

JANUARY 2009			
		Starter	Extended
1	thu	Matt 1	Gen 1,2
2	fri	Matt 2	Gen 3,4
3	sat	Matt 3	Gen 5,6
4	sun	Matt 4	Gen 7,8
5	mon	Matt 5	Gen 9,10
6	tue	Matt 6	Gen 11,12
7	wed	Matt 7	Gen 13,14
8	thu	Matt 8	Gen 15,16
9	fri	Matt 9	Gen 17,18
10	sat	Matt 10	Gen 19,20
11	sun	Matt 11	Gen 21,22
12	mon	Matt 12	Gen 23,24
13	tue	Matt 13	Gen 25,26
14	wed	Matt 14	Gen 27,28
15	thu	Matt 15	Gen 29,30
16	fri	Matt 16	Gen 31,32
17	sat	Matt 17	Gen 33,34
18	sun	Matt 18	Gen 35,36
19	mon	Matt 19	Gen 37,38
20	tue	Matt 20	Gen 39,40
21	wed	Matt 21	Gen 41,42
22	thu	Matt 22	Gen 43,44
23	fri	Matt 23	Gen 45,46
24	sat	Matt 24	Gen 47,48
25	sun	Matt 25	Gen 49,50
26	mon	Matt 26	Exo 1,2
27	tue	Matt 27	Exo 3,4
28	wed	Matt 28	Exo 5,6
29	thu	Acts 1	Exo 7,8
30	fri	Acts 2	Exo 9,10
31	sat	Acts 3	Exo 11,12

FEBRUARY 2009			
1	sun	Acts 4	Exo 13,14
2	mon	Acts 5	Exo 15,16
3	tue	Acts 6	Exo 17,18
4	wed	Acts 7	Exo 19,20
5	thu	Acts 8	Exo 21,22
6	fri	Acts 9	Exo 23,24
7	sat	Acts 10	Exo 25,26
8	sun	Acts 11	Exo 27,28
9	mon	Acts 12	Exo 29,30
10	tue	Acts 13	Exo 31,32
11	wed	Acts 14	Exo 33,34
12	thu	Acts 15	Exo 35,36
13	fri	Acts 16	Exo 37,38
14	sat	Acts 17	Exo 39,40
15	sun	Acts 18	Lev 1,2
16	mon	Acts 19	Lev 3,4
17	tue	Acts 20	Lev 5,6
18	wed	Acts 21	Lev 7,8
19	thu	Acts 22	Lev 9,10
20	fri	Acts 23	Lev 11,12
21	sat	Acts 24	Lev 13,14
22	sun	Acts 25	Lev 15,16
23	mon	Acts 26	Lev 17,18
24	tue	Acts 27	Lev 19,20
25	wed	Acts 28	Lev 21,22
26	thu	Psalm 1,2,3	Lev 23,24
27	fri	Psalm 4,5,6	Lev 25,26,27
28	sat	Psalm 7,8	Num 1,2

S - scripture
what does it say?

O - observation
what does that mean?

A - application
what does that mean for me?

P - prayer
how will I pray?

Y - yes God, today...
how will I be different today?

MARCH 2009			
		Starter	Extended
1	sun	Psalm 9,10	Num 3,4
2	mon	Psalm 11,12,13	Num 5,6
3	tue	Psalm 14,15,16	Num 7,8
4	wed	Psalm 17,18	Num 9,10
5	thu	Psalm 19,20	Num 11,12
6	fri	Psalm 21,22	Num 13,14
7	sat	Psalm 23,24	Num 15,16
8	sun	Psalm 25,26	Num 17,18
9	mon	Psalm 27,28	Num 19,20
10	tue	Psalm 29,30	Num 21,22
11	wed	Psalm 31,32	Num 23,24
12	thu	Psalm 33,34	Num 25,26
13	fri	Psalm 35,36	Num 27,28
14	sat	Psalm 37	Num 29,30
15	sun	Psalm 38,39	Num 31,32
16	mon	Psalm 40,41	Num 33,34
17	tue	Rom 1	Num 35,36
18	wed	Rom 2	Deut 1,2
19	thu	Rom 3	Deut 3,4
20	fri	Rom 4	Deut 5,6
21	sat	Rom 5	Deut 7,8
22	sun	Rom 6	Deut 9,10
23	mon	Rom 7	Deut 11,12
24	tue	Rom 8	Deut 13,14
25	wed	Rom 9	Deut 15,16
26	thu	Rom 10	Deut 17,18
27	fri	Rom 11	Deut 19,20
28	sat	Rom 12	Deut 21,22
29	sun	Rom 13	Deut 23,24
30	mon	Rom 14	Deut 25,26
31	tue	Rom 15	Deut 27,28

APRIL 2009			
1	wed	Rom 16	Deut 29,30
2	thu	Mark 1	Deut 31,32
3	fri	Mark 2	Deut 33,34
4	sat	Mark 3	Josh 1,2
5	sun	Mark 4	Josh 3,4
6	mon	Mark 5	Josh 5,6
7	tue	Mark 6	Josh 7,8
8	wed	Mark 7	Josh 9,10
9	thu	Mark 8	Josh 11,12
10	fri	Mark 9	Josh 13,14
11	sat	Mark 10	Josh 15,16
12	sun	Mark 11	Josh 17,18
13	mon	Mark 12	Josh 19,20
14	tue	Mark 13	Josh 21,22
15	wed	Mark 14	Josh 23,24
16	thu	Mark 15	Jud 1,2
17	fri	Mark 16	Jud 3,4
18	sat	I Cor 1	Jud 5,6
19	sun	I Cor 2	Jud 7,8
20	mon	I Cor 3	Jud 9,10
21	tue	I Cor 4	Jud 11,12
22	wed	I Cor 5	Jud 13,14
23	thu	I Cor 6	Jud 15,16
24	fri	I Cor 7	Jud 17,18
25	sat	I Cor 8	Jud 19,20,21
26	sun	I Cor 9	Ruth 1,2
27	mon	I Cor 10	Ruth 3,4
28	tue	I Cor 11	I Sam 1,2
29	wed	I Cor 12	I Sam 3,4
30	thu	I Cor 13	I Sam 5,6

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how will I pray?

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MAY 2009			
		Starter	Extended
1	fri	I Cor 14	I Sam 7,8
2	sat	I Cor 15	I Sam 9,10
3	sun	I Cor 16	I Sam 11,12
4	mon	II Cor 1	I Sam 13,14
5	tue	II Cor 2	I Sam 15,16
6	wed	II Cor 3	I Sam 17,18
7	thu	II Cor 4	I Sam 19,20
8	fri	II Cor 5	I Sam 21,22
9	sat	II Cor 6	I Sam 23,24
10	sun	II Cor 7	I Sam 25,26
11	mon	II Cor 8	I Sam 27,28
12	tue	II Cor 9	I Sam 29,30,31
13	wed	II Cor 10	II Sam 1,2
14	thu	II Cor 11	II Sam 3,4
15	fri	II Cor 12	II Sam 5,6
16	sat	II Cor 13	II Sam 7,8
17	sun	Psalm 42,43,44	II Sam 9,10
18	mon	Psalm 45,46	II Sam 11,12
19	tue	Psalm 47,48,49	II Sam 13,14
20	wed	Psalm 50,51	II Sam 15,16
21	thu	Psalm 52,53	II Sam 17,18
22	fri	Psalm 54,55	II Sam 19,20
23	sat	Psalm 56,57,58	II Sam 21,22
24	sun	Psalm 59,60	II Sam 23,24
25	mon	Psalm 61,62	I Kings 1,2
26	tue	Psalm 63,64	I Kings 3,4
27	wed	Psalm 65,66	I Kings 5,6
28	thu	Psalm 67,68	I Kings 7,8
29	fri	Psalm 69,70	I Kings 9,10
30	sat	Psalm 71,72	I Kings 11,12
31	sun	Gal 1	I Kings 13,14

JUNE 2009			
1	mon	Gal 2	I Kings 15,16
2	tue	Gal 3	I Kings 17,18
3	wed	Gal 4	I Kings 19,20
4	thu	Gal 5	I Kings 21,22
5	fri	Gal 6	II Kings 1,2
6	sat	Phil 1	II Kings 3,4
7	sun	Phil 2	II Kings 5,6
8	mon	Phil 3	II Kings 7,8
9	tue	Phil 4	II Kings 9,10
10	wed	Col 1	II Kings 11,12
11	thu	Col 2	II Kings 13,14
12	fri	Col 3	II Kings 15,16
13	sat	Col 4	II Kings 17,18
14	sun	I Thess 1	II Kings 19,20
15	mon	I Thess 2	II Kings 21,22
16	tue	I Thess 3	II Kings 23,24,25
17	wed	I Thess 4	Job 1,2
18	thu	I Thess 5	Job 3,4
19	fri	II Thess 1	Job 5,6
20	sat	II Thess 2	Job 7,8
21	sun	II Thess 3	Job 9,10
22	mon	Luke 1	Job 11,12
23	tue	Luke 2	Job 13,14
24	wed	Luke 3	Job 15,16
25	thu	Luke 4	Job 17,18
26	fri	Luke 5	Job 19,20
27	sat	Luke 6	Job 21,22
28	sun	Luke 7	Job 23,24
29	mon	Luke 8	Job 25,26
30	tue	Luke 9	Job 27,28

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JULY 2009				
		Starter	Extended	
1	wed	Luke 10	Job 29,30	
2	thu	Luke 11	Job 31,32	
3	fri	Luke 12	Job 33,34	
4	sat	Luke 13	Job 35,36	
5	sun	Luke 14	Job 37,38	
6	mon	Luke 15	Job 39,40	
7	tue	Luke 16	Job 41,42	
8	wed	Luke 17	Sol 1,2,3,4	
9	thu	Luke 18	Sol 5,6,7,8	
10	fri	Luke 19	Ecc 1,2	
11	sat	Luke 20	Ecc 3,4	
12	sun	Luke 21	Ecc 5,6	
13	mon	Luke 22	Ecc 7,8	
14	tue	Luke 23	Ecc 9,10	
15	wed	Luke 24	Ecc 11,12	
16	thu	I Tim 1	I Chr 1,2	
17	fri	I Tim 2	I Chr 3,4	
18	sat	I Tim 3	I Chr 5,6	
19	sun	I Tim 4	I Chr 7,8	
20	mon	I Tim 5	I Chr 9,10	
21	tue	I Tim 6	I Chr 11,12	
22	wed	II Tim 1	I Chr 13,14	
23	thu	II Tim 2	I Chr 15,16	
24	fri	II Tim 3	I Chr 17,18	
25	sat	II Tim 4	I Chr 19,20	
26	sun	Titus 1	I Chr 21,22	
27	mon	Titus 2	I Chr 23,24	
28	tue	Titus 3	I Chr 25,26	
29	wed	Phlm 1	I Chr 27,28,29	
30	thu	Psalm 73,74	II Chr 1,2	
31	fri	Psalm 75,76	II Chr 3,4	

AUGUST 2009				
1	sat	Psalm 77	II Chr 5,6	
2	sun	Psalm 78	II Chr 7,8	
3	mon	Psalm 79,80	II Chr 9,10	
4	tue	Psalm 81,82,83	II Chr 11,12	
5	wed	Psalm 84,85	II Chr 13,14	
6	thu	Psalm 86,87	II Chr 15,16	
7	fri	Psalm 88,89	II Chr 17,18	
8	sat	Psalm 90,91	II Chr 19,20	
9	sun	Psalm 92,93,94	II Chr 21,22	
10	mon	Psalm 95,96	II Chr 23,24	
11	tue	Psalm 97,98	II Chr 25,26	
12	wed	Psalm 99,100,101	II Chr 27,28	
13	thu	Psalm 102	II Chr 29,30	
14	fri	Psalm 103	II Chr 31,32	
15	sat	Psalm 104	II Chr 33,34	
16	sun	Psalm 105	II Chr 35,36	
17	mon	Psalm 106	Obad 1	
18	tue	Heb 1	Joel 1,2,3	
19	wed	Heb 2	Jonah 1,2	
20	thu	Heb 3	Jonah 3,4	
21	fri	Heb 4	Amos 1,2	
22	sat	Heb 5	Amos 3,4	
23	sun	Heb 6	Amos 5,6	
24	mon	Heb 7	Amos 7,8,9	
25	tue	Heb 8	Hos 1,2	
26	wed	Heb 9	Hos 3,4	
27	thu	Heb 10	Hos 5,6	
28	fri	Heb 11	Hos 7,8	
29	sat	Heb 12	Hos 9,10	
30	sun	Heb 13	Hos 11,12	
31	mon	Jam 1	Hos 13,14	

"How do I get started?"

The best way to get started is to meet once a week for a month to journal with a group or person who is already journaling regularly.

For help finding a journaling group in your area or any other journaling questions, please call the church office at 425.450.9899 or general@cornerstoneseattle.com

SEPTEMBER 2009				
		Starter	Extended	
1	tue	James 2	Micah 1,2	
2	wed	James 3	Micah 3,4	
3	thu	James 4	Micah 5,6,7	
4	fri	James 5	Isaiah 1,2	
5	sat	I Peter 1	Isaiah 3,4	
6	sun	I Peter 2	Isaiah 5,6	
7	mon	I Peter 3	Isaiah 7,8	
8	tue	I Peter 4	Isaiah 9,10	
9	wed	I Peter 5	Isaiah 11,12	
10	thu	II Peter 1	Isaiah 13,14	
11	fri	II Peter 2	Isaiah 15,16	
12	sat	II Peter 3	Isaiah 17,18	
13	sun	I John 1	Isaiah 19,20	
14	mon	I John 2	Isaiah 21,22	
15	tue	I John 3	Isaiah 23,24	
16	wed	I John 4	Isaiah 25,26	
17	thu	I John 5	Isaiah 27,28	
18	fri	II John 1	Isaiah 29,30	
19	sat	III John 1	Isaiah 31,32	
20	sun	Jude 1	Isaiah 33,34	
21	mon	Psalm 107,108	Isaiah 35,36	
22	tue	Psalm 109,110	Isaiah 37,38	
23	wed	Psalm 111,112	Isaiah 39,40	
24	thu	Psalm 113,114,115	Isaiah 41,42	
25	fri	Psalm 116,117,118	Isaiah 43,44	
26	sat	Psalm 119	Isaiah 45,46	
27	sun	Psalm 120,121,122	Isaiah 47,48	
28	mon	Psalm 123,124,125	Isaiah 49,50	
29	tue	Psalm 126,127,128	Isaiah 51,52	
30	wed	Psalm 129,130	Isaiah 53,54	

OCTOBER 2009				
1	thu	Psalm 131,132	Isaiah 55,56	
2	fri	Psalm 133,134	Isaiah 57,58	
3	sat	Psalm 135,136	Isaiah 59,60	
4	sun	Psalm 137,138	Isaiah 61,62	
5	mon	Psalm 139,140	Isaiah 63,64	
6	tue	Psalm 141,142	Isaiah 65,66	
7	wed	Psalm 143,144	Nahum 1,2,3	
8	thu	Psalm 145,146	Zephaniah 1,2,3	
9	fri	Psalm 147,148	Jerem 1,2	
10	sat	Psalm 149,150	Jerem 3,4	
11	sun	John 1	Jerem 5,6	
12	mon	John 2	Jerem 7,8	
13	tue	John 3	Jerem 9,10	
14	wed	John 4	Jerem 11,12	
15	thu	John 5	Jerem 13,14	
16	fri	John 6	Jerem 15,16	
17	sat	John 7	Jerem 17,18	
18	sun	John 8	Jerem 19,20	
19	mon	John 9	Jerem 21,22	
20	tue	John 10	Jerem 23,24	
21	wed	John 11	Jerem 25,26	
22	thu	John 12	Jerem 27,28	
23	fri	John 13	Jerem 29,30	
24	sat	John 14	Jerem 31,32	
25	sun	John 15	Jerem 33,34	
26	mon	John 16	Jerem 35,36	
27	tue	John 17	Jerem 37,38	
28	wed	John 18	Jerem 39,40	
29	thu	John 19	Jerem 41,42	
30	fri	John 20	Jerem 43,44	
31	sat	John 21	Jerem 45,46	

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NOVEMBER 2009				
		Starter	Extended	
1	sun	Rev 1	Jerem 47,48	
2	mon	Rev 2	Jerem 49,50	
3	tue	Rev 3	Jerem 51,52	
4	wed	Rev 4	Lament 1,2,3	
5	thu	Rev 5	Lament 4,5	
6	fri	Rev 6	Habak 1,2,3	
7	sat	Rev 7	Ezekiel 1,2	
8	sun	Rev 8	Ezekiel 3,4	
9	mon	Rev 9	Ezekiel 5,6	
10	tue	Rev 10	Ezekiel 7,8	
11	wed	Rev 11	Ezekiel 9,10	
12	thu	Rev 12	Ezekiel 11,12	
13	fri	Rev 13	Ezekiel 13,14	
14	sat	Rev 14	Ezekiel 15,16	
15	sun	Rev 15	Ezekiel 17,18	
16	mon	Rev 16	Ezekiel 19,20	
17	tue	Rev 17	Ezekiel 21,22	
18	wed	Rev 18	Ezekiel 23,24	
19	thu	Rev 19	Ezekiel 25,26	
20	fri	Rev 20	Ezekiel 27,28	
21	sat	Rev 21	Ezekiel 29,30	
22	sun	Rev 22	Ezekiel 31,32	
23	mon	Proverb 1	Ezekiel 33,34	
24	tue	Proverb 2	Ezekiel 35,36	
25	wed	Proverb 3	Ezekiel 37,38	
26	thu	Proverb 4	Ezekiel 39,40	
27	fri	Proverb 5	Ezekiel 41,42	
28	sat	Proverb 6	Ezekiel 43,44	
29	sun	Proverb 7	Ezekiel 45,46	
30	mon	Proverb 8	Ezekiel 47,48	

DECEMBER 2009				
1	tue	Proverb 9	Daniel 1,2	
2	wed	Proverb 10	Daniel 3,4	
3	thu	Proverb 11	Daniel 5,6	
4	fri	Proverb 12	Daniel 7,8	
5	sat	Proverb 13	Daniel 9,10	
6	sun	Proverb 14	Daniel 11,12	
7	mon	Proverb 15	Ezra 1,2	
8	tue	Proverb 16	Ezra 3,4	
9	wed	Proverb 17	Ezra 5,6	
10	thu	Proverb 18	Ezra 7,8	
11	fri	Proverb 19	Ezra 9,10	
12	sat	Proverb 20	Haggai 1,2	
13	sun	Proverb 21	Zechar 1,2	
14	mon	Proverb 22	Zechar 3,4	
15	tue	Proverb 23	Zechar 5,6	
16	wed	Proverb 24	Zechar 7,8	
17	thu	Proverb 25	Zechar 9,10	
18	fri	Proverb 26	Zechar 11,12	
19	sat	Proverb 27	Zechar 13,14	
20	sun	Proverb 28	Esther 1,2	
21	mon	Proverb 29	Esther 3,4,5	
22	tue	Proverb 30	Esther 6,7,8	
23	wed	Proverb 31	Esther 9,10	
24	thu	Luke 1	Nehem 1,2	
25	fri	Luke 2	Nehem 3,4	
26	sat	Ephes 1	Nehem 5,6	
27	sun	Ephes 2	Nehem 7,8	
28	mon	Ephes 3	Nehem 9,10	
29	tue	Ephes 4	Nehem 11,12,13	
30	wed	Ephes 5	Malachi 1,2	
31	thu	Ephes 6	Malachi 3,4	

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