



A 30-Day Bible Reading Plan to Fight **INADEQUACY**

How This Plan Works

During the six week Adrift series we explored Spiritual Apathy and the six main roots. In this 30 day Bible reading plan we'll take on the voice that says "I'm not enough". It's structured as the same rhythm that you learned in the Adrift study: 1 anchor passage a week, read every day, with a second passage alongside it on most of the days. You'll need a Bible, a pen, and about 10 minutes a day. Feeling small in front of a big assignment is nothing new. Moses and Jeremiah both said it to God's face. The danger comes when that feeling becomes your reason to sit out. So this plan will keep pointing you to what God says about you, and keep nudging you to step in anyway.

Day 1: Drop Anchor

Read the background, then read the anchor passage twice, once silently, once out loud. Write down the word or phrase that catches you. That's the whole assignment.

Day 2: Anchor Out

Read the anchor again, then a related passage. How do the 2 passages explain each other?

Day 3: Anchor Out

Read the anchor again, then a passage that gets personal. Where does this name something true about you right now?

Day 4: Anchor Out

Read the anchor again, then a passage built for prayer. Turn both texts into prayer, line by line.

Day 5: Return To Anchor

Read the anchor one last time in 2 different translations. What do you hear now that you didn't on Day 1? Then look back at your weekly challenge.

Weekly Challenges

Each week opens with 2 challenges. Pick 1 and carry it all week. They start close to shore and push further out every week, so by Week 6 it should feel like a real stretch. Some will look familiar from the study guide, and that's on purpose, since a good practice is worth repeating. Tell your triad or a friend which one you chose so somebody asks.

Read It In Context

Each week day 1 opens with a few lines of background: who wrote the passage, to whom, and what was going on. Read that first, and when a second passage gives you a range of verses, read the whole range. The setting keeps us from making the Bible say whatever we'd like it to say.

WEEK 1: Please Send Someone Else

ANCHOR TEXT: Exodus 4:10-13

¹⁰But Moses said to the LORD, "Oh, my Lord, I am not eloquent, either in the past or since you have spoken to your servant, but I am slow of speech and of tongue." ¹¹Then the LORD said to him, "Who has made man's mouth? Who makes him mute, or deaf, or seeing, or blind? Is it not I, the LORD? ¹²Now therefore go, and I will be with your mouth and teach you what you shall speak." ¹³But he said, "Oh, my Lord, please send someone else."

CHALLENGE FOR THE WEEK:

Before Day 1, pick 1 of these 2 challenges and keep it in view all week; this reading is meant to fuel it, not replace it.

- ☐ **Find Your True North:** Spend 10 minutes this week with 2 questions: How has God uniquely made me? What gifts or strengths has he entrusted to me? Then write down a few qualities or abilities you believe God has given you.
- ☐ **Set Your Heading:** Start each morning by praying 1 line out loud: "Whatever I do today, I'll do it for You." Then pick 1 ordinary thing on your plate and name it as the offering (1 Corinthians 10:31).

DAY 1: Drop Anchor

Moses has been tending sheep in the wilderness for 40 years when God speaks from a burning bush and sends him back to Egypt to lead Israel out. Moses objects 5 times in chapters 3 and 4. This is the last round: "I am not eloquent," and finally, "please send someone else." God gets angry at that last line (4:14), and he sends Moses anyway, with Aaron alongside him and a promise: "I will be with your mouth."

Read Exodus 4:10-17 once for the whole exchange. Then read verses 10-13 twice, once silently, once out loud.

What word or phrase catches you? Write it down. Resist the urge to apply it yet. Today you're just noticing.

Journal: The word that caught me was...

DAY 2: Read Judges 6:11-16

Read Exodus 4:10-13 again. Then read Judges 6:11-16.

Israel is being raided by the Midianites, and Gideon is hiding to thresh his wheat when the angel calls him a "mighty man of valor." Gideon runs the same play as Moses: "my clan is the weakest in Manasseh, and I am the least in my father's house." How do these 2 passages

explain each other? Notice that God's answer to both men is about his presence: "I will be with you."

Journal: God's "I will be with you" lands on my excuse like...

DAY 3: Read 1 Corinthians 1:26-31

Read Exodus 4:10-13 again first. Then read 1 Corinthians 1:26-31.

The church in Corinth was proud and divided, and Paul reminds them who they were when God called them: "not many of you were wise according to worldly standards." God chose them on purpose, "so that no human being might boast in the presence of God."

Where does this name something true about you right now? God may never speak to you from a burning bush, and Scripture and your church still call you to serve. Write your version of Moses' objection, the actual sentence you use to dodge that call.

Journal: My "please send someone else" sentence is...

DAY 4: Read Psalm 139:1-18

Read Exodus 4:10-13 again, slowly. Then read Psalm 139:1-18.

David is overwhelmed that God knows him completely and formed him in his mother's womb. The God who asked Moses, "Who has made man's mouth?" is the one who knit yours. Now turn both texts into prayer, line by line. "Fearfully and wonderfully made" becomes a prayer about your specific frame, the one you've been apologizing for.

Journal: Thanking God for how he made me, I noticed...

DAY 5: Return to Anchor

Read Exodus 4:10-13 one last time, and today read it in 2 different translations. Moses went, slow tongue and all, and God kept the promise. What do you hear now that you didn't on Day 1? You've read this passage multiple times this week. That's the whole point. Careful attention is the opposite of drift, and you just practiced it for 5 days.

Journal: As you look back over the past week, where did God meet you, in his Word or in the challenge you took on?

WEEK 2: Strength in the Thorn

ANCHOR TEXT: 2 Corinthians 12:7-10

⁷So to keep me from becoming conceited because of the surpassing greatness of the revelations, a thorn was given me in the flesh, a messenger of Satan to harass me, to keep me from becoming conceited. ⁸Three times I pleaded with the Lord about this, that it should leave me. ⁹But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. ¹⁰For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.

CHALLENGE FOR THE WEEK:

Before Day 1, pick 1 of these 2 challenges and keep it in view all week; this reading is meant to fuel it, not replace it.

- ☐ **Ask Your Crew:** Ask 2 or 3 people this week, "What gifts or strengths do you consistently see in me?" Write down what they say and look for what's repeated.
- ☐ **Share Your Thorn:** Tell 1 trusted person about your thorn, the weakness you keep asking God to remove, and ask them to pray verse 9 over you by name.

DAY 1: Drop Anchor

Some flashy teachers in Corinth were boasting about their visions and credentials and looking down on Paul. Paul plays along for a moment, then boasts about his weakness instead. He was given "a thorn... in the flesh" (we're never told exactly what it was), and he begged God 3 times to remove it. God said no, and gave him something better: "My grace is sufficient for you."

Read 2 Corinthians 12:7-10 twice, once silently, once out loud.

What word or phrase catches you? Write it down. Resist the urge to apply it yet. Today you're just noticing.

Journal: The word that caught me was...

DAY 2: Read 2 Corinthians 4:7-12

Read 2 Corinthians 12:7-10 again. Then read 2 Corinthians 4:7-12.

Earlier in the same letter, Paul describes the gospel as treasure carried around "in jars of clay, to show that the surpassing power belongs to God and not to us." Clay jars were the cheap, ordinary containers of his day. How do these 2 passages explain each other? The plainer the jar, the clearer it is whose power is inside.

Journal: The weakness God might show his power through is...

DAY 3: Read Hebrews 11:32-40

Read 2 Corinthians 12:7-10 again first. Then read Hebrews 11:32-40.

Hebrews 11 is a list of people who trusted God's promises, written to encourage weary believers. Look at who's on it: Gideon, Samson, Jephthah, David, people with famous failures, who "were made strong out of weakness."

Where does this name something true about you right now? What thorn have you begged away 3 times, or 300?

Journal: My thorn is... What I've asked God to do with it is...

DAY 4: Read Isaiah 40:27-31

Read 2 Corinthians 12:7-10 again, slowly. Then read Isaiah 40:27-31.

Isaiah speaks to exiles who feel forgotten: "My way is hidden from the LORD." His answer is that the everlasting God "does not faint or grow weary," and "they who wait for the LORD shall renew their strength." Now turn both texts into prayer, line by line. Pray your tiredness honestly, then pray for the exchange: your weakness, his power.

Journal: The strength I asked to receive was for...

DAY 5: Return to Anchor

Read 2 Corinthians 12:7-10 one last time, and today read it in 2 different translations. Watch what "sufficient" becomes in each. What do you hear now that you didn't on Day 1? You've read this passage multiple times this week. That's the whole point. Careful attention is the opposite of drift, and you just practiced it for 5 days.

Journal: As you look back over the past week, where did God meet you, in his Word or in the challenge you took on?

WEEK 3: The LORD Looks on the Heart

ANCHOR TEXT: 1 Samuel 16:6-13

⁶When they came, he looked on Eliab and thought, "Surely the LORD's anointed is before him."
⁷But the LORD said to Samuel, "Do not look on his appearance or on the height of his stature, because I have rejected him. For the LORD sees not as man sees: man looks on the outward appearance, but the LORD looks on the heart."⁸Then Jesse called Abinadab and made him pass before Samuel. And he said, "Neither has the LORD chosen this one."⁹Then Jesse made Shammah pass by. And he said, "Neither has the LORD chosen this one."¹⁰And Jesse made seven of his sons pass before Samuel. And Samuel said to Jesse, "The LORD has not chosen these."¹¹Then Samuel said to Jesse, "Are all your sons here?" And he said, "There remains yet the youngest, but behold, he is keeping the sheep." And Samuel said to Jesse, "Send and get him, for we will not sit down till he comes here."¹²And he sent and brought him in. Now he was ruddy and had beautiful eyes and was handsome. And the LORD said, "Arise, anoint him, for this is he."¹³Then Samuel took the horn of oil and anointed him in the midst of his brothers. And the Spirit of the LORD rushed upon David from that day forward. And Samuel rose up and went to Ramah.

CHALLENGE FOR THE WEEK:

Before Day 1, pick 1 of these 2 challenges and keep it in view all week; this reading is meant to fuel it, not replace it.

- ☐ **Fast From Comparison:** Fast this week from the 1 input that feeds your comparison habit most: an app, an account, a show. Each time you miss it, read 1 Samuel 16:7 instead.
- ☐ **Say Yes Once:** Say yes this week to 1 small thing you'd normally deflect with your "please send someone else" sentence from Week 1.

DAY 1: Drop Anchor

Israel's first king, Saul, looked the part: tall, handsome, impressive. He failed, and God sends Samuel to Bethlehem to anoint a new king from Jesse's sons. Seven impressive brothers walk by, and God says no to each one, because "the LORD looks on the heart." The youngest, David, isn't even invited to the lineup. He's out with the sheep.

Read 1 Samuel 16:1-13 once for the whole story. Then read verses 6-13 twice, once silently, once out loud.

What word or phrase catches you? Write it down. Resist the urge to apply it yet. Today you're just noticing.

Journal: The word that caught me was...

DAY 2: Read Psalm 78:67-72

Read 1 Samuel 16:6-13 again. Then read Psalm 78:67-72.

Psalm 78 retells Israel's history, and it ends with this choice: God "chose David his servant and took him from the sheepfolds" to shepherd his people. How do these 2 passages explain each other? The overlooked job was the training ground, and nobody knew it but God.

Journal: The overlooked place that might be my training ground is...

DAY 3: Read Galatians 1:6-12

Read 1 Samuel 16:6-13 again first. Then read Galatians 1:6-12.

Paul is fighting for the gospel against teachers who wanted to add rules to it, and he refuses to bend his message to win their approval: "Am I now seeking the approval of man, or of God?" His freedom came from answering to God alone, and that freedom is yours too.

Where does this name something true about you right now? Whose approval have you been working for: a parent's, a boss's, a feed full of strangers'?

Journal: The approval I've been working for belongs to...

DAY 4: Read Psalm 131

Read 1 Samuel 16:6-13 again, slowly. Then read Psalm 131.

This 3-verse pilgrim song is credited to David, the overlooked kid who became king. He describes a soul that's been calmed and quieted, "like a weaned child with its mother." Now turn both texts into prayer, line by line, and when you reach "I do not occupy myself with things too great," hand God the comparisons.

Journal: Quieting my soul today meant letting go of...

DAY 5: Return to Anchor

Read 1 Samuel 16:6-13 one last time, and today read it in 2 different translations. Sit with verse 7 in both. What do you hear now that you didn't on Day 1? You've read this passage multiple times this week. That's the whole point. Careful attention is the opposite of drift, and you just practiced it for 5 days.

Journal: As you look back over the past week, where did God meet you, in his Word or in the challenge you took on?

WEEK 4: Do Not Say, "I Am Only"

ANCHOR TEXT: Jeremiah 1:4-10

⁴Now the word of the LORD came to me, saying, ⁵"Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations."

⁶Then I said, "Ah, Lord GOD! Behold, I do not know how to speak, for I am only a youth." ⁷But the LORD said to me, "Do not say, 'I am only a youth'; for to all to whom I send you, you shall go, and whatever I command you, you shall speak. ⁸Do not be afraid of them, for I am with you to deliver you, declares the LORD." ⁹Then the LORD put out his hand and touched my mouth. And the LORD said to me, "Behold, I have put my words in your mouth. ¹⁰See, I have set you this day over nations and over kingdoms, to pluck up and to break down, to destroy and to overthrow, to build and to plant."

CHALLENGE FOR THE WEEK:

Before Day 1, pick 1 of these 2 challenges and keep it in view all week; this reading is meant to fuel it, not replace it.

- ☐ **Take the Helm:** Choose 1 strength God has given you and use it to serve someone this week: tell someone the specific gift you see in them, help someone with a task they've been avoiding, or invite someone who's often alone over for dinner.
- ☐ **Cross Out "Only":** Use the ordinary skill you'll name on Day 3 for God's kingdom once this week. Cook for someone. Fix something. Organize something. Ordinary skill, offered to God, counts.

DAY 1: Drop Anchor

This is Jeremiah's call, around 627 BC, as Judah drifts toward judgment. His assignment was unique: a prophet to the nations, known and set apart before birth, and his life was hard. Your call will look different. But watch the pattern, because it repeats with Moses and Gideon: a person disqualifies himself ("I am only a youth"), and God's reply starts with "Do not say."

Read Jeremiah 1:4-10 twice, once silently, once out loud.

What word or phrase catches you? Write it down. Resist the urge to apply it yet. Today you're just noticing.

Journal: The word that caught me was...

DAY 2: Read 1 Timothy 4:11-16

Read Jeremiah 1:4-10 again. Then read 1 Timothy 4:11-16.

Paul writes to Timothy, his young protégé leading the church in Ephesus: “Let no one despise you for your youth,” and “do not neglect the gift you have.” Timothy’s gift was for his ministry there, and Paul tells him to practice it in the open. How do these 2 passages explain each other?

Journal: The gift I’ve been hiding behind an “only” is...

DAY 3: Read Exodus 35:30-35

Read Jeremiah 1:4-10 again first. Then read Exodus 35:30-35.

Israel is building the tabernacle, the place where God will live among them, and God fills Bezalel, a craftsman, “with the Spirit of God” for woodwork, metalwork, and weaving. Ordinary skill, Spirit-filled, for God’s house.

Where does this name something true about you right now? What’s your “I am only” sentence? I am only a mom. Only an accountant. Only a volunteer. Write it, then cross out the word only.

Journal: My sentence was “I am only ____.” Without “only” it says...

DAY 4: Read Psalm 138

Read Jeremiah 1:4-10 again, slowly. Then read all of Psalm 138.

David thanks God for answering him and ends with confidence: “The LORD will fulfill his purpose for me.” Now turn both texts into prayer, line by line. Pray your name into verse 8 out loud, and thank God that he knew you before you were born (Psalm 139:13-16).

Journal: Praying my name into those verses...

DAY 5: Return to Anchor

Read Jeremiah 1:4-10 one last time, and today read it in 2 different translations. Watch what God puts in Jeremiah’s mouth in verse 9. What do you hear now that you didn’t on Day 1? You’ve read this passage multiple times this week. That’s the whole point. Careful attention is the opposite of drift, and you just practiced it for 5 days.

Journal: As you look back over the past week, where did God meet you, in his Word or in the challenge you took on?

WEEK 5: Restored on the Beach

ANCHOR TEXT: John 21:15-19

¹⁵When they had finished breakfast, Jesus said to Simon Peter, "Simon, son of John, do you love me more than these?" He said to him, "Yes, Lord; you know that I love you." He said to him, "Feed my lambs." ¹⁶He said to him a second time, "Simon, son of John, do you love me?" He said to him, "Yes, Lord; you know that I love you." He said to him, "Tend my sheep." ¹⁷He said to him the third time, "Simon, son of John, do you love me?" Peter was grieved because he said to him the third time, "Do you love me?" and he said to him, "Lord, you know everything; you know that I love you." Jesus said to him, "Feed my sheep." ¹⁸Truly, truly, I say to you, when you were young, you used to dress yourself and walk wherever you wanted, but when you are old, you will stretch out your hands, and another will dress you and carry you where you do not want to go." ¹⁹(This he said to show by what kind of death he was to glorify God.) And after saying this he said to him, "Follow me."

CHALLENGE FOR THE WEEK:

Before Day 1, pick 1 of these 2 challenges and keep it in view all week; this reading is meant to fuel it, not replace it.

- ☐ **Step Back In:** Take 1 small step back toward faithfulness in the place your failure benched you, and ask a pastor or mature believer to help you discern what restoration looks like.
- ☐ **Into the Storm:** Take 1 real risk for God this month: share your faith with someone, give sacrificially, or step into a serving position at church. Ask your triad to cheer you on and check in.

DAY 1: Drop Anchor

On the night Jesus was arrested, Peter denied knowing him 3 times, beside a charcoal fire (18:18). Now, after the resurrection, Jesus cooks breakfast for the disciples over another charcoal fire, and asks Peter 3 questions. Then he hands him the flock anyway: "Feed my sheep." Peter's failure was real, and so was the restoration.

Read John 21:1-19 once for the whole scene. Then read verses 15-19 twice, once silently, once out loud.

What word or phrase catches you? Write it down. Resist the urge to apply it yet. Today you're just noticing.

Journal: *The word that caught me was...*

DAY 2: Read Luke 22:31-34

Read John 21:15-19 again. Then read Luke 22:31-34.

At the Last Supper, before the failure ever happened, Jesus tells Peter he has prayed for him and plans his comeback: “when you have turned again, strengthen your brothers.” How do these 2 passages explain each other? The failure was foreseen, and so was the future.

Journal: If Jesus planned a “when you have turned” for me, it might be...

DAY 3: Read Psalm 51:1-17

Read John 21:15-19 again first. Then read Psalm 51:1-17.

David wrote this after his sin with Bathsheba, when the prophet Nathan confronted him. He doesn’t excuse himself, and he doesn’t give up on God either: “Restore to me the joy of your salvation,” and “a broken and contrite heart, O God, you will not despise.”

Where does this name something true about you right now? Which failure did you decide disqualified you, and how long ago did you file that verdict?

Journal: The failure I let disqualify me was...

DAY 4: Read Psalm 103:1-14

Read John 21:15-19 again, slowly. Then read Psalm 103:1-14.

David counts God’s benefits, starting with “who forgives all your iniquity,” and lands on this: “he knows our frame; he remembers that we are dust.” God has always measured you as dust, with mercy built in. Now turn both texts into prayer, line by line, and pray Peter’s answer as your own: “Lord, you know everything; you know that I love you.”

Journal: Saying “you know that I love you” after my failure felt...

DAY 5: Return to Anchor

Read John 21:15-19 one last time, and today read it in 2 different translations. Notice the last 2 words Jesus gives Peter: “Follow me,” the same call he gave him at the start. What do you hear now that you didn’t on Day 1? You’ve read this passage multiple times this week. That’s the whole point. Careful attention is the opposite of drift, and you just practiced it for 5 days.

Journal: As you look back over the past week, where did God meet you, in his Word or in the challenge you took on?

WEEK 6: He Who Began a Good Work

ANCHOR TEXT: Philippians 1:3-6

³I thank my God in all my remembrance of you, ⁴always in every prayer of mine for you all making my prayer with joy, ⁵because of your partnership in the gospel from the first day until now. ⁶And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.

CHALLENGE FOR THE WEEK:

Before Day 1, pick 1 of these 2 challenges and keep it in view all week; this reading is meant to fuel it, not replace it.

- ☐ **Step Into a Role:** Commit to 1 ongoing serving role, at church or in your community, for the next 90 days. Pick the one you've avoided because you felt unqualified. Ask your triad to check on you.
- ☐ **Pass It On:** Use your gift to strengthen someone else this week: teach a skill, tutor a kid, walk a newer believer through something you've learned. Peter tells every believer, "As each has received a gift, use it to serve one another" (1 Peter 4:10).

DAY 1: Drop Anchor

Paul writes from prison to the church in Philippi, a church that had partnered with him in the gospel from the very first day, giving and praying and sending help. He thanks God for them, and he's sure of something: "he who began a good work in you will bring it to completion at the day of Jesus Christ." The finishing was always God's job.

Read Philippians 1:3-6 twice, once silently, once out loud.

What word or phrase catches you? Write it down. Resist the urge to apply it yet. Today you're just noticing.

Journal: The word that caught me was...

DAY 2: Read Ephesians 2:1-10

Read Philippians 1:3-6 again. Then read Ephesians 2:1-10.

You'll recognize verses 8-10 from the series. Paul starts with where we were ("dead in the trespasses"), then grace, then purpose: "we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand." How do these 2 passages explain each other? The same God who prepared the works completes the worker.

Journal: Reading Ephesians 2:10 a month later, I hear...

DAY 3: Read 1 Peter 4:7-11

Read Philippians 1:3-6 again first. Then read 1 Peter 4:7-11.

Peter writes to scattered, pressured believers and tells every one of them they've received a gift from God, meant for serving others: "As each has received a gift, use it to serve one another, as good stewards of God's varied grace."

Where does this name something true about you right now? Which of your gifts is sitting unused, and who first saw it in you?

Journal: The gift sitting unused is... The person who first saw it was...

DAY 4: Read Colossians 1:9-14

Read Philippians 1:3-6 again, slowly. Then read Colossians 1:9-14.

Paul prays for a church he's never met, that they would be "strengthened with all power, according to his glorious might." Now turn both texts into prayer, line by line. Pray Paul's prayer over yourself by name. Your strength was always going to be borrowed from God, so ask him for it.

Journal: The line I prayed hardest was...

DAY 5: Return to Anchor

Read Philippians 1:3-6 one last time, and today read it in 2 different translations. Watch what "bring it to completion" becomes in each. What do you hear now that you didn't on Day 1? You've read this passage multiple times this week. That's the whole point. Careful attention is the opposite of drift, and you just practiced it for 5 days.

Then finish the 30 days by naming your gift in 1 sentence, no hedging: "Because God made me ____, I'll use it to ____ for ____." If you took the SHAPE assessment during the series, pull those results back out. Faithful was always the question, and you've got 30 days of faithfulness behind you now.

Journal: As you look back over the past week, where did God meet you, in his Word or in the challenge you took on?

Explore More (Optional)

If you'd like to go further in the fight against inadequacy, here are a few ways to do so:

- **BibleProject, "Image of God"** (bibleproject.com/videos/image-of-god/). A short video walking through what it actually means that you're made in God's image, a quick, visual take on where your worth comes from.
- **SHAPE**. A short self-assessment to help you identify your spiritual gifts, heart, abilities, personality, and experiences, the same SHAPE framework named in Session 3 of the Adrift study. This tool is also a part of the Live Christ Keystone study.
- **Live Christ Keystone Study**. A five-session OBCC small group study on putting your time, talents, influence, and resources to work for God.
- **In a Pit with a Lion on a Snowy Day** by Mark Batterson. A case for treating your biggest fear as a disguised invitation instead of a reason to stay put.
- **Overcoming Apathy** by Uche Anizor. Gives a clear biblical diagnosis of apathy and the case for pursuing zeal instead.