



THE
21-DAY **BIBLE**
READING
CHALLENGE

THE 21-DAY BIBLE READING CHALLENGE

²Like newborn infants, long for the pure spiritual milk, that by it you may grow up into salvation—³if indeed you have tasted that the Lord is good. 1 PETER 2:2,3

We grow in our relationship with God by going deeper in the Word every day. This challenge is meant to help all of us develop a habit of reading, meditating, and obeying the Word daily.

Let's get started!

1. Set a time and place to read the Bible every day:
_____ .
2. Set a reading plan.
 - Commit to reading a specific number of chapters every day, beginning with the Gospel of Mark. Bible reading plans are also available online. For the next twenty-one days, a reading plan is provided based on Psalm 119.
 - Get a notebook and pen or use an app to record insights.

PRACTICE S.O.A.P.

FOLLOW THIS SIMPLE FORMAT WHEN READING THE BIBLE:

SCRIPTURE



Read a portion of Scripture slowly and thoughtfully.

Reflect on the Word. What does the Word say about God and the people in the passage?



OBSERVATION

APPLICATION



Apply the Word. Does it reveal an attitude to change, a sin to forsake, a specific promise to claim, an example to follow, a command to obey? What did you learn from this passage, and how will you apply it in your life?

Respond to the Word in prayer.



PRAYER

SAMPLE S.O.A.P. ENTRY

¹Blessed are those whose way is blameless, who walk in the law of the Lord! ²Blessed are those who keep his testimonies, who seek him with their whole heart, ³who also do no wrong, but walk in his ways! ⁴You have commanded your precepts to be kept diligently. ⁵Oh that my ways may be steadfast in keeping your statutes! ⁶Then I shall not be put to shame, having my eyes fixed on all your commandments. ⁷I will praise you with an upright heart, when I learn your righteous rules. ⁸I will keep your statutes; do not utterly forsake me! **PSALM 119:1-8**

Scripture

Psalm 119:6

"Then I shall not be put to shame, having my eyes fixed on all your commandments."

Observation

Following God's commandments protects me and keeps me from being put to shame. His rules and commands are not burdensome, but are for my benefit and protection.

Application

I need to fix my eyes on His commands. For me to do that, I need to read the Word more consistently. It's easy to get distracted and fix my eyes on other things, but I need to fix my eyes on God!

Prayer

Father, Thank You for Your Word and all Your commandments. Thank You that this is for my benefit and protection. Give me the grace to consistently fix my eyes on Your Word, no matter what. In Jesus' name, Amen.

DAY 1

Read through the passage below. Practice reading every word slowly and thoroughly. This is not a race or a requirement. Encircle, underline, or highlight parts that stand out to you. This is just for you to get comfortable with meditating on the Word. Record your observations, applications, and prayers.

*⁹How can a young man keep his way pure? By guarding it according to your word. ¹⁰With my whole heart I seek you; let me not wander from your commandments! ¹¹I have stored up your word in my heart, that I might not sin against you. ¹²Blessed are you, O Lord; teach me your statutes! ¹³With my lips I declare all the rules of your mouth. ¹⁴In the way of your testimonies I delight as much as in all riches. ¹⁵I will meditate on your precepts and fix my eyes on your ways. ¹⁶I will delight in your statutes; I will not forget your word. **PSALM 119:9-16***

Scripture

Observation

Application

Prayer

DAY 2

¹⁷Deal bountifully with your servant, that I may live and keep your word. ¹⁸Open my eyes, that I may behold wondrous things out of your law. ¹⁹I am a sojourner on the earth; hide not your commandments from me! ²⁰My soul is consumed with longing for your rules at all times. ²¹You rebuke the insolent, accursed ones, who wander from your commandments. ²²Take away from me scorn and contempt, for I have kept your testimonies. ²³Even though princes sit plotting against me, your servant will meditate on your statutes. ²⁴Your testimonies are my delight; they are my counselors. **PSALM 119:17-24**

Scripture

Observation

Application

Prayer

DAY 3

*²⁵My soul clings to the dust; give me life according to your word!
²⁶When I told of my ways, you answered me; teach me your statutes!
²⁷Make me understand the way of your precepts, and I will meditate on your wondrous works.
²⁸My soul melts away for sorrow; strengthen me according to your word!
²⁹Put false ways far from me and graciously teach me your law!
³⁰I have chosen the way of faithfulness; I set your rules before me.
³¹I cling to your testimonies, O Lord; let me not be put to shame!
³²I will run in the way of your commandments when you enlarge my heart!* **PSALM 119:25-32**

Scripture

Observation

Application

Prayer

DAY 4

³³Teach me, O Lord, the way of your statutes; and I will keep it to the end. ³⁴Give me understanding, that I may keep your law and observe it with my whole heart. ³⁵Lead me in the path of your commandments, for I delight in it. ³⁶Incline my heart to your testimonies, and not to selfish gain! ³⁷Turn my eyes from looking at worthless things; and give me life in your ways. ³⁸Confirm to your servant your promise, that you may be feared. ³⁹Turn away the reproach that I dread, for your rules are good. ⁴⁰Behold, I long for your precepts; in your righteousness give me life! **PSALM 119:33-40**

Scripture

Observation

Application

Prayer

DAY 5

⁴¹Let your steadfast love come to me, O Lord, your salvation according to your promise; ⁴²then shall I have an answer for him who taunts me, for I trust in your word. ⁴³And take not the word of truth utterly out of my mouth, for my hope is in your rules. ⁴⁴I will keep your law continually, forever and ever, ⁴⁵and I shall walk in a wide place, for I have sought your precepts. ⁴⁶I will also speak of your testimonies before kings and shall not be put to shame, ⁴⁷for I find my delight in your commandments, which I love. ⁴⁸I will lift up my hands toward your commandments, which I love, and I will meditate on your statutes. **PSALM 119:41-48**

Scripture

Observation

Application

Prayer

DAY 6

⁴⁹Remember your word to your servant, in which you have made me hope. ⁵⁰This is my comfort in my affliction, that your promise gives me life. ⁵¹The insolent utterly deride me, but I do not turn away from your law. ⁵²When I think of your rules from of old, I take comfort, O Lord. ⁵³Hot indignation seizes me because of the wicked, who forsake your law. ⁵⁴Your statutes have been my songs in the house of my sojourning. ⁵⁵I remember your name in the night, O Lord, and keep your law. ⁵⁶This blessing has fallen to me, that I have kept your precepts.

PSALM 119:49-56

Scripture

Observation

Application

Prayer

DAY 7

⁵⁷The Lord is my portion; I promise to keep your words.

⁵⁸I entreat your favor with all my heart; be gracious to me according to your promise. ⁵⁹When I think on my ways, I turn my feet to your testimonies; ⁶⁰I hasten and do not delay to keep your commandments. ⁶¹Though the cords of the wicked ensnare me, I do not forget your law. ⁶²At midnight I rise to praise you, because of your righteous rules. ⁶³I am a companion of all who fear you, of those who keep your precepts. ⁶⁴The earth, O Lord, is full of your steadfast love; teach me your statutes!

PSALM 119:57-64

Scripture

Observation

Application

Prayer

DAY 8

⁶⁵You have dealt well with your servant, O Lord, according to your word. ⁶⁶Teach me good judgment and knowledge, for I believe in your commandments. ⁶⁷Before I was afflicted I went astray, but now I keep your word. ⁶⁸You are good and do good; teach me your statutes. ⁶⁹The insolent smear me with lies, but with my whole heart I keep your precepts; ⁷⁰their heart is unfeeling like fat, but I delight in your law. ⁷¹It is good for me that I was afflicted, that I might learn your statutes. ⁷²The law of your mouth is better to me than thousands of gold and silver pieces. **PSALM 65-72**

Scripture

Observation

Application

Prayer

DAY 9

⁷³Your hands have made and fashioned me; give me understanding that I may learn your commandments. ⁷⁴Those who fear you shall see me and rejoice, because I have hoped in your word. ⁷⁵I know, O Lord, that your rules are righteous, and that in faithfulness you have afflicted me. ⁷⁶Let your steadfast love comfort me according to your promise to your servant. ⁷⁷Let your mercy come to me, that I may live; for your law is my delight. ⁷⁸Let the insolent be put to shame, because they have wronged me with falsehood; as for me, I will meditate on your precepts. ⁷⁹Let those who fear you turn to me, that they may know your testimonies. ⁸⁰May my heart be blameless in your statutes, that I may not be put to shame! **PSALM 119:73-80**

Scripture

Observation

Application

Prayer

DAY 10

⁸¹My soul longs for your salvation; I hope in your word. ⁸²My eyes long for your promise; I ask, "When will you comfort me?" ⁸³For I have become like a wineskin in the smoke, yet I have not forgotten your statutes. ⁸⁴How long must your servant endure? When will you judge those who persecute me? ⁸⁵The insolent have dug pitfalls for me; they do not live according to your law. ⁸⁶All your commandments are sure; they persecute me with falsehood; help me! ⁸⁷They have almost made an end of me on earth, but I have not forsaken your precepts. ⁸⁸In your steadfast love give me life, that I may keep the testimonies of your mouth.

PSALM 119:81-88

Scripture

Observation

Application

Prayer

DAY 11

⁸⁹Forever, O Lord, your word is firmly fixed in the heavens. ⁹⁰Your faithfulness endures to all generations; you have established the earth, and it stands fast. ⁹¹By your appointment they stand this day, for all things are your servants. ⁹²If your law had not been my delight, I would have perished in my affliction. ⁹³I will never forget your precepts, for by them you have given me life. ⁹⁴I am yours; save me, for I have sought your precepts. ⁹⁵The wicked lie in wait to destroy me, but I consider your testimonies. ⁹⁶I have seen a limit to all perfection, but your commandment is exceedingly broad. PSALM 119:89-96

Scripture

Observation

Application

Prayer

DAY 12

⁹⁷Oh how I love your law! It is my meditation all the day. ⁹⁸Your commandment makes me wiser than my enemies, for it is ever with me. ⁹⁹I have more understanding than all my teachers, for your testimonies are my meditation. ¹⁰⁰I understand more than the aged, for I keep your precepts. ¹⁰¹I hold back my feet from every evil way, in order to keep your word. ¹⁰²I do not turn aside from your rules, for you have taught me. ¹⁰³How sweet are your words to my taste, sweeter than honey to my mouth! ¹⁰⁴Through your precepts I get understanding; therefore I hate every false way. **PSALM 119:97-104**

Scripture

Observation

Application

Prayer

DAY 13

¹⁰⁵Your word is a lamp to my feet and a light to my path. ¹⁰⁶I have sworn an oath and confirmed it, to keep your righteous rules. ¹⁰⁷I am severely afflicted; give me life, O Lord, according to your word! ¹⁰⁸Accept my freewill offerings of praise, O Lord, and teach me your rules. ¹⁰⁹I hold my life in my hand continually, but I do not forget your law. ¹¹⁰The wicked have laid a snare for me, but I do not stray from your precepts. ¹¹¹Your testimonies are my heritage forever, for they are the joy of my heart. ¹¹²I incline my heart to perform your statutes forever, to the end.

PSALM 119:105-112

Scripture

Observation

Application

Prayer

DAY 14

¹¹³I hate the double-minded, but I love your law. ¹¹⁴You are my hiding place and my shield; I hope in your word. ¹¹⁵Depart from me, you evildoers, that I may keep the commandments of my God. ¹¹⁶Uphold me according to your promise, that I may live, and let me not be put to shame in my hope! ¹¹⁷Hold me up, that I may be safe and have regard for your statutes continually! ¹¹⁸You spurn all who go astray from your statutes, for their cunning is in vain. ¹¹⁹All the wicked of the earth you discard like dross, therefore I love your testimonies. ¹²⁰My flesh trembles for fear of you, and I am afraid of your judgments.

PSALM 119:113-120

Scripture

Observation

Application

Prayer

DAY 15

¹²¹I have done what is just and right; do not leave me to my oppressors. ¹²²Give your servant a pledge of good; let not the insolent oppress me. ¹²³My eyes long for your salvation and for the fulfillment of your righteous promise. ¹²⁴Deal with your servant according to your steadfast love, and teach me your statutes. ¹²⁵I am your servant; give me understanding, that I may know your testimonies! ¹²⁶It is time for the Lord to act, for your law has been broken. ¹²⁷Therefore I love your commandments above gold, above fine gold. ¹²⁸Therefore I consider all your precepts to be right; I hate every false way.

PSALM 119:121-128

Scripture

Observation

Application

Prayer

DAY 16

¹²⁹Your testimonies are wonderful; therefore my soul keeps them. ¹³⁰The unfolding of your words gives light; it imparts understanding to the simple. ¹³¹I open my mouth and pant, because I long for your commandments. ¹³²Turn to me and be gracious to me, as is your way with those who love your name. ¹³³Keep steady my steps according to your promise, and let no iniquity get dominion over me. ¹³⁴Redeem me from man's oppression, that I may keep your precepts. ¹³⁵Make your face shine upon your servant, and teach me your statutes. ¹³⁶My eyes shed streams of tears, because people do not keep your law.

PSALM 119:129-136

Scripture

Observation

Application

Prayer

DAY 17

¹³⁷Righteous are you, O Lord, and right are your rules. ¹³⁸You have appointed your testimonies in righteousness and in all faithfulness. ¹³⁹My zeal consumes me, because my foes forget your words. ¹⁴⁰Your promise is well tried, and your servant loves it. ¹⁴¹I am small and despised, yet I do not forget your precepts. ¹⁴²Your righteousness is righteous forever, and your law is true. ¹⁴³Trouble and anguish have found me out, but your commandments are my delight. ¹⁴⁴Your testimonies are righteous forever; give me understanding that I may live.

PSALM 119:137-144

Scripture

Observation

Application

Prayer

DAY 18

¹⁴⁵With my whole heart I cry; answer me, O Lord! I will keep your statutes. ¹⁴⁶I call to you; save me, that I may observe your testimonies. ¹⁴⁷I rise before dawn and cry for help; I hope in your words. ¹⁴⁸My eyes are awake before the watches of the night, that I may meditate on your promise. ¹⁴⁹Hear my voice according to your steadfast love; O Lord, according to your justice give me life. ¹⁵⁰They draw near who persecute me with evil purpose; they are far from your law. ¹⁵¹But you are near, O Lord, and all your commandments are true. ¹⁵²Long have I known from your testimonies that you have founded them forever. **PSALM 119:145-152**

Scripture

Observation

Application

Prayer

DAY 19

¹⁵³Look on my affliction and deliver me, for I do not forget your law. ¹⁵⁴Plead my cause and redeem me; give me life according to your promise! ¹⁵⁵Salvation is far from the wicked, for they do not seek your statutes. ¹⁵⁶Great is your mercy, O Lord; give me life according to your rules. ¹⁵⁷Many are my persecutors and my adversaries, but I do not swerve from your testimonies. ¹⁵⁸I look at the faithless with disgust, because they do not keep your commands. ¹⁵⁹Consider how I love your precepts! Give me life according to your steadfast love. ¹⁶⁰The sum of your word is truth, and every one of your righteous rules endures forever.

PSALM 119:153-160

Scripture

Observation

Application

Prayer

DAY 20

¹⁶¹Princes persecute me without cause, but my heart stands in awe of your words. ¹⁶²I rejoice at your word like one who finds great spoil. ¹⁶³I hate and abhor falsehood, but I love your law. ¹⁶⁴Seven times a day I praise you for your righteous rules. ¹⁶⁵Great peace have those who love your law; nothing can make them stumble. ¹⁶⁶I hope for your salvation, O Lord, and I do your commandments. ¹⁶⁷My soul keeps your testimonies; I love them exceedingly. ¹⁶⁸I keep your precepts and testimonies, for all my ways are before you. **PSALM 119:161-168**

Scripture

Observation

Application

Prayer

DAY 21

¹⁶⁹Let my cry come before you, O Lord; give me understanding according to your word! ¹⁷⁰Let my plea come before you; deliver me according to your word. ¹⁷¹My lips will pour forth praise, for you teach me your statutes. ¹⁷²My tongue will sing of your word, for all your commandments are right. ¹⁷³Let your hand be ready to help me, for I have chosen your precepts. ¹⁷⁴I long for your salvation, O Lord, and your law is my delight. ¹⁷⁵Let my soul live and praise you, and let your rules help me. ¹⁷⁶I have gone astray like a lost sheep; seek your servant, for I do not forget your commandments. **PSALM 119:169-176**

Scripture

Observation

Application

Prayer

DON'T STOP READING!

... for I find my delight in your commandments, which I love.

PSALM 119:47

David, the author of this psalm, was known as a man after God's own heart (1 Samuel 13:14; Acts 13:22). He had a deep love for and delighted in the Word of God. It wasn't an obligation or burden for him. This can be seen in the 176 verses you just went through. As we read, meditate on, and apply the Word of God, we will delight in Him and know Him more and more.

As you continuously move forward in your walk with God, challenge yourself to apply S.O.A.P. as you read your Bible every day.

You can also commit to a one-year Bible reading plan that can be found here:

<http://www.biblestudytools.com/bible-reading-plan/>.



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