

A 30-day Lectio Divina Bible reading plan for unhurried prayer

A twelve-page printable with five weekly themes, all thirty readings, daily prompts, and review space.

INSIDE THIS PDF

- All thirty readings in five weekly themes
- Three readings per page with writing rules
- A weekly carryPhrase review on every second sheet
- A closing page for the month as a whole

Read · ponder · pray · rest · respond

sabbathmeditation.com

How to use the 30-day plan

Set aside ten to twenty minutes and choose a Bible translation you can understand. Read the day's whole passage once for its movement and context. Read it again more slowly, noticing a word, image, contrast, command, or question. Before deciding what the phrase means for you, ask what it is doing in the passage. This keeps prayer personal without making the text a blank surface for private ideas.

Move naturally through *lectio*, *meditatio*, *oratio*, and *contemplatio*: read, ponder, pray, and rest in God's presence. These are not boxes to complete or a ladder to climb. Some days one movement will take most of the time. Finish with *actio*—a concrete response of love, truthfulness, repair, patience, or service—because prayerful reading is meant to meet real life.

- Read the entire daily passage before settling on one phrase.
- Let context guide your reflection; consult a study resource after the first listening pass.
- Make your response small enough to practice today.

Learning to listen

DAY 01 1 SAMUEL 3:1–10

Speak, Lord

What posture of listening does Samuel learn?

DAY 02 PSALM 1:1–3

Rooted attention

Which image describes the life you want to receive?

DAY 03 PSALM 46:1–11

Stillness in upheaval

What does the psalm say before it says, 'Be still'?

Learning to listen

DAY 04 MARK 4:1–9

Receive the seed

What competes with attentive hearing today?

DAY 05 LUKE 10:38–42

The one necessary thing

Where do distraction and welcome meet in this scene?

DAY 06 JAMES 1:19–25

Hear and practice

What response would keep this reading from becoming observation only?

WEEKLY REVIEW · WHICH PHRASE WILL YOU CARRY?

Meeting Jesus in the Gospels

DAY 07 MARK 1:16–20

Called by name

What do Jesus' invitation and the disciples' response reveal?

DAY 08 MARK 4:35–41

In the storm

Which question in the scene feels most honest to you?

DAY 09 MARK 10:46–52

What do you want?

How does Bartimaeus name his desire?

Meeting Jesus in the Gospels

DAY 10 LUKE 7:36–50

Received mercy

Notice what each person sees—and fails to see.

DAY 11 LUKE 15:11–24

The waiting father

Stay with one action of the father rather than summarizing the story.

DAY 12 JOHN 4:7–26

Known and invited

Where does Jesus move from surface thirst to deeper truth?

WEEKLY REVIEW · WHICH PHRASE WILL YOU CARRY?

Abiding and being formed

DAY 13 JOHN 15:1–8

Remain

What is the difference between abiding and striving in this image?

DAY 14 MATTHEW 11:28–30

Learn from gentleness

What burden can you name without minimizing it?

DAY 15 ROMANS 8:1–6

Life and peace

Which contrast asks for closer attention?

Abiding and being formed

DAY 16 ROMANS 12:1–2

Renewed seeing

What pattern is shaping your reactions?

DAY 17 GALATIANS 5:22–26

Fruit of the Spirit

Which fruit needs patient room to grow?

DAY 18 PHILIPPIANS 2:1–8

The mind of Christ

Which movement of Christ’s humility challenges you?

WEEKLY REVIEW · WHICH PHRASE WILL YOU CARRY?

Prayer in every season

DAY 19 PSALM 13

Lament honestly

How does the prayer move without denying pain?

DAY 20 PSALM 23

Be shepherded

Which concrete image meets your present need?

DAY 21 PSALM 27:1-8

Seek God's face

What desire gathers the prayer into one thing?

Prayer in every season

DAY 22 PSALM 63:1–8

Longing for God

What language of desire can you make your own?

DAY 23 LUKE 11:1–13

Teach us to pray

What does Jesus invite you to ask, seek, or knock for?

DAY 24 PHILIPPIANS 4:4–9

Practice peace

How do prayer, gratitude, attention, and practice belong together?

WEEKLY REVIEW · WHICH PHRASE WILL YOU CARRY?

Love becomes action

DAY 25 MICAH 6:6–8

Walk humbly

Which requirement corrects a performance-based view of faith?

DAY 26 MATTHEW 5:13–16

Light given away

Where could a quiet good work serve rather than impress?

DAY 27 MATTHEW 25:31–40

Christ in the neighbor

Who is easiest for you to overlook?

Love becomes action

DAY 28 LUKE 10:25–37

Become a neighbor

At which point does compassion become costly action?

DAY 29 1 CORINTHIANS 13:1–7

The shape of love

Which description of love exposes a present habit?

DAY 30 COLOSSIANS 3:12–17

Clothed for ordinary life

What will you put on, let dwell, and do today?

WEEKLY REVIEW · WHICH PHRASE WILL YOU CARRY?
