

The Fall Study Rhythm Card

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Most Bible study plans fail because they ask for the same thing every day. A rhythm asks for different things on different days, which is how anything survives a busy season.

The seven-day pattern

Assign each day a job. When you know the job, you stop negotiating with yourself in the morning.

- Monday, Tuesday, Wednesday — Read. One passage, straight through, no commentary.
- Thursday — Reflect. Re-read Monday's passage and write half a page.
- Friday — Pray. Turn the week's passage into prayer, line by line.
- Saturday — Rest. No plan. If you open your Bible, read whatever you want.
- Sunday — Gather. Church, and one sentence in your notes about what you heard.

How to set it up

Write the seven days down the left side of an index card and the job beside each. Put the card where your Bible opens.

- Choose one book of the Bible for the month, not a topic.
- Divide it into twelve reading days — that is three reading days a week for four weeks.
- Write your start date on the card so you can see the month as finite.

When you fall behind

Do not catch up. Rejoin the rhythm on today's day. Catching up turns study into debt, and nobody keeps paying a debt.

Fall-season adjustment

As the mornings get darker, move the reading days to whichever part of the day you are actually awake for. The rhythm matters more than the hour.

Notes for this month

TAKE IT WITH YOU

Four weeks of this is one book of the Bible read, reflected on, and prayed through — with two guilt-free days off every week.

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