

Bible  
Reading  
**PLANNING  
GUIDE**

BY SARAH E. FRAZER

# Bible Reading PLANNING GUIDE

## ANSWER THESE QUESTIONS:

1

Where do I read in  
my Bible?

2

How long can I  
spend?

3

What should I do?

4

What do I write down  
in my notebook?

5

How do I end my  
time?



## 1. WHERE?

Where do I read in my Bible? You can read in: Genesis. The book of beginnings would be a great place to start. Psalms. The book of Psalms is a book of songs. It love reading Psalms. The Gospel of John. I love this gospel. It is both simple and profound. It is great place to start as you discover who Jesus is.

## 2. HOW LONG?

15 minutes? 30? An hour? After you determine where to read, you need to determine how much time you have to give. Before you figure out what to read, figure out the set amount of time. You might do less on some days (or more!) Set your timer on your phone and stick to what you've pre-decided you are more apt to go over than under.

## 3. WHAT DO I DO?

A chapter is about 3-5 minutes. So do the math! If you have 15 minutes you can read three chapters. If you have more time, you might want to still just read for 15 minutes and then journal the rest of the time. This is also a great time to pray. You can also look up your questions. (See below for a list of resources.)

## 4. WHAT DO I WRITE?

First, you can write out God's word. This is a great practice to get into as it slows us down. Second, you could also write your questions. You will have questions - but that's ok! As you read, write them down and revisit them later. Third, you could also write down your prayer requests or your entire prayers out to God.

## 5. HOW TO END?

Prayer! I would highly recommend praying before and during your Bible reading time, but if you don't, at least pray at the end! No matter what ask God to speak to your heart and ask the Spirit to remind you of the words you read throughout your day. (See below for prayer prompts!)

# Bible Reading

## PLANNING GUIDE



(NAME):

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### 1. WHERE?

### 2. HOW LONG?

### 3. WHAT DO I DO?

### 4. WHAT DO I WRITE?

### 5. HOW TO END?

# Prayers to Pray

## OVER BIBLE READING

### START AGAIN.

DEAR LORD, AS I OPEN YOUR WORD TODAY, LEAD ME TO YOU. I CONFESS MY LACK OF DESIRE SOMETIMES TO EVEN READ YOUR WORD. BUT TODAY I WANT TO START AGAIN. IT HAS BEEN A LONG TIME SINCE I HAVE READ YOUR WORD AND I CONFESS MY SINS BEFORE YOU. I PRAY YOU WILL HEAL MY WONDERING HEART WITH TRUTH TODAY AS I READ YOUR WORD. I PRAY YOU HELP REMIND ME THAT EACH MORNING I HAVE NEW MERCIES WAITING FOR ME. YOU ARE HERE AND I NEED NOT FEAR REJECTION. YOUR WORD IS WELCOMING AND OPEN TO ME. HELP ME TO START NEW TODAY. I KNOW I FAIL, BUT YOU FORGIVE. I KNOW I AM UNFAITHFUL, BUT YOU ARE ENDURING AND PATIENT WITH ME. HELP ME TO SEEK YOU AND SEE YOU TODAY IN THE PASSAGE I'M READING. AMEN. (PSALM 1)

### HEAR HIS VOICE.

DEAR FATHER, AS I OPEN UP YOUR WORD I WANT TO HEAR YOUR VOICE. I'LL ADMIT SOMETIMES I WONDER IF YOU ARE STILL SPEAKING. PLEASE FORGIVE MY DOUBT AND WORRY. YOU ARE STILL SPEAKING THROUGH YOUR WORD. I NEED EARS TO HEAR AND EYES TO SEE WHAT YOUR WORD HAS FOR ME. LET ME NOT BE AFRAID OF THE TRUTH I MIGHT FIND. HELP LEAD ME TO THE WORDS YOU WANT ME TO READ TODAY AND SPEAK INTO MY SITUATION. I AM STRUGGLING WITH \_\_\_\_\_. I KNOW YOUR WORD HAS BEEN WRITTEN FOR MY COMFORT AND EDIFICATION, SO LET ME LEAN INTO THE TRUTH I FIND. HELP SPEAK TO ME AND HELP THE SPIRIT HAVE FREE REIGN TO CONVICT AND COMFORT. IN YOUR NAME, AMEN. (PSALM 51)

### DIRECTION & WISDOM

O GOD, MAKER OF THE WORLD, I PRAY YOU WILL GUIDE ME TODAY. THERE IS SO MUCH UNCERTAINTY IN MY WORLD, MY LIFE, AND IN MY MIND TODAY. I PRAY YOU WILL GIVE ME WISDOM. YOU PROMISED IN JAMES TO PROVIDE WISDOM FOR ANYONE WHO ASKS. WELL, I'M ASKING. I'M BEGGING FOR DIRECTION, ESPECIALLY FOR THIS DECISION RIGHT NOW. IT WEIGHS ON ME, BUT YOU HAVE PROMISED TO GIVE ME DIRECTION AND GUIDE MY STEPS. WALK WITH ME AND HELP ME MAKE THE BEST DECISION POSSIBLE, BUT I LEAVE THE RESULTS UP TO YOU. AS I OPEN YOUR WORD, BRING TO MIND THE PASSAGES IN WHICH YOU WANT ME TO REMEMBER. IN YOUR HOLY NAME, AMEN. (PSALM 25)

### UNDERSTANDING THE BIBLE

O JESUS, GOD THE FATHER, AND HOLY SPIRIT WORK TOGETHER TO SPEAK TO ME DURING MY BIBLE STUDY TIME. I PRAY YOU WILL OPEN THE EYES OF MY HEART SO THAT I CAN SEE THE TRUTH YOU WOULD HAVE FOR ME TODAY. CONVICT ME. ENCOURAGE ME. LEAD ME. GUIDE ME. SPEAK TO ME AS I OPEN UP THE WORD. IT IS ALIVE AND SO ARE YOU. I PRAY I WILL LEAN INTO THE GRACE FOUND IN JESUS, THE LOVE OF THE GOD THE FATHER, AND THE POWER OF THE HOLY SPIRIT. MAY THE TRINITY GUIDE MY BIBLE STUDY TODAY. AMEN. (2 CORINTHIANS 13:14)



# 10 Bible Journaling Tips

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1. The best place to begin will be with your Bible. Choose a Bible you will read, but also one that is a good translation. I don't get into the translation debate, but I will recommend you get a large print Bible or one that is called "journaling." The reason is you want lots of margin space to keep notes! I used a large print Bible all through college and loved making notes as I read. I have a single column journaling Bible now and I love the extra space on the sides to take notes.

2. For Bible journaling, if you don't want to write in your Bible - and even if you do - it is important to have another blank journal. Don't worry about what to write (that will come next). Just get a journal or notebook you will use. Some tips about choosing the right notebook is to find one roughly the same size as your Bible so they stack and travel neatly and find a notebook or journal that is lined.

3. Choose the right pens. I know this is super tedious and seemingly insignificant, but it is key. The wrong kind of pen will bleed through your Bible's pages or the pages of your journal. Choose a pen that is comfortable and writes well. I would also suggest getting a highlighter or colored pencils, but those are not necessary.

4. Having a good plan is one of my favorite mottos. If you aren't much of a planner, I'm sorry. But I am so in love with having a plan. You will find a list of my reading plans here. Getting a plan allows you to know where you are going. The Bible is a big book and can be very overwhelming. Do we start at the beginning? What if we are struggling in a certain area? My reading plans are great places to start.

5. What will you write in your Bible or journal? Start simple is my first advice. Maybe just underline or jot down stars next to the verses or words you like. You can even write little question marks next to things you don't understand. God's word is meant to be understood, but that doesn't mean the first time you read it you will have perfect understanding. Don't worry if you have questions. One of the things I love to do starting out is underline or make a note of all of the names of God I see in my verse or passage.

6. As you get comfortable highlighting, underlining, and observing you can write somethings you learn as you read. What does this passage tell me about God? What does it tell me about myself? Does this spark conviction, change, or encouragement?

7. Another great way to journal is to simply respond in prayer. Just write a small (or even long) prayer after reading in response to the passage. I love doing this with the Book of Psalms. It is a book of songs and prayers, so I can easily respond in my heart to the beautiful poetry.

8. Keep going, even when you miss a day. You will miss a day. And that's why none of my Bible reading plans are dated. It isn't about perfection but about consistency. If you've been busy, don't worry. Just start again where you left off. It is one of the reasons I love Bible journaling with a plan as well. It is easy to begin again.

9. Begin with the passages you know. If you have been a reader of the Bible for awhile, we might be tempted to go to section we aren't familiar with. I would say start where you know. Look again at the old verses and chapters you've read over and over again. I'm sure you will find lots of things to journal in those rich passages. There is a reason they are so popular!

10. Don't forget prayer. I mentioned it above, but prayer is going to be vital to your Bible journaling. Pray before, during, and after you take notes. It is your way to commune with God as you read His word.

# PRAYER PROMPTS



## FOR THE WEARY HEART

READ

Psalm 105:4

Lord, help me to seek your strength. I am so tired, be with me in a supernatural way today....

READ

Psalm 18:1-3

Deliver me from this weariness, O God. You are my only true sense of strength. I am so tired because.....Be my strength....

READ

2 Corinthians 12:9

O Lord, it is easy to see my mistakes and my short comings. I am so weak, but in You I can find strength. Help me to embrace where I am weary today, with only the thought of You being my strength....

READ

Isaiah 40:31

Lord, it is hard to wait in You to be my strength, but let me hold on to this promise that you will renew my weary heart. These burdens.....they are overwhelming me, but You will be my strength....

READ

Hebrews 4:16

To the God who sits on His throne, let me come as a child begs a Father: renew me; give me strength; provide for my weary heart. I am in need....

READ

Galatians 6:9

It is so hard, dear God, to continue with my life because I am so weary. Let me rest in knowing you will bring fruit, even in this season where I'm struggling with....

# RESOURCES

## FOR DEEPER BIBLE STUDY

### STUDYLIGHT

<https://www.studylight.org/commentaries/eng.html>

### BLUE LETTER BIBLE

<https://www.blueletterbible/>

### BIBLE GATEWAY

<https://www.biblegateway.com/>

### BIBLE STUDY TOOLS

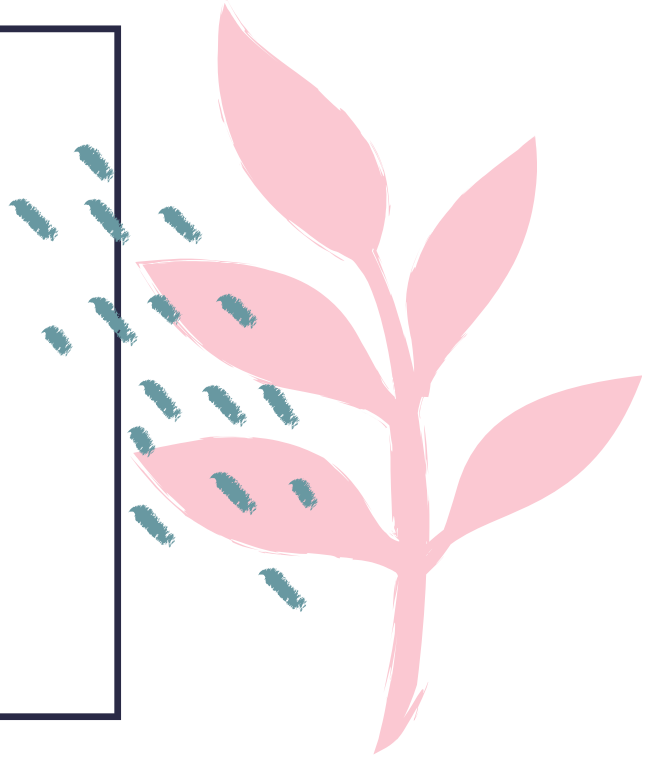
<https://www.biblestudytools.com/>

### MY WEBSITE

<https://sarahefrazer.com/>



DECISION  
MAKING  
BIBLE  
READING  
PLAN



- PROVERBS 2:6
- JAMES 1:5
- COLOSSIANS 4:5-6
- JAMES 3:13
- PSALM 90:12
- PROVERBS 14:29
- PSALM 71:17
- PSALM 25:12
- PSALM 143:8, 10
- I THESSALONIANS 4:9



# MY PRAYER NOTEBOOK

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PRAISE GOD FOR

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HOW I'M FEELING



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THINGS TO DO

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NOTES

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# BIBLE JOURNALING PAGE

Passage I'm READING: \_\_\_\_\_

Observation: What does it say?

- Outline the text & Re-read text
- Write down main characters and actions
- Look up words

Interpretation: What does it mean?

- Re-read text
- What do other passages say?
- Paraphrase text

Application: How does this passage change me?

- What does this passage teach me about God?
- How does this aspect of God's character change my view of self?
- What should I do in response?

My Prayer:



# Thank you!

Thank you for using this guide! I pray it was a blessing to spend time getting to know God. I pray He continues to grow your faith through the study of His word.

**PLEASE TELL ME HOW I CAN HELP YOU STAY IN GOD'S WORD!**

email me at:

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SARAH E. FRAZER IS A WRITER AND BIBLE STUDY MENTOR AT [SARAHEFRAZER.COM](http://SARAHEFRAZER.COM). SARAH IS THE WIFE OF JASON AND MOTHER OF FIVE. SHE AND HER FAMILY SERVE AS FULL-TIME MISSIONARIES IN HONDURAS. HER PASSION IS TO ENCOURAGE WOMEN TO START TODAY WITH A BIBLE READING AND PRAYER HABIT. SARAH IS THE AUTHOR OF SEVERAL SELF-PUBLISHED BIBLE STUDY RESOURCES FOR WOMEN. SHE SHARES TOOLS AND ENCOURAGEMENT FOR BIBLE AND PRAYER STUDY AT [SARAHEFRAZER.COM](http://SARAHEFRAZER.COM). FOLLOW HER ON [INSTAGRAM](https://www.instagram.com/sarah_e_frazer) AT [SARAH\\_E\\_FRAZER](https://www.instagram.com/sarah_e_frazer)

