

JULY 2023

Our Old Testament readings have us walking alongside and wrestling with the mothers and fathers of our faith. A moment of impatience or jealousy throws down decades of heroic faith. I often wonder what would be different if Abraham had waited a little longer before taking matters into his own hands. In these narratives, startling moments of redemption and forgiveness also spring up like an oasis in the desert. Esau stuns us when, having his trickster brother at his mercy, he embraces and forgives him! James reminds us that “Love covers a multitude of sins,” but the converse can be true. A hard heart that will not forgive or love someone that has hurt us can undermine all our hard work. As Paul says: “If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing.” After Jesus washes the feet of those who will soon betray him, he admonishes the disciples/apostles to imitate his example for, “everyone will know you are my disciples, if you love one another.”

PRAYER FOR JULY:

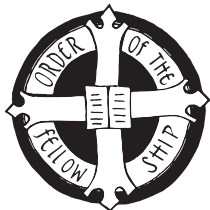
“Forgive us our trespasses as we forgive those who have trespassed against us.”

PRAYER PRACTICE:

Read a Psalm or another Biblical prayer before your evening meal. Psalms 65, 95, or 138 are great places to start.

FASTING PRACTICE:

Limit social media time to 10 minutes a day.



JULY 2023

WEEK 1

JULY 1

SATURDAY

- Psalm 13
- Genesis 26:23-25
- Luke 17:1-4

WEEK 2

JULY 2-8

SUNDAY

- Genesis 22:1-14
- Psalm 13
- Jeremiah 28:5-9
- Romans 6:12-23
- Matthew 10:40-42

MONDAY

- Psalm 47
- Genesis 22:15-18
- 1 Thes: 4:9-12

TUESDAY

- Psalm 47
- 1 Kings 18:36-39
- 1 John 4:1-6

WEDNESDAY

- Psalm 47
- Isaiah 51:1-3
- Mathew 11:20-24

THURSDAY

- Psalm 45:10-17
- Genesis 25:19-27
- Romans 7:1-6

FRIDAY

- Psalm 45:10-17
- Genesis 27:1-17
- Romans 7:7-20

SATURDAY

- Psalm 45:10-17
- Genesis 27:18-29
- Luke 10:21-24

WEEK 3

JULY 9-15

SUNDAY

- Gen 24:34-38, 42-49, 58-67
- Psalm 45:10-17
- Zech 9:9-12
- Romans 7:15-25a
- Mat 11:16-19, 25-30

MONDAY

- Song of S 2:8-13
- Genesis 27:30-46
- Romans 1:18-25

TUESDAY

- Song of S 2:8-13
- Genesis 29:1-14
- Romans 3:1-8

WEDNESDAY

- Song of S 2:8-13
- Genesis 29:31-35
- John 13:1-17

THURSDAY

- Psalm 119:105-112
- Exodus 3:1-6
- Romans 2:12-16

FRIDAY

- Psalm 119:105-112
- Deut 32:1-10
- Romans 15:14-21

SATURDAY

- Psalm 119:105-112
- Isaiah 2:1-4
- John 12:44-50

WEEK 4

JULY 16-22

SUNDAY

- Genesis 25:19-34
- Psalm 65
- Isaiah 55:10-13
- Romans 8:1-11
- Mat 13:1-9, 18-23

MONDAY

- Psalm 142
- Micah 1:1-5
- 1 Thes: 4:1-8

TUESDAY

- Psalm 142
- Jeremiah 49:7-11
- Ephesians 4:17-5:2

WEDNESDAY

- Psalm 142
- Obadiah 15-21
- Mathew 13:10-17

THURSDAY

- Psalm 139:1-12, 23-24
- Isaiah 44:1-5
- Hebrews 2:1-9

FRIDAY

- Psalm 139:1-12, 23-24
- Ezekiel 39:21-29
- Hebrews 6:13-20

SATURDAY

- Psalm 139:1-12, 23-24
- Exodus 14:9-25
- Mathew 7:15-20

WEEK 5

JULY 23-29

SUNDAY

- Genesis 28:10-19a
- Ps 139:1-12, 23-34
- Isaiah 44:6-8
- Romans 8:12-25
- Mat 13:24-30, 36-43

MONDAY

- Psalm 139:13-18
- Genesis 32:3-21
- Revelation 14:12-20

TUESDAY

- Psalm 139:13-18
- Genesis 33:1-17
- Galatians 4:21-5:1

WEDNESDAY

- Psalm 139:13-18
- Genesis 35:16-29
- Mathew 12:15-21

THURSDAY

- Psalm 105:1-11, 45b
- Genesis 29:1-8
- 1 Cor: 4:14-20

FRIDAY

- Psalm 105:1-11, 45b
- Genesis 29:9-14
- Acts 7:44-53

SATURDAY

- Psalm 105:1-11, 45b
- Genesis 29:31-30:24
- Matthew 12:38-42

WEEK 6

JULY 30-31

SUNDAY

- Genesis 29:15-28
- Psalm 128
- Romans 8:26-39
- Mat 13:31-33, 44-52

MONDAY

- Psalm 65:8-13
- Genesis 30:25-36
- James 3:13-18