

September-December 2026 **READING PLAN: One chapter a day**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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September

		1 Matthew 1	2 Matthew 2	3 Matthew 3	4 Matthew 4	5 Genesis 1
6 Matthew 5	7 Matthew 6	8 Matthew 7	9 Matthew 8	10 Matthew 9	11 Matthew 10	12 Matthew 11
13 Matthew 12	14 Matthew 13	15 Matthew 14	16 Matthew 15	17 Matthew 16	18 Matthew 17	19 Matthew 18
20 Matthew 19	21 Matthew 20	22 Matthew 21	23 Matthew 22	24 Matthew 23	25 Matthew 24	26 Matthew 25
27 Matthew 26	28 Matthew 27	29 Matthew 28	30 Revelations 1			

October

				1 Mark 1	2 Mark 2	3 Mark 3
4 Mark 4	5 Mark 5	6 Mark 6	7 Mark 7	8 Mark 8	9 Mark 9	10 Mark 10
11 Mark 11	12 Mark 12	13 Mark 13	14 Mark 14	15 Mark 15	16 Mark 16	17 Proverbs 1
18 Proverbs 2	19 Proverbs 3	20 Proverbs 4	21 Proverbs 5	22 Proverbs 6	23 Proverbs 7	24 Proverbs 8
25 Proverbs 9	26 Proverbs 10	27 Proverbs 11	28 Proverbs 12	29 Proverbs 13	30 Proverbs 14	31 Proverbs 15

November

1 Luke 1	2 Luke 2	3 Luke 3	4 Luke 4	5 Luke 5	6 Luke 6	7 Luke 7
8 Luke 8	9 Luke 9	10 Luke 10	11 Luke 11	12 Luke 12	13 Luke 13	14 Luke 14
15 Luke 15	16 Luke 16	17 Luke 17	18 Luke 18	19 Luke 19	20 Luke 20	21 Luke 21
22 Luke 22	23 Luke 23	24 Luke 24	25 Proverbs 16	26 Proverbs 17	27 Proverbs 18	28 Proverbs 19
29 Proverbs 20	30 Proverbs 21					

December

		1 Isaiah 7	2 Luke 1	3 Micah 5	4 Isaiah 9	5 Matthew 1
6 Luke 2	7 Matthew 2	8 Philippians 2	9 Hebrews 2	10 John 1	11 John 2	12 John 3
13 John 4	14 John 5	15 John 6	16 John 7	17 John 8	18 John 9	19 John 10
20 John 11	21 John 12	22 John 13	23 John 14	24 John 15	25 John 16	26 John 17
27 John 18	28 John 19	29 John 20	30 John 21	31 Revelation 22		

As you read- **GROW. UP.**

God's word -Write one verse that stands out.

Reflect on it -Observe the verse that stood out.

Offer it -In prayer respond to the verse.

Walk it out -Apply the verse to your life, and obey it.

"God has breathed life into all Scripture. It is useful for teaching us what is true. It is useful for correcting our mistakes. It is useful for making our lives whole again. It is useful for training us to do what is right." 2 Timothy 3:16 NIRV

Prayer & Fasting - Breaking Strongholds

If God is stirring you to stay aligned with His Spirit, seek breakthrough that requires supernatural intervention, or restock your spiritual condition for lasting change, prayer and fasting belong in your toolbox.

Strongholds (simple definition): Strongholds are incorrect thinking patterns, ways our minds become programmed contrary to God's truth. They often grow when we dwell on past failures, agree with accusations, and "negatively meditate" on what condemns us.

Prayer (core idea): Prayer is where lies are dismantled; truth replaces deception. God's weapon is *"the sword of the Spirit... the word of God,"* and God's mighty weapons tear down strongholds of human reasoning and false arguments (cf. Eph. 6:17; 2 Cor. 10:3-5).

A helpful definition: *"Prayer is, at root, simply paying attention to God."* —Ralph Martin—

Ways to pay attention to God

Scripture meditation / lectio divina: read slowly, listen for God's voice, and let your mind be renewed (cf. Rom. 12:2).

Communion (the Lord's Table): a focused remembrance of Christ that gently redirects your thoughts toward Him (cf. 1 Cor. 11:23-26).

Silence & solitude: stillness that becomes biblical meditation-attentive, worshipful listening.

Guided prayers (Psalms / common prayers): use Scripture and written prayers as "springboards" into heartfelt prayer.

Fasting (basic definition): Voluntarily abstaining from food for spiritual purposes-often skipping meals) to focus attention on God. (Some abstain from water, but that is the exception, not the rule.)

Why fast?

Fasting is a "lost key" that helps us move beyond routine appetites into meaningful encounter with God-training us to feed the soul in hungry times (cf. Matt. 5:6).

Primary purpose: Self-humbling. Scripture repeatedly calls us to humble ourselves; fasting is a practical, biblical way to humble the soul before God (cf. Ps. 35:13).

Example: Ezra led God's people to seek protection by fasting and prayer rather than relying on human strength (cf. Ezra 8:21-23).

How fasting changes us: The Christian life is empowered by the Holy Spirit-not willpower. Yet "the flesh" (self-dominated desires, thoughts, and feelings) resists the Spirit (cf. Gal. 5:16-17; Rom. 8:5-8). Fasting helps bring the body and carnal patterns into subjection so the Spirit can lead with freedom. Two anchor passages: Hebrews 12:1-2-strip off weights/sin; run with endurance; keep eyes on Jesus. Romans 12:1-2-present your body to God; be transformed by renewing your mind.

Final note: If you are under medical care, take medications, or have dietary restrictions, seek your doctor's guidance before beginning a food fast. (You can also fast from non-food items-media, sugar, etc.—to redirect attention to God.) — from The Sanctuary Church FSC.