	18		
19	Job	Php 2	92	19		
20	Ps 139	Php 4	95	20		
21	Pr 9	Col 3	96	21		
22	Ecc 3	1 Th 5	100	22		
23	Is 53	2 Th 3	103	23		
24	Jer 33	1 Ti 6	111	24		
25	Lam 5	2 Ti 1	127	25		
26	Eze 36	Tit 3	130	26		
27	Da 2a	Phm	131	27		
28	Da 2b	Heb 12	139	28		
29	Hos14	Heb 13	145	29		
30	Zec 7	Jas 1	147	30		
31	Joel 2	1 Pe 2	148	31		
32	Am 5	1 Pe 4				
33	Ob 15	2 Pe 3				
34	Jnh 2	1 Jn 1				
35	Mic 6	1 Jn 3				
36	Na 1	2 Jn				
37	Hab 3	3 Jn				
38	Zep 3	Jude				
39	Hag 2	Rev 2				
40	Mal 4	Rev 22				