



Week One Reading Plan

Monday

Psalm 139 & Luke 3:21-22

Tuesday

Psalm 91 & Luke 4:1-13

Wednesday

Psalm 37 & Mark 1:21-45

Thursday

Psalm 13 & John 6:35-67

Friday

Psalm 8 & Matthew 21:12-17

Saturday

Psalm 22 & Mark 14:32-42, 15:33-34

Possible reflection questions for this week:

- What do you think Jesus was feeling in each of these passages?
- What do you do when you feel that way?

Take some time this week to reflect upon how you process & react to negative emotions. Consider what usually causes them and what your “go to” coping mechanism is. Examples could be yelling, going for a drive, eating, talking it out with a trusted friend, listening to music, playing video games, etc.

Take this before God in prayer. It can be as simple as saying:

“God, when I feel _____, I handle it by _____. If this is not of you, show me how to better process that emotion. By the power of your Holy Spirit, show me the true source of it, so I can heal. In Jesus’ name, Amen.”