

# A God You Can't Control

## A guide to the Spiritual disciplines of Bible Reading and Fasting with prayer

*“These disciplines open us to discover a God we can’t control. They help us to get to know the fullness of God. The disciplines open us to experience abundant life. Are you ready for an adventure? Are you ready to get to know and experience the fullness of God? He is not safe, but he is good.”*

*Bill Couch (From October 5, 2003 Sermon)*

This guide contains a schedule of daily Bible reading that follows the **chronological order of the events on the Bible**. One can read through the Bible in one year by following this schedule.

This guide also contains an outline for a modified fast lasting from one evening to the next. This outline provides an order for two times of focused prayer during the fast.

### **Daily Bible Readings**

Day 1	Genesis 1 - 3
Day 2	Genesis 4 - 7
Day 3	Genesis 8 - 11
Day 4	Job 1 - 5
Day 5	Job 6 - 9
Day 6	Job 10 - 13
Day 7	Job 14 - 16
Day 8	Job 17 - 20
Day 9	Job 21 - 23
Day 10	Job 24 - 28
Day 11	Job 29 - 31
Day 12	Job 32 - 34
Day 13	Job 35 - 37
Day 14	Job 38 - 39
Day 15	Job 40 - 42
Day 16	Genesis 12 - 15
Day 17	Genesis 16 - 18
Day 18	Genesis 19 - 21
Day 19	Genesis 22 - 24
Day 20	Genesis 25 - 26

Day 21	Genesis 27 - 29
Day 22	Genesis 30 - 31
Day 23	Genesis 32 - 34
Day 24	Genesis 35 - 37
Day 25	Genesis 38 - 40
Day 26	Genesis 41 - 42
Day 27	Genesis 43 - 45
Day 28	Genesis 46 - 47
Day 29	Genesis 48 - 50
Day 30	Exodus 1 - 3
Day 31	Exodus 4 - 6
Day 32	Exodus 7 - 9
Day 33	Exodus 10 - 12
Day 34	Exodus 13 - 15
Day 35	Exodus 16 - 18
Day 36	Exodus 19 - 21
Day 37	Exodus 22 - 24
Day 38	Exodus 25 - 27
Day 39	Exodus 28 - 29
Day 40	Exodus 30 - 32
Day 41	Exodus 33 - 35
Day 42	Exodus 36 - 38
Day 43	Exodus 39 - 40
Day 44	Leviticus 1 - 4
Day 45	Leviticus 5 - 7
Day 46	Leviticus 8 - 10
Day 47	Leviticus 11 - 13
Day 48	Leviticus 14 - 15
Day 49	Leviticus 16 - 18
Day 50	Leviticus 19 - 21
Day 51	Leviticus 22 - 23
Day 52	Leviticus 24 - 25
Day 53	Leviticus 26 - 27
Day 54	Numbers 1
Day 55	Numbers 3 - 4
Day 56	Numbers 5 - 6
Day 57	Numbers 7
Day 58	Numbers 8 - 10
Day 59	Numbers 11 - 13
Day 60	Numbers 14 - 15 Psalms 90
Day 61	Numbers 16 - 17
Day 62	Numbers 18 - 20
Day 63	Numbers 21 - 22
Day 64	Numbers 23 - 25
Day 65	Numbers 26 - 27
Day 66	Numbers 28 - 30
Day 67	Numbers 31 - 32
Day 68	Numbers 33 - 34
Day 69	Numbers 35 - 36
Day 70	Deuteronomy 1 - 2
Day 71	Deuteronomy 3 - 4

Day 72	Deuteronomy 5 - 7	Day 110	Psalms 121
Day 73	Deuteronomy 8 - 10		Psalms 123 - 125
Day 74	Deuteronomy 11 - 13		Psalms 128 - 130
Day 75	Deuteronomy 14 - 16	Day 111	2nd Samuel 1 - 4
Day 76	Deuteronomy 17 - 20	Day 112	Psalms 6
Day 77	Deuteronomy 21 - 23		Psalms 8 - 10
Day 78	Deuteronomy 24 - 27		Psalms 14
Day 79	Deuteronomy 28 - 29		Psalms 16
Day 80	Deuteronomy 30 - 31		Psalms 19
Day 81	Deuteronomy 32 - 34		Psalms 21
	Psalms 91	Day 113	1st Chronicles 1 - 2
Day 82	Joshua 1 - 4	Day 114	Psalms 43 - 45
Day 83	Joshua 5 - 8		Psalms 49
Day 84	Joshua 9 - 11		Psalms 84 - 85
Day 85	Joshua 12 - 15		Psalms 87
Day 86	Joshua 16 - 18	Day 115	1st Chronicles 3 - 4
Day 87	Joshua 19 - 21	Day 116	Psalms 73
Day 88	Joshua 22 - 24		Psalms 77 - 78
Day 89	Judges 1 - 2	Day 117	1st Chronicles 6
Day 90	Judges 3 - 5	Day 118	Psalms 81
Day 91	Judges 6 - 7		Psalms 88
Day 92	Judges 8 - 9		Psalms 92 - 93
Day 93	Judges 10 - 12	Day 119	1st Chronicles 7 - 10
Day 94	Judges 13 - 15	Day 120	Psalms 102 - 104
Day 95	Judges 16 - 18		2nd Samuel 5
Day 96	Judges 19 - 21		1st Chronicles 11 - 12
Day 97	Ruth 1 - 4	Day 122	Psalms 133
Day 98	1st Samuel 1 - 3	Day 123	Psalms 106 - 107
Day 99	1st Samuel 4 - 8		2nd Samuel 5:11 - 6:23
Day 100	1st Samuel 9 - 12		1st Chronicles 13 - 16
Day 101	1st Samuel 13 - 14	Day 125	Psalms 1 - 2
Day 102	1st Samuel 15 - 17		Psalms 15
Day 103	Psalms 11		Psalms 22 - 24
	1st Samuel 18 - 20		Psalms 47
	Psalms 59		Psalms 68
Day 104	1st Samuel 21 - 24	Day 126	Psalms 89
Day 105	Psalms 7		Psalms 96
	Psalms 27		Psalms 100
	Psalms 31		Psalms 101
	Psalms 34		Psalms 105
	Psalms 52		Psalms 132
Day 106	Psalms 56	Day 127	2nd Samuel 7
	Psalms 120		1st Chronicles 17
	Psalms 140 - 142	Day 128	Psalms 25
Day 107	1st Samuel 25 - 27		Psalms 29
Day 108	Psalms 17		Psalms 33
	Psalms 35		Psalms 36
	Psalms 54		Psalms 39
	Psalms 63	Day 129	2nd Samuel 8 - 9
Day 109	1st Chronicles 10		1st Chronicles 18
	Psalms 18	Day 130	Psalms 50
	1st Samuel 28 - 31		Psalms 53

Day 131	Psalms 60 Psalms 75 2nd Samuel 10 1st Chronicles 19 Psalms 20	Day 152	Psalms 119
Day 132	Psalms 65 - 67 Psalms 69 - 70	Day 153	Song of Songs 1 - 8
Day 133	2nd Samuel 11 - 12 1st Chronicles 20	Day 154	Proverbs 1 - 3
Day 134	Psalms 32 Psalms 51 Psalms 86 Psalms 122	Day 155	Proverbs 4 - 6
Day 135	2nd Samuel 13 - 15	Day 156	Proverbs 7 - 9
Day 136	Psalms 3 - 4 Psalms 12 - 13 Psalms 28 Psalms 55	Day 157	Proverbs 10 - 12
Day 137	2nd Samuel 16 - 18	Day 158	Proverbs 13 - 15
Day 138	Psalms 26 Psalms 40 Psalms 58 Psalms 61 - 62 Psalms 64	Day 159	Proverbs 16 - 18
Day 139	2nd Samuel 19 - 21	Day 160	Proverbs 19 - 21
Day 140	Psalms 5 Psalms 38 Psalms 41 - 42	Day 161	Proverbs 22 - 24
Day 141	2nd Samuel 22 - 23 Psalms 57	Day 162	2nd Chronicles 2 - 3 1st Kings 5 - 6
Day 142	Psalms 95 Psalms 97 - 99	Day 163	2nd Chronicles 4 1st Kings 7
Day 143	1st Chronicles 21 - 22 2nd Samuel 24 Psalms 30	Day 164	2nd Chronicles 5 1st Kings 8
Day 144	Psalms 108 - 110	Day 165	2nd Chronicles 6 - 7 Psalms 136
Day 145	1st Chronicles 23 - 25	Day 166	Psalms 134 Psalms 146 - 150
Day 146	Psalms 131 Psalms 138 - 139 Psalms 143 - 145	Day 167	2nd Chronicles 8 1st Kings 9
Day 147	1st Chronicles 26 - 29 Psalms 127	Day 168	Proverbs 25 - 26
Day 148	Psalms 111 - 118	Day 169	Proverbs 27 - 29
Day 149	1st Kings 1 - 2 Psalms 37 Psalms 71 Psalms 94	Day 170	Ecclesiastes 1 - 6
Day 150	Psalms 119	Day 171	Ecclesiastes 7 - 12
Day 151	2nd Chronicles 1 1st Kings 3 - 4 Psalms 72	Day 172	2nd Chronicles 9 1st Kings 10 - 11
		Day 173	Proverbs 30 - 31
		Day 174	1st Kings 12 - 14
		Day 175	2nd Chronicles 10 - 12
		Day 176	2nd Chronicles 13 - 16 1st Kings 15 1st Kings 15:25 - 16:34 2nd Chronicles 17
		Day 178	1st Kings 17 - 19
		Day 179	1st Kings 20 - 21
		Day 180	2nd Chronicles 18 1st Kings 22
		Day 181	2nd Chronicles 19 - 23
		Day 182	Obadiah 1 Psalms 82 - 83
		Day 183	2nd Kings 1 - 4
		Day 184	2nd Kings 5 - 8
		Day 185	2nd Kings 9 - 11
		Day 186	2nd Kings 12 - 13 2nd Chronicles 24
		Day 187	2nd Kings 14 2nd Chronicles 25
		Day 188	Jonah 1 - 4
		Day 189	2nd Kings 15 2nd Chronicles 26

Day 190	Isaiah 1 - 4	Day 231	2nd Kings 24 - 25
Day 191	Isaiah 5 - 8		2nd Chronicles 36
Day 192	Amos 1 - 5	Day 232	Habakkuk 1 - 3
Day 193	Amos 6 - 9	Day 233	Jeremiah 41 - 45
Day 194	Isaiah 9 - 12	Day 234	Jeremiah 46 - 48
	2nd Chronicles 27	Day 235	Jeremiah 49 - 50
Day 195	Micah 1 - 7	Day 236	Jeremiah 51 - 52
Day 196	2nd Kings 16 - 17		Lamentations 1:1 - 3:36
	2nd Chronicles 28		Lamentations 3:37 - 5:22
Day 197	Isaiah 13 - 17	Day 239	Ezekiel 1 - 4
Day 198	Isaiah 18 - 22	Day 240	Ezekiel 5 - 8
Day 199	Isaiah 23 - 27	Day 241	Ezekiel 9 - 12
	2nd Kings 18	Day 242	Ezekiel 13 - 15
	2nd Chronicles 29 - 31	Day 243	Ezekiel 16 - 17
	Psalms 48	Day 244	Ezekiel 18 - 19
Day 201	Hosea 1 - 7	Day 245	Ezekiel 20 - 21
Day 202	Hosea 8 - 14	Day 246	Ezekiel 22 - 23
Day 203	Isaiah 28 - 30	Day 247	Ezekiel 24 - 27
Day 204	Isaiah 31 - 34	Day 248	Ezekiel 28 - 31
Day 205	Isaiah 35 - 36	Day 249	Ezekiel 32 - 34
Day 206	Isaiah 37 - 39	Day 250	Ezekiel 35 - 37
	Psalms 76	Day 251	Ezekiel 38 - 39
Day 207	Isaiah 40 - 43	Day 252	Ezekiel 40 - 41
Day 208	Isaiah 44 - 48	Day 253	Ezekiel 42 - 43
	2nd Kings 18:9 - 19:37	Day 254	Ezekiel 44 - 45
	Psalms 46	Day 255	Ezekiel 46 - 48
	Psalms 80	Day 256	Joel 1 - 3
	Psalms 135	Day 257	Daniel 1 - 3
Day 210	Isaiah 49 - 53	Day 258	Daniel 4 - 6
Day 211	Isaiah 54 - 58	Day 259	Daniel 7 - 9
Day 212	Isaiah 59 - 63	Day 260	Daniel 10 - 12
Day 213	Isaiah 64 - 66	Day 261	Ezra 1 - 3
Day 214	2nd Kings 20 - 21	Day 262	Ezra 4 - 6
Day 215	2nd Chronicles 32 - 33		Psalms 137
Day 216	Nahum 1 - 3	Day 263	Haggai 1 - 2
Day 217	2nd Kings 22 - 23	Day 264	Zechariah 1 - 7
	2nd Chronicles 34 - 35	Day 265	Zechariah 8 - 14
Day 218	Zephaniah 1 - 3	Day 266	Esther 1 - 5
Day 219	Jeremiah 1 - 3	Day 267	Esther 6 - 10
Day 220	Jeremiah 4 - 6	Day 268	Ezra 7 - 10
Day 221	Jeremiah 7 - 9	Day 269	Nehemiah 1 - 5
Day 222	Jeremiah 10 - 13	Day 270	Nehemiah 6 - 7
Day 223	Jeremiah 14 - 17	Day 271	Nehemiah 8 - 10
Day 224	Jeremiah 18 - 22	Day 272	Nehemiah 11 - 13
Day 225	Jeremiah 23 - 25		Psalms 126
Day 226	Jeremiah 26 - 29	Day 273	Malachi 1 - 4
Day 227	Jeremiah 30 - 31	Day 274	Luke 1
Day 228	Jeremiah 32 - 34		John 1
Day 229	Jeremiah 35 - 37	Day 275	Matthew 1
Day 230	Jeremiah 38 - 40		Luke 2
	Psalms 74	Day 276	Matthew 2
	Psalms 79		Luke 2

Day 277	Mark 1 Luke 3 Matthew 3 John 1 Matthew 4 Luke 4 - 5	Day 308	Mark 12 Matthew 22
Day 279	John 2 - 4	Day 309	Luke 20 - 21 Matthew 23
Day 280	Mark 2 Matthew 8 - 9	Day 310	Mark 13
Day 281	John 5	Day 311	Matthew 24
Day 282	Mark 3 Luke 6 Matthew 12	Day 312	Matthew 25
Day 283	Matthew 5 - 7	Day 313	Mark 14 Matthew 26
Day 284	Luke 7 Matthew 8	Day 314	John 13 Luke 22
Day 285	Matthew 11	Day 315	John 14 - 17
Day 286	Luke 11 Matthew 12	Day 316	Mark 15 Matthew 27
Day 287	Luke 8 Matthew 13	Day 317	John 18 - 19 Luke 23
Day 288	Mark 4 - 5 Matthew 8	Day 318	Mark 16 Matthew 28
Day 289	Matthew 9 - 10	Day 319	John 20 - 21 Luke 24
Day 290	Mark 6 Luke 9 Matthew 14	Day 320	Acts 1 - 3
Day 291	John 6	Day 321	Acts 4 - 6
Day 292	Mark 7 Matthew 15	Day 322	Acts 7 - 8
Day 293	Mark 8 Luke 9 Matthew 16	Day 323	Acts 9 - 10
Day 294	Mark 9 Luke 9 Matthew 17	Day 324	Acts 11 - 12
Day 295	Matthew 18	Day 325	Acts 13 - 14
Day 296	John 7 - 8 John 9:1 - 10:21 John 10 Luke 10 - 11	Day 326	James 1 - 5
Day 299	Luke 12 - 13	Day 327	Acts 15 - 16
Day 300	Luke 14 - 15 Luke 16:1 - 17:10	Day 328	Galatians 1 - 3
Day 302	John 11 Luke 17:11 - 18:14	Day 329	Galatians 4 - 6 Acts 17:1 - 18:18
Day 304	Mark 10 Matthew 19	Day 331	2nd Thessalonians 1 - 3 1st Thessalonians 1 - 5 Acts 18:19 - 19:41
Day 305	Matthew 20 - 21 Luke 18:15 - 19:48	Day 333	1st Corinthians 1 - 4
Day 307	Mark 11 John 12	Day 334	1st Corinthians 5 - 8
		Day 335	1st Corinthians 9 - 11
		Day 336	1st Corinthians 12 - 14
		Day 337	1st Corinthians 15 - 16
		Day 338	2nd Corinthians 1 - 4
		Day 339	2nd Corinthians 5 - 9
		Day 340	2nd Corinthians 10 - 13
		Day 341	Romans 1 - 3 Acts 20
		Day 342	Romans 4 - 7
		Day 343	Romans 8 - 10
		Day 344	Romans 11 - 13
		Day 345	Romans 14 - 16 Acts 20:4 - 23:35
		Day 347	Acts 24 - 26
		Day 348	Acts 27 - 28
		Day 349	Philemon 1

	Colossians 1 - 4
Day 350	Ephesians 1 - 6
Day 351	Philippians 1 - 4
Day 352	1st Timothy 1 - 6
Day 353	Titus 1 - 3
Day 354	1st Peter 1 - 5
Day 355	Hebrews 1 - 6
Day 356	Hebrews 7 - 10
Day 357	Hebrews 11 - 13
Day 358	2nd Timothy 1 - 4
Day 359	Jude 1
	2nd Peter 1 - 3
Day 360	1st John 1 - 5
Day 361	2nd John 1
	3rd John 1
Day 362	Revelation 1 - 5
Day 363	Revelation 6 - 11
Day 364	Revelation 12 - 18
Day 365	Revelation 19 - 22

### A 24-hour Fast

1. Start your fast with a time of prayer after eating a light evening meal (complete meal before 7:00 pm)
2. Partake of small amounts of water through the evening and the next day until the evening meal.
3. Use this guide during a morning and noontime prayer time.
4. End the fast with a light meal after 24 hours have past.

### **Focused Prayer During the Fast**

The following gives you options within a set pattern for prayer. One does not have to complete the pattern each and every time you pray. Feel free to use all or parts of the pattern. The pattern helps one focus on the spiritual disciplines of confession, simplicity, obedience, and availability.

**Opening Prayer:** Let the words of my mouth, and the meditation of my heart, be acceptable in your sight, O Lord, my strength, and my redeemer. Psalm 19:14

#### **Prayers of Confession:**

Dear Jesus, help me to make a good Confession,  
 Help me to find out my sins, help me to be sorry for them,  
 Help me to make up my mind not to sin again.  
 Have mercy on me, O Lord, and forgive me.

I confess to you almighty God that I have sinned through my own fault in my thoughts and in my words, in what I have done, and in what I have failed to do; Forgive me and cleanse me, I pray, and give me new life through Jesus Christ our Lord. Amen.

(Confess any specific sin the Lord brings to your mind.)

**Words of Forgiveness:** 1<sup>st</sup> John 1:5-9 (read the following)

<sup>5</sup>This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. <sup>6</sup>If we claim to have fellowship with him yet walk in the darkness, we lie and do not live by the truth. <sup>7</sup>But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. <sup>8</sup>If we claim to be without sin, we deceive ourselves and the truth is not in us. <sup>9</sup>If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

**Prayers of Thanksgiving:** spend time in prayer

A. praising God for his qualities and character.  
 thanking God for your family, friends, and people you serve  
 or for whom you care.

thanking God for the material blessings and provisions you enjoy in this life.  
 thanking God for LakeRidge UMC, the pastors and staff, and the specific ministries from which you receive benefit.

**Prayers of Intercession:** spend time

praying for the needs of specific people for whom you are concerned  
 asking God to pour out a spirit of joy, love, sacrifice, and obedience in your life and the life of LakeRidge UMC.

**Listening Prayers:** listen for God to guide you in the discipline of

simplicity - O God, put on my heart ways to simplify my life so I may have more time and resources for you and your work. What one thing can I do today to simplify my life?

obedience - O God, search my heart and reveal any areas of disobedience. What step of obedience would you have me to take today?

availability - Speak to my heart Lord. What word do you have for me today? I make myself available to be used by you in whatever way you choose.

**The Lord's Prayer:**

Our Father, who art in heaven hallowed  
be thy Name,  
thy kingdom come, thy will be done, on  
earth as it is in heaven.

Give us this day our daily bread  
And forgive us our trespasses, as we  
forgive those who trespass  
against us.

And lead us not into temptation, but  
deliver us from evil.

For thine is the kingdom, and the  
power, and the glory, for ever  
and ever. Amen

**Closing Prayer:**

Jesus, thank you for this time of prayer. Help me to complete this fast. (Thank you for helping me complete this fast.) Give me boldness and wisdom to speak about you to those people in my life. Lead me by your Spirit for you have not given me a spirit of fear, but a spirit of power, love and a sound mind.  
Amen

