



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

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 fight the slow drift of a life spent chasing triviality. 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. Most of what fills our attention is small and permitted, and there's a lot of it, and it slowly crowds out what matters most. So this plan will ask you to clear out some room and give it to God. Fair warning: it will ask about your phone.

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: Where Your Treasure Is

ANCHOR TEXT: Matthew 6:19-24

¹⁹"Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, ²⁰but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. ²¹For where your treasure is, there your heart will be also. ²²"The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, ²³but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness! ²⁴"No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money.

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 Soundings:** Pick a 10-minute window each morning to sit in silence before you touch your phone. That's it. Just notice the noise you normally rush to fill. What did you find yourself reaching for?
 - ☐ **Check the Number:** Check your weekly screen time report and write the number in your journal, no excuses. Then move 1 app off your home screen for the rest of this plan.
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DAY 1: Drop Anchor

This is the middle of the Sermon on the Mount. Jesus has just warned against practicing your faith to be seen by others, and now he turns to what we treasure. He says the heart follows the investment ("where your treasure is, there your heart will be also"), and in verses 22-23 he talks about the eye, a picture of whether our desire is generous and fixed on God or grasping after more. Small, daily investments count.

Read Matthew 6:19-24 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 12:13-21

Read Matthew 6:19-24 again. Then read Luke 12:13-21.

Someone in the crowd asks Jesus to settle an inheritance fight, and Jesus answers with a story. The rich fool spends his whole speech talking to himself about himself, and God's verdict comes at night: "Fool! This night your soul is required of you." How do these 2 passages explain each other? Trivial treasure looks fine right up until the audit.

Journal: If tonight were the audit, my barns are full of...

DAY 3: Read 1 John 2:15-17

Read Matthew 6:19-24 again first. Then read 1 John 2:15-17.

John, writing as an old pastor to churches he loves, warns about loving "the world," by which he means a whole system of wants set against God: "the desires of the flesh and the desires of the eyes and pride of life." And "the world is passing away along with its desires."

Where does this name something true about you right now? Run an honest audit of yesterday: what got your leftover minutes, your first attention in the morning, your last attention at night?

Journal: Yesterday my first and last attention went to...

DAY 4: Read Psalm 119:33-40

Read Matthew 6:19-24 again, slowly. Then read Psalm 119:33-40.

Every line in this stanza is a request to be taught, led, and turned. "Turn my eyes from looking at worthless things" was written long before the infinite scroll, and it's never been more useful. Now turn both texts into prayer, line by line, with your specific worthless things named.

Journal: The worthless things I asked him to turn my eyes from...

DAY 5: Return to Anchor

Read Matthew 6:19-24 one last time, and today read it in 2 different translations. Watch what "healthy" becomes in verse 22. 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: Broken Cisterns

ANCHOR TEXT: Psalm 19:7-11

⁷The law of the LORD is perfect, reviving the soul; the testimony of the LORD is sure, making wise the simple; ⁸the precepts of the LORD are right, rejoicing the heart; the commandment of the LORD is pure, enlightening the eyes; ⁹the fear of the LORD is clean, enduring forever; the rules of the LORD are true, and righteous altogether. ¹⁰More to be desired are they than gold, even much fine gold; sweeter also than honey and drippings of the honeycomb.

¹¹Moreover, by them is your servant warned; in keeping them there is great reward.

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.

- ☐ **Fountain Before Cistern:** For the next 7 days, open your Bible before you open any app in the morning. Even 1 verse counts. The order is the point.
 - ☐ **Leave the Shallows:** Take 1 phone-free hour this week, or daily if you can, and in it do 1 thing that feeds your soul: a walk, Scripture, prayer, a real conversation with someone.
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DAY 1: Drop Anchor

Psalm 19 has 2 halves. In the first, David looks at the sky and hears it preaching God's glory. In the second, he turns to God's Word and stacks up what it actually does: revives the soul, makes wise the simple, rejoices the heart, enlightens the eyes. Then he compares it to the best things he knows: "more to be desired are they than gold... sweeter also than honey."

Read all of Psalm 19 once. Then read verses 7-11 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 Jeremiah 2:9-13

Read Psalm 19:7-11 again. Then read Jeremiah 2:9-13.

God brings a case against his people through Jeremiah. They've done something no other nation would do: traded their God for idols that can't help them. He calls it 2 evils: forsaking "the fountain of living waters," and digging "broken cisterns that can hold no water." How do these 2 passages explain each other? David found living water in God's Word. Israel kept digging.

Journal: My broken cistern, the one I keep returning to thirsty, is...

DAY 3: Read Romans 1:18-25

Read Psalm 19:7-11 again first. Then read Romans 1:18-25.

Paul is describing full-blown idolatry: humanity exchanging “the glory of the immortal God for images.” Your feed and your queue sit far downstream of that, and they run on the same current: trading a greater glory for a lesser one, and always trading down.

Where does this name something true about you right now? What glory swap do you keep making?

Journal: The glory swap I keep making is...

DAY 4: Read Psalm 63

Read Psalm 19:7-11 again, slowly. Then read all of Psalm 63.

David wrote this in the wilderness of Judah, physically thirsty, and he says his soul is thirstier: “my soul thirsts for you.” Then: “your steadfast love is better than life.” Now turn both texts into prayer, line by line. Make your own comparisons out loud: better than the feed, better than the show, better than the next purchase. Pray until 1 of them feels true.

Journal: The “better than” that felt true today was...

DAY 5: Return to Anchor

Read Psalm 19:7-11 one last time, and today read it in 2 different translations. Watch what “reviving the soul” 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: One Thing Is Necessary

ANCHOR TEXT: Luke 10:38-42

³⁸Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. ³⁹And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. ⁴⁰But Martha was distracted with much serving. And she went up to him and said, "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me." ⁴¹But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, ⁴²but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her."

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 Mary Moment:** Pick a fixed daily 10 minutes to sit at Jesus' feet with Scripture and prayer, and defend it on your calendar for the rest of this plan. Tell someone the time slot so it has a witness.
 - ☐ **Throw the Line:** Triviality whispers, "1 person out of millions, what's the point?" Do 1 good thing this week that won't fix everything, and do it anyway. Buy the meal, write the note, make the visit.
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DAY 1: Drop Anchor

Jesus is traveling toward Jerusalem, and Martha welcomes him into her home. She's busy with the work of hosting, which is a good thing, while her sister Mary sits at his feet listening, the posture of a student. When Martha asks Jesus to send Mary back to the kitchen, he answers gently and clearly: "one thing is necessary. Mary has chosen the good portion."

Read Luke 10:38-42 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 Deuteronomy 6:4-9

Read Luke 10:38-42 again. Then read Deuteronomy 6:4-9.

Moses gives Israel the Shema, the confession they would pray every day: love the LORD with all your heart, soul, and might, and talk about his words “when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.” How do these 2 passages explain each other? The 1 necessary thing was always meant to run through the whole ordinary day.

Journal: The ordinary moment I could weave him into is...

DAY 3: Read Haggai 1:2-9

Read Luke 10:38-42 again first. Then read Haggai 1:2-9.

About 520 BC, God’s people have come home from exile and started rebuilding the temple, and then stalled for years while they paneled their own houses. God tells them to consider their ways: they work hard, and it all goes “into a bag with holes.” Their futility was God’s discipline for neglecting his house (1:9). The problem was what came first.

Where does this name something true about you right now? What have you been pouring effort into that never fills?

Journal: My bag with holes is...

DAY 4: Read Psalm 25:1-10

Read Luke 10:38-42 again, slowly. Then read Psalm 25:1-10.

David asks to be taught: “Make me to know your ways, O LORD; teach me your paths,” and he waits “all the day long.” It’s Mary’s posture turned into words. Now turn both texts into prayer, line by line. Then sit in silence at his feet for 3 minutes. Set a timer so you can stop checking.

Journal: In the 3 minutes of silence...

DAY 5: Return to Anchor

Read Luke 10:38-42 one last time, and today read it in 2 different translations. Watch what “distracted” becomes in verse 40. 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: Think About These Things

ANCHOR TEXT: Philippians 4:4-9

⁴Rejoice in the Lord always; again I will say, rejoice. ⁵Let your reasonableness be known to everyone. The Lord is at hand; ⁶do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. ⁸Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. ⁹What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

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.

- ☐ **Swap the Slot:** Choose 1 excellent thing to think about this week (a book of substance, a psalm to memorize, a great piece of music) and give it the time slot a trivial input used to own.
 - ☐ **Fast for a Day:** Fast for 24 hours from your biggest trivial input. Every time you reach for it, read 1 verse from this week out loud instead. Tell someone when your 24 hours start.
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DAY 1: Drop Anchor

Paul writes to the church in Philippi from prison, and near the end of a warm thank-you letter he tells them how to stand firm: rejoice, don't be anxious, pray about everything. Then he hands them a list of what to fill their minds with: whatever is true, honorable, just, pure, lovely, commendable. The promise attached is "the God of peace will be with you."

Read Philippians 4:4-9 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 Romans 12:1-2

Read Philippians 4:4-9 again. Then read Romans 12:1-2.

After 11 chapters on God's mercy, Paul turns to how we respond: offer your whole self to God, and "be transformed by the renewal of your mind." The mind renews on what it's fed, and yours has been eating something every waking hour. How do these 2 passages explain each other?

Journal: What my mind has mostly been fed lately is...

DAY 3: Read Proverbs 4:20-27

Read Philippians 4:4-9 again first. Then read Proverbs 4:20-27.

A father is teaching his son how to live wisely, and he gets physical about it: guard your heart, watch your mouth, "let your eyes look directly forward." Then the reason: "Keep your heart with all vigilance, for from it flow the springs of life."

Where does this name something true about you right now? Where have your eyes been wandering on autopilot, and what has it been costing you?

Journal: My eyes wander most when...

DAY 4: Read Psalm 101

Read Philippians 4:4-9 again, slowly. Then read all of Psalm 101.

David writes as a king making vows about his own house and his court, and 1 of them is "I will not set before my eyes anything that is worthless." Now turn both texts into prayer, line by line. Pray that line as a vow about your own house and your own screens. Then pray the Philippians list as requests: fill my thoughts with what's true, what's lovely, what's excellent.

Journal: The vow was hardest to pray about...

DAY 5: Return to Anchor

Read Philippians 4:4-9 one last time, and today read it in 2 different translations. Watch what "think about these things" 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 5: Bread That Endures

ANCHOR TEXT: John 6:26-35

²⁶Jesus answered them, "Truly, truly, I say to you, you are seeking me, not because you saw signs, but because you ate your fill of the loaves. ²⁷Do not work for the food that perishes, but for the food that endures to eternal life, which the Son of Man will give to you. For on him God the Father has set his seal." ²⁸Then they said to him, "What must we do, to be doing the works of God?" ²⁹Jesus answered them, "This is the work of God, that you believe in him whom he has sent." ³⁰So they said to him, "Then what sign do you do, that we may see and believe you? What work do you perform?" ³¹Our fathers ate the manna in the wilderness; as it is written, 'He gave them bread from heaven to eat.'" ³²Jesus then said to them, "Truly, truly, I say to you, it was not Moses who gave you the bread from heaven, but my Father gives you the true bread from heaven. ³³For the bread of God is he who comes down from heaven and gives life to the world." ³⁴They said to him, "Sir, give us this bread always." ³⁵Jesus said to them, "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst."

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.

- ☐ **Lighten the Load:** Fast for 7 days from whatever numbs you most: social media, the news cycle, shows, video games, online shopping. Every time you reach for it, reach for God instead, and give some of the reclaimed minutes to Scripture and prayer. Tell 1 person so they can ask how it's going.
 - ☐ **Add Ballast:** Each day this week, do 1 small uncomfortable obedience you've been dodging: a hard text, a quiet "no," getting up 15 minutes earlier to pray.
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DAY 1: Drop Anchor

The day before, Jesus fed 5,000 people with 5 loaves. Now the crowd has chased him across the lake, and he tells them plainly why: they want more lunch. He offers them something else, "food that endures to eternal life," and then he offers them himself: "I am the bread of life."

Read John 6:26-35 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 Isaiah 55:1-3

Read John 6:26-35 again. Then read Isaiah 55:1-3.

God invites exhausted, exiled people to a feast that costs nothing, and asks them a question: "Why do you spend your money for that which is not bread, and your labor for that which

does not satisfy?" How do these 2 passages explain each other? Isaiah asks the question, and Jesus answers it centuries later. The soul was always going to eat something.

Journal: I've been spending my hunger on...

DAY 3: Read Luke 8:4-15

Read John 6:26-35 again first. Then read Luke 8:4-15.

Jesus tells the parable of the sower and then explains it to his disciples. Some seed falls among thorns, and the thorns are "the cares and riches and pleasures of life." The seed sprouts, but "their fruit does not mature."

Where does this name something true about you right now? Of the 3 thorns Jesus names, which one has been doing the choking in your soil?

Journal: My choking thorn is...

DAY 4: Read Psalm 34:1-10

Read John 6:26-35 again, slowly. Then read Psalm 34:1-10.

David has just escaped with his life, and he invites everyone to try God for themselves: "Oh, taste and see that the LORD is good!" Now turn both texts into prayer, line by line. Ask God for an appetite for him, because appetites are trainable, and yours has been trained by snacks.

Journal: Asking God for an appetite for him, I realized...

DAY 5: Return to Anchor

Read John 6:26-35 one last time, and today read it in 2 different translations. Watch what "endures" becomes in verse 27. 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: Lay Aside Every Weight

ANCHOR TEXT: Hebrews 12:1-3

¹Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, ²looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. ³Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted.

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.

- ☐ **Lay the Keel:** Name the 1 weight these 30 days exposed, the permitted-but-heavy thing, and write a simple rule for it for the next 90 days: a time limit, a location limit, or a weekly sabbath from it. Tell 1 friend who'll ask you about it.
- ☐ **Steady the Ship at Home:** Run a household conversation this week. Have everyone name 1 way your home has drifted (too rushed, too distracted, too tired to care), then pick 1 shared practice to push back: a screen-free dinner, a 5-minute bedtime prayer.

DAY 1: Drop Anchor

Hebrews 11 is a long list of people who trusted God, and chapter 12 turns that list into a stadium: they are "so great a cloud of witnesses," and now it's our turn to run. Notice the writer names 2 things to set aside, "every weight" and "sin which clings so closely." Some of what slows the race is permitted and heavy anyway.

Read Hebrews 12:1-3 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 Timothy 2:1-7

Read Hebrews 12:1-3 again. Then read 2 Timothy 2:1-7.

Paul, in prison near the end of his life, coaches Timothy with 3 pictures: a soldier, an athlete, a farmer. "No soldier gets entangled in civilian pursuits, since his aim is to please the one who enlisted him." Paul is coaching Timothy, and the principle reaches every believer: good things become weights when they entangle us. Entangled is the word to sit with. How do these 2 passages explain each other?

Journal: The pursuit I'm most entangled in is...

DAY 3: Read Ephesians 5:8-17

Read Hebrews 12:1-3 again first. Then read Ephesians 5:8-17.

Paul reminds the church in Ephesus that they used to be darkness and now they are light, so they should live like it: "Look carefully then how you walk... making the best use of the time, because the days are evil."

Where does this name something true about you right now? Do the math on 1 of your trivial habits: minutes per day, times 365. What could that yearly total build instead?

Journal: My habit costs ____ hours a year. That's enough time to...

DAY 4: Read Colossians 3:12-17

Read Hebrews 12:1-3 again, slowly. Then read Colossians 3:12-17.

Paul describes what a new life in Christ looks like among God's people, and at the center is this: "Let the word of Christ dwell in you richly." Now turn both texts into prayer, line by line. Pray for the word to move in and take up room, then pray verse 17 over tomorrow's ordinary tasks: "whatever you do, in word or deed, do everything in the name of the Lord Jesus."

Journal: Letting the word dwell in me richly would push out...

DAY 5: Return to Anchor

Read Hebrews 12:1-3 one last time, and today read it in 2 different translations. Fix on the middle phrase: "looking to Jesus." Attention was always the point of this whole plan. 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 checking your screen time report. If you wrote down a number in Week 1, compare the two, and tell 1 person both numbers. Weights come off easier in front of witnesses, and you've got 30 days of practice 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 triviality, here are a few ways to do so:

- ***The Ruthless Elimination of Hurry*** by John Mark Comer. Available as a book and a small group study. A practical case for slowing your whole life down as the way to actually follow Jesus.
- ***The Common Rule*** by Justin Whitmel Earley. A short, practical book of daily and weekly habits built specifically to fight distraction and hurry, good for someone who wants structure rather than just inspiration.
- ***Habits of the Household*** by Justin Whitmel Earley. By the same author as *The Common Rule*, this one applies the same idea to family life, turning mealtimes, bedtime, and screen time into small liturgies that shape what your household actually loves.
- ***King Solomon: The Temptations of Money, Sex, and Power*** by Philip Graham Ryken. A closer walk through Solomon's actual life in 1 Kings, showing how the same money, sex, and power that built his kingdom also emptied it.
- ***Crazy Busy*** by Kevin DeYoung. A short, honest book about why life feels so busy and what to do about it.