

30-DAY LECTIO DIVINA STUDY GUIDE

THE GOSPEL OF LUKE

DAY 1 — LUKE 1:1–38

FOCUS: THE PROMISE OF JOHN AND THE ANNOUNCEMENT OF JESUS' BIRTH

- SILENCE / PREPARE
- READ — 10 MINUTES
- MEDITATE — 10 MINUTES
- PRAY — 10 MINUTES
- CONTEMPLATE — 10 MINUTES
- LIVE IT
- NO SUGAR
- NO SOCIAL MEDIA
- PUSH UPS
- CARDIO

DAY 2 — LUKE 1:39–80

FOCUS: MARY'S SONG, JOHN'S BIRTH, ZECHARIAH'S PROPHECY

- SILENCE / PREPARE
- READ — 10 MINUTES
- MEDITATE — 10 MINUTES
- PRAY — 10 MINUTES
- CONTEMPLATE — 10 MINUTES
- LIVE IT
- NO SUGAR
- NO SOCIAL MEDIA
- PUSH UPS
- CARDIO

DAY 3 — LUKE 2:1–20

FOCUS: THE BIRTH OF JESUS AND THE SHEPHERDS

- SILENCE / PREPARE
- READ — 10 MINUTES
- MEDITATE — 10 MINUTES
- PRAY — 10 MINUTES
- CONTEMPLATE — 10 MINUTES
- LIVE IT
- NO SUGAR
- NO SOCIAL MEDIA
- PUSH UPS
- CARDIO

DAY 4 — LUKE 2:21–52

FOCUS: JESUS PRESENTED AT THE TEMPLE AND FOUND AMONG THE TEACHERS

- SILENCE / PREPARE
- READ — 10 MINUTES
- MEDITATE — 10 MINUTES
- PRAY — 10 MINUTES
- CONTEMPLATE — 10 MINUTES
- LIVE IT
- NO SUGAR
- NO SOCIAL MEDIA
- PUSH UPS
- CARDIO

DAY 5 — LUKE 3

FOCUS: JOHN THE BAPTIST AND THE BAPTISM OF JESUS

- SILENCE / PREPARE
- READ — 10 MINUTES
- MEDITATE — 10 MINUTES
- PRAY — 10 MINUTES
- CONTEMPLATE — 10 MINUTES
- LIVE IT
- NO SUGAR
- NO SOCIAL MEDIA
- PUSH UPS
- CARDIO

DAY 6 — LUKE 4

FOCUS: JESUS' TEMPTATION AND THE BEGINNING OF HIS MINISTRY

- SILENCE / PREPARE
- READ — 10 MINUTES
- MEDITATE — 10 MINUTES
- PRAY — 10 MINUTES
- CONTEMPLATE — 10 MINUTES
- LIVE IT
- NO SUGAR
- NO SOCIAL MEDIA
- PUSH UPS
- CARDIO

DAY 7 — LUKE 5

FOCUS: THE CALL OF DISCIPLES AND JESUS' AUTHORITY TO HEAL AND FORGIVE

- SILENCE / PREPARE
- READ — 10 MINUTES
- MEDITATE — 10 MINUTES
- PRAY — 10 MINUTES
- CONTEMPLATE — 10 MINUTES
- LIVE IT
- NO SUGAR
- NO SOCIAL MEDIA
- PUSH UPS
- CARDIO

DAY 8 — LUKE 6

FOCUS: LORD OF THE SABBATH, CHOOSING THE TWELVE, KINGDOM TEACHING

- SILENCE / PREPARE
- READ — 10 MINUTES
- MEDITATE — 10 MINUTES
- PRAY — 10 MINUTES
- CONTEMPLATE — 10 MINUTES
- LIVE IT
- NO SUGAR
- NO SOCIAL MEDIA
- PUSH UPS
- CARDIO

DDAY 9 — LUKE 7

FOCUS: JESUS' COMPASSION, AUTHORITY, AND FORGIVENESS

- SILENCE / PREPARE
- READ — 10 MINUTES
- MEDITATE — 10 MINUTES
- PRAY — 10 MINUTES
- CONTEMPLATE — 10 MINUTES
- LIVE IT
- NO SUGAR
- NO SOCIAL MEDIA
- PUSH UPS
- CARDIO

DAY 10 — LUKE 8:1-25

FOCUS: PARABLES, HEARING THE WORD, FAITH IN THE STORM

- SILENCE / PREPARE
- READ — 10 MINUTES
- MEDITATE — 10 MINUTES
- PRAY — 10 MINUTES
- CONTEMPLATE — 10 MINUTES
- LIVE IT
- NO SUGAR
- NO SOCIAL MEDIA
- PUSH UPS
- CARDIO

DAY 11 — LUKE 8:26-56

FOCUS: DELIVERANCE, HEALING, AND RESURRECTION POWER

- SILENCE / PREPARE
- READ — 10 MINUTES
- MEDITATE — 10 MINUTES
- PRAY — 10 MINUTES
- CONTEMPLATE — 10 MINUTES
- LIVE IT
- NO SUGAR
- NO SOCIAL MEDIA
- PUSH UPS
- CARDIO

DAY 12 — LUKE 9:1-36

FOCUS: MISSION, CONFESSION, TRANSFIGURATION

- SILENCE / PREPARE
- READ — 10 MINUTES
- MEDITATE — 10 MINUTES
- PRAY — 10 MINUTES
- CONTEMPLATE — 10 MINUTES
- LIVE IT
- NO SUGAR
- NO SOCIAL MEDIA
- PUSH UPS
- CARDIO

DAY 13 — LUKE 9:37-62

FOCUS: POWER, HUMILITY, AND THE COST OF FOLLOWING JESUS

- SILENCE / PREPARE
- READ — 10 MINUTES
- MEDITATE — 10 MINUTES
- PRAY — 10 MINUTES
- CONTEMPLATE — 10 MINUTES
- LIVE IT
- NO SUGAR
- NO SOCIAL MEDIA
- PUSH UPS
- CARDIO

DAY 14 — LUKE 10

FOCUS: MISSION, THE GOOD SAMARITAN, MARY AND MARTHA

- SILENCE / PREPARE
- READ — 10 MINUTES
- MEDITATE — 10 MINUTES
- PRAY — 10 MINUTES
- CONTEMPLATE — 10 MINUTES
- LIVE IT
- NO SUGAR
- NO SOCIAL MEDIA
- PUSH UPS
- CARDIO

DAY 15 — LUKE 11

FOCUS: PRAYER, SPIRITUAL CONFLICT, TRUE BLESSEDNESS

- SILENCE / PREPARE
- READ — 10 MINUTES
- MEDITATE — 10 MINUTES
- PRAY — 10 MINUTES
- CONTEMPLATE — 10 MINUTES
- LIVE IT
- NO SUGAR
- NO SOCIAL MEDIA
- PUSH UPS
- CARDIO

DAY 16 — LUKE 12:1-34

FOCUS: FEAR GOD, TRUST GOD, TREASURE IN HEAVEN

- SILENCE / PREPARE
- READ — 10 MINUTES
- MEDITATE — 10 MINUTES
- PRAY — 10 MINUTES
- CONTEMPLATE — 10 MINUTES
- LIVE IT
- NO SUGAR
- NO SOCIAL MEDIA
- PUSH UPS
- CARDIO

DAY 17 — LUKE 12:35–59

FOCUS: WATCHFULNESS, READINESS, AND DISCERNMENT

- SILENCE / PREPARE
- READ — 10 MINUTES
- MEDITATE — 10 MINUTES
- PRAY — 10 MINUTES
- CONTEMPLATE — 10 MINUTES
- LIVE IT
- NO SUGAR
- NO SOCIAL MEDIA
- PUSH UPS
- CARDIO

DAY 18 — LUKE 13

FOCUS: REPENTANCE, KINGDOM GROWTH, AND THE NARROW DOOR

- SILENCE / PREPARE
- READ — 10 MINUTES
- MEDITATE — 10 MINUTES
- PRAY — 10 MINUTES
- CONTEMPLATE — 10 MINUTES
- LIVE IT
- NO SUGAR
- NO SOCIAL MEDIA
- PUSH UPS
- CARDIO

DAY 19 — LUKE 14

FOCUS: HUMILITY, THE GREAT BANQUET, THE COST OF DISCIPLESHIP

- SILENCE / PREPARE
- READ — 10 MINUTES
- MEDITATE — 10 MINUTES
- PRAY — 10 MINUTES
- CONTEMPLATE — 10 MINUTES
- LIVE IT
- NO SUGAR
- NO SOCIAL MEDIA
- PUSH UPS
- CARDIO

DAY 20 — LUKE 15

FOCUS: THE LOST SHEEP, LOST COIN, AND LOST SON

- SILENCE / PREPARE
- READ — 10 MINUTES
- MEDITATE — 10 MINUTES
- PRAY — 10 MINUTES
- CONTEMPLATE — 10 MINUTES
- LIVE IT
- NO SUGAR
- NO SOCIAL MEDIA
- PUSH UPS
- CARDIO

DAY 21 — LUKE 16

FOCUS: STEWARDSHIP, WEALTH, FAITHFULNESS, AND ETERNITY

- SILENCE / PREPARE
- READ — 10 MINUTES
- MEDITATE — 10 MINUTES
- PRAY — 10 MINUTES
- CONTEMPLATE — 10 MINUTES
- LIVE IT
- NO SUGAR
- NO SOCIAL MEDIA
- PUSH UPS
- CARDIO

DAY 22 — LUKE 17

FOCUS: FORGIVENESS, FAITH, GRATITUDE, AND THE KINGDOM

- SILENCE / PREPARE
- READ — 10 MINUTES
- MEDITATE — 10 MINUTES
- PRAY — 10 MINUTES
- CONTEMPLATE — 10 MINUTES
- LIVE IT
- NO SUGAR
- NO SOCIAL MEDIA
- PUSH UPS
- CARDIO

DAY 23 — LUKE 18

FOCUS: PERSISTENT PRAYER, HUMILITY, SURRENDER, AND SIGHT

- SILENCE / PREPARE
- READ — 10 MINUTES
- MEDITATE — 10 MINUTES
- PRAY — 10 MINUTES
- CONTEMPLATE — 10 MINUTES
- LIVE IT
- NO SUGAR
- NO SOCIAL MEDIA
- PUSH UPS
- CARDIO

DAY 24 — LUKE 19

FOCUS: ZACCHAEUS, THE KING'S ARRIVAL, AND TEMPLE CLEANSING

- SILENCE / PREPARE
- READ — 10 MINUTES
- MEDITATE — 10 MINUTES
- PRAY — 10 MINUTES
- CONTEMPLATE — 10 MINUTES
- LIVE IT
- NO SUGAR
- NO SOCIAL MEDIA
- PUSH UPS
- CARDIO

DAY 25 — LUKE 20

FOCUS: JESUS' AUTHORITY AND CONFLICT WITH RELIGIOUS LEADERS

- SILENCE / PREPARE
- READ — 10 MINUTES
- MEDITATE — 10 MINUTES
- PRAY — 10 MINUTES
- CONTEMPLATE — 10 MINUTES
- LIVE IT
- NO SUGAR
- NO SOCIAL MEDIA
- PUSH UPS
- CARDIO

DAY 26 — LUKE 21

FOCUS: WATCHFULNESS, SACRIFICE, AND THE COMING KINGDOM

- SILENCE / PREPARE
- READ — 10 MINUTES
- MEDITATE — 10 MINUTES
- PRAY — 10 MINUTES
- CONTEMPLATE — 10 MINUTES
- LIVE IT
- NO SUGAR
- NO SOCIAL MEDIA
- PUSH UPS
- CARDIO

DAY 27 — LUKE 22:1-38

FOCUS: BETRAYAL, PASSOVER, THE LORD'S SUPPER, AND PREPARATION

- SILENCE / PREPARE
- READ — 10 MINUTES
- MEDITATE — 10 MINUTES
- PRAY — 10 MINUTES
- CONTEMPLATE — 10 MINUTES
- LIVE IT
- NO SUGAR
- NO SOCIAL MEDIA
- PUSH UPS
- CARDIO

DAY 28 — LUKE 22:39-71

FOCUS: GETHSEMANE, ARREST, PETER'S DENIAL, AND TRIAL

- SILENCE / PREPARE
- READ — 10 MINUTES
- MEDITATE — 10 MINUTES
- PRAY — 10 MINUTES
- CONTEMPLATE — 10 MINUTES
- LIVE IT
- NO SUGAR
- NO SOCIAL MEDIA
- PUSH UPS
- CARDIO

DAY 29 — LUKE 23

FOCUS: CRUCIFIXION, FORGIVENESS, DEATH, AND BURIAL

- SILENCE / PREPARE
- READ — 10 MINUTES
- MEDITATE — 10 MINUTES
- PRAY — 10 MINUTES
- CONTEMPLATE — 10 MINUTES
- LIVE IT
- NO SUGAR
- NO SOCIAL MEDIA
- PUSH UPS
- CARDIO

DAY 30 — LUKE 24

FOCUS: RESURRECTION, EMMAUS, COMMISSION, AND ASCENSION

- SILENCE / PREPARE
- READ — 10 MINUTES
- MEDITATE — 10 MINUTES
- PRAY — 10 MINUTES
- CONTEMPLATE — 10 MINUTES
- LIVE IT
- NO SUGAR
- NO SOCIAL MEDIA
- PUSH UPS
- CARDIO

CLOSING PRAYER

"LORD JESUS, AS I READ THE GOSPEL OF LUKE, HELP ME TO SEE YOU CLEARLY, LOVE YOU DEEPLY, OBEY YOU FULLY, AND REST IN YOU JOYFULLY. OPEN MY HEART TO YOUR WORD, AND CONFORM ME TO YOUR LIKENESS. AMEN."