



Formed by Scripture

Base Practice: Bible Reading Plan

Week 1 | Scroll – Ephesians 1

Mon 2/16 – Psalm 8
Tue 2/17 – Psalm 2
Wed 2/18 – Psalm 22
Thu 2/19 – Psalm 72
Fri 2/20 – Psalm 96

Week 2 | Light – Ephesians 2

Mon 2/23 – Psalm 19
Tue 2/24 – Psalm 27
Wed 2/25 – Psalm 36
Thu 2/26 – Psalm 43
Fri 2/27 – Psalm 119:129-136

Week 3 | Honey – Ephesians 3

Mon 3/2 – Psalm 1
Tue 3/3 – Psalm 81
Wed 3/4 – Psalm 34
Thu 3/5 – Psalm 119:97-104
Fri 3/6 – Psalm 63

Week 4 | Sword – Ephesians 4

Mon 3/9 – Psalm 12
Tue 3/10 – Psalm 18:1-24
Wed 3/11 – Psalm 37
Thu 3/12 – Psalm 149
Fri 3/13 – Psalm 26

Week 5 | Seed – Ephesians 5

Mon 3/16 – Psalm 23
Tue 3/17 – Psalm 92
Wed 3/18 – Psalm 119:9-16
Thu 3/19 – Psalm 80
Fri 3/20 – Psalm 126

Week 6 | Mirror – Ephesians 6

Mon 3/23 – Psalm 51
Tue 3/24 – Psalm 32
Wed 3/25 – Psalm 139
Thu 3/26 – Psalm 38
Fri 3/27 – Psalm 90

Week 7 | Jesus

Mon 3/30 – Luke 19:41-48
Tue 3/31 – Mark 11:27-33
Wed 4/1 – Mark 14:1-11
Thu 4/2 – Matthew 26:26-56
Fri 4/3 – Luke 22:66-23:25

Reach Practice: Memorize Ephesians 4:1-16

Therefore I, the prisoner in the Lord, urge you to walk worthy of the calling you have received, with all humility and gentleness, with patience, bearing with one another in love, making every effort to keep the unity of the Spirit through the bond of peace. There is one body and one Spirit—just as you were called to one hope at your calling— one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all.

Now grace was given to each one of us according to the measure of Christ's gift. For it says: *When he ascended on high, he took the captives captive; he gave gifts to people.*

But what does “he ascended” mean except that he also descended to the lower parts of the earth? The one who descended is also the one who ascended far above all the heavens, to fill all things. And he himself gave some to be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, to build up the body of Christ, until we all reach unity in the faith and in the knowledge of God's Son, growing into maturity with a stature measured by Christ's fullness. Then we will no longer be little children, tossed by the waves and blown around by every wind of teaching, by human cunning with cleverness in the techniques of deceit. But speaking the truth in love, let us grow in every way into him who is the head—Christ. From him the whole body, fitted and knit together by every supporting ligament, promotes the growth of the body for building itself up in love by the proper working of each individual part.