

Usage notes

- The website and app allows you to select your preferred version/translation of the Bible
- The sound icon in the upper right corner of the app prompts the read-aloud version (note: only certain Bible versions have an audio option)
- Optional *Reflection Prompts* are built in as they occur in the printed calendar
- If you download this plan prior to the official start date of 1/1/22, simply click on the 3 dots in the upper right-hand corner and select “catch me up” to reset the date to the current day

For Questions and technical help, please contact:

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TAKE 5

2022

5 Minutes a Day

5 Days a Week

5 Ways to Dig Deeper



Take5 with Lowcountry Presbyterian Church
A Congregation-wide journey through the
New Testament in 2022



Navigator Discipleship Tool

5x5x5

New Testament Reading Plan

Read through the New Testament in 5 days a week, 5 minutes a day.

5 MINUTES A DAY

If you're not used to reading the Bible daily, start with this easy to use 5 minutes a day. This reading plan will take you through all 260 chapters of the New Testament, one chapter per day. The Gospels are read throughout the year to weave in the story of Christ all year long.

5 DAYS A WEEK

Determine a time and location to spend 5 minutes a day for 5 days a week. It is best to have a consistent time and a quiet place where you can regularly meet with the Lord.

5 WAYS TO DIG DEEPER

Pause in your reading to dig into the Bible. Below are 5 different ways to dig deeper each day. These exercises will encourage meditation. Try a single idea for a week to find what works best for you. Remember to keep a pen and paper ready to capture God's insights.

- ① Underline or highlight key words or phrases in the Bible passage. Use a pen or highlighter to mark new discoveries from the text.
- ② Put it in your own words. Read the passage or verse slowly, then rewrite each phrase or sentence using your own words.
- ③ Ask and answer questions. Questions unlock new discoveries and meanings. Ask questions about the passage using these words: who, what, why, when, where, or how. Jot down your answers to these questions.
- ④ Capture the big idea. God's Word communicates big ideas. Periodically ask: What's the big idea in this sentence, paragraph, or chapter?
- ⑤ Personalize the meaning. Respond as God speaks to you through the Scriptures. Ask: How could my life be different today as I respond to what I'm reading?

October

DATE	✓	CHAPTER
1	<input type="checkbox"/>	3
2	<input type="checkbox"/>	4
3	<input type="checkbox"/>	5
2 John		
4	<input type="checkbox"/>	1
3 John		
5	<input type="checkbox"/>	1
6	Reflection	
7	Reflection	
1 Peter		
8	<input type="checkbox"/>	1
9	<input type="checkbox"/>	2
10	<input type="checkbox"/>	3
11	<input type="checkbox"/>	4
12	<input type="checkbox"/>	5
13	Reflection	
14	Reflection	
John		
15	<input type="checkbox"/>	1
16	<input type="checkbox"/>	2
17	<input type="checkbox"/>	3
18	<input type="checkbox"/>	4
19	<input type="checkbox"/>	5
20	Reflection	
21	Reflection	
22	<input type="checkbox"/>	6
23	<input type="checkbox"/>	7
24	<input type="checkbox"/>	8
25	<input type="checkbox"/>	9
26	<input type="checkbox"/>	10
27	Reflection	
28	Reflection	
29	<input type="checkbox"/>	11
30	<input type="checkbox"/>	12
31	<input type="checkbox"/>	13

November

DATE	✓	CHAPTER
1	<input type="checkbox"/>	14
2	<input type="checkbox"/>	15
3	Reflection	
4	Reflection	
5	<input type="checkbox"/>	16
6	<input type="checkbox"/>	17
7	<input type="checkbox"/>	18
8	<input type="checkbox"/>	19
9	<input type="checkbox"/>	20
10	Reflection	
11	Reflection	
12	<input type="checkbox"/>	21
1 Thessalonians		
13	<input type="checkbox"/>	1
14	<input type="checkbox"/>	2
15	<input type="checkbox"/>	3
16	<input type="checkbox"/>	4
17	Reflection	
18	Reflection	
19	<input type="checkbox"/>	5
2 Thessalonians		
20	<input type="checkbox"/>	1
21	<input type="checkbox"/>	2
22	<input type="checkbox"/>	3
2 Peter		
23	<input type="checkbox"/>	1
24	Reflection	
25	Reflection	
26	<input type="checkbox"/>	2
27	<input type="checkbox"/>	3
Jude		
28	<input type="checkbox"/>	1
Revelation		
29	<input type="checkbox"/>	1
30	<input type="checkbox"/>	2

December

DATE	✓	CHAPTER
1	Reflection	
2	Reflection	
3	<input type="checkbox"/>	3
4	<input type="checkbox"/>	4
5	<input type="checkbox"/>	5
6	<input type="checkbox"/>	6
7	<input type="checkbox"/>	7
8	Reflection	
9	Reflection	
10	<input type="checkbox"/>	8
11	<input type="checkbox"/>	9
12	<input type="checkbox"/>	10
13	<input type="checkbox"/>	11
14	<input type="checkbox"/>	12
15	Reflection	
16	Reflection	
17	<input type="checkbox"/>	13
18	<input type="checkbox"/>	14
19	<input type="checkbox"/>	15
20	<input type="checkbox"/>	16
21	<input type="checkbox"/>	17
22	Reflection	
23	Reflection	
24	<input type="checkbox"/>	18
25	<input type="checkbox"/>	19
26	<input type="checkbox"/>	20
27	<input type="checkbox"/>	21
28	<input type="checkbox"/>	22
29	Reflection	
30	Reflection	
31	Rejoice!	

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THIS TOOL IS MEANT TO BE SHARED.

Download the detailed 5x5x5 plan at navlink.org/newtestament

Bible Reading Plan

(May, continued)

20	Reflection	
21	<input type="checkbox"/>	5
22	<input type="checkbox"/>	6
23	<input type="checkbox"/>	7
24	<input type="checkbox"/>	8
25	<input type="checkbox"/>	9
26	Reflection	
27	Reflection	
28	<input type="checkbox"/>	10
29	<input type="checkbox"/>	11
30	<input type="checkbox"/>	12
31	<input type="checkbox"/>	13

June

DATE	✓	CHAPTER
1	<input type="checkbox"/>	14
2	Reflection	
3	Reflection	
4	<input type="checkbox"/>	15
5	<input type="checkbox"/>	16
Ephesians		
6	<input type="checkbox"/>	1
7	<input type="checkbox"/>	2
8	<input type="checkbox"/>	3
9	Reflection	
10	Reflection	
11	<input type="checkbox"/>	4
12	<input type="checkbox"/>	5
13	<input type="checkbox"/>	6
Philippians		
14	<input type="checkbox"/>	1
15	<input type="checkbox"/>	2
16	Reflection	
17	Reflection	
18	<input type="checkbox"/>	3
19	<input type="checkbox"/>	4
Colossians		
20	<input type="checkbox"/>	1
21	<input type="checkbox"/>	2
22	<input type="checkbox"/>	3
23	Reflection	
24	Reflection	
25	<input type="checkbox"/>	4
Philemon		
26	<input type="checkbox"/>	1
Luke		
27	<input type="checkbox"/>	1
28	<input type="checkbox"/>	2
29	<input type="checkbox"/>	3
30	Reflection	

July

DATE	✓	CHAPTER
1	Reflection	
2	<input type="checkbox"/>	4
3	<input type="checkbox"/>	5
4	<input type="checkbox"/>	6
5	<input type="checkbox"/>	7
6	<input type="checkbox"/>	8
7	Reflection	
8	Reflection	
9	<input type="checkbox"/>	9
10	<input type="checkbox"/>	10
11	<input type="checkbox"/>	11
12	<input type="checkbox"/>	12
13	<input type="checkbox"/>	13
14	Reflection	
15	Reflection	
16	<input type="checkbox"/>	14
17	<input type="checkbox"/>	15
18	<input type="checkbox"/>	16
19	<input type="checkbox"/>	17
20	<input type="checkbox"/>	18
21	Reflection	
22	Reflection	
23	<input type="checkbox"/>	19
24	<input type="checkbox"/>	20
25	<input type="checkbox"/>	21
26	<input type="checkbox"/>	22
27	<input type="checkbox"/>	23
28	Reflection	
29	Reflection	
30	<input type="checkbox"/>	24
1 Corinthians		
31	<input type="checkbox"/>	1

August

DATE	✓	CHAPTER
1	<input type="checkbox"/>	2
2	<input type="checkbox"/>	3
3	<input type="checkbox"/>	4
4	Reflection	
5	Reflection	
6	<input type="checkbox"/>	5
7	<input type="checkbox"/>	6
8	<input type="checkbox"/>	7
9	<input type="checkbox"/>	8
10	<input type="checkbox"/>	9
11	Reflection	
12	Reflection	
13	<input type="checkbox"/>	10
14	<input type="checkbox"/>	11
15	<input type="checkbox"/>	12
16	<input type="checkbox"/>	13
17	<input type="checkbox"/>	14
18	Reflection	
19	Reflection	

(August, continued)

20	<input type="checkbox"/>	15
21	<input type="checkbox"/>	16
2 Corinthians		
22	<input type="checkbox"/>	1
23	<input type="checkbox"/>	2
24	<input type="checkbox"/>	3
25	Reflection	
26	Reflection	
27	<input type="checkbox"/>	4
28	<input type="checkbox"/>	5
29	<input type="checkbox"/>	6
30	<input type="checkbox"/>	7
31	<input type="checkbox"/>	8

September

DATE	✓	CHAPTER
1	Reflection	
2	Reflection	
3	<input type="checkbox"/>	9
4	<input type="checkbox"/>	10
5	<input type="checkbox"/>	11
6	<input type="checkbox"/>	12
7	<input type="checkbox"/>	13
8	Reflection	
9	Reflection	
1 Timothy		
10	<input type="checkbox"/>	1
11	<input type="checkbox"/>	2
12	<input type="checkbox"/>	3
13	<input type="checkbox"/>	4
14	<input type="checkbox"/>	5
15	Reflection	
16	Reflection	
17	<input type="checkbox"/>	6
2 Timothy		
18	<input type="checkbox"/>	1
19	<input type="checkbox"/>	2
20	<input type="checkbox"/>	3
21	<input type="checkbox"/>	4
22	Reflection	
23	Reflection	
Titus		
24	<input type="checkbox"/>	1
25	<input type="checkbox"/>	2
26	<input type="checkbox"/>	3
1 John		
27	<input type="checkbox"/>	1
28	<input type="checkbox"/>	2
29	Reflection	
30	Reflection	

Tools for Your Journey

Option 1

Select your favorite Bible (version/translation), follow the printed schedule and begin on January 1, 2022!

Option 2

Utilize the *YouVersion Bible app*, a free resource for smartphones, tablets and computers to read and/or listen to each days New Testament chapter beginning on January 1, 2022.

- Visit: bible.com on the device you want to use (computer, smartphone, tablet)
- For smartphones and tablets, click “Download the Free Bible App” under Install the App Now, and then select your device.
- For computers, click “Create Your Free Account” under Make it Your Bible.
- Next, for *all* devices: Type “*Discipleship Journal’s 5x5x5 plan*” into the search option (see magnifying glass symbol) and select it as a plan on 1/1/22.
- Note: If you are using the computer version, you might need to click “plan” on the left-side of the screen under “Bible” and “Users”.

**See additional Usage notes on the back

Option 3

Try a combination of options 1 and 2 for variety!

Digging Deeper - Optional

Independently

- Experiment with using the *5 Ways to Dig Deeper* reflection questions for personal meditation each week.

In Community

- Mark your calendar for the kickoff meeting to be held on Wednesday, January 5th at 6:00pm in the Fellowship Hall. Meet others embarking on this 2022 journey and get organized for the year ahead by picking up a reflection journal to record your thoughts along the way.
- Connect with others on the first Wednesday of each month at 6:00pm for an opportunity to discuss and reflect upon the months reading.
- Join us for Sunday School each week at 9:35am in the Parlor. We will engage in spiritual practices using a passage from the weeks Take5 plan.

Discipleship Journal

January

DATE	✓	CHAPTER
Mark		
1	<input type="checkbox"/>	1
2	<input type="checkbox"/>	2
3	<input type="checkbox"/>	3
4	<input type="checkbox"/>	4
5	<input type="checkbox"/>	5
6	Reflection	
7	Reflection	
8	<input type="checkbox"/>	6
9	<input type="checkbox"/>	7
10	<input type="checkbox"/>	8
11	<input type="checkbox"/>	9
12	<input type="checkbox"/>	10
13	Reflection	
14	Reflection	
15	<input type="checkbox"/>	11
16	<input type="checkbox"/>	12
17	<input type="checkbox"/>	13
18	<input type="checkbox"/>	14
19	<input type="checkbox"/>	15
20	Reflection	
21	Reflection	
22	<input type="checkbox"/>	16
Acts		
23	<input type="checkbox"/>	1
24	<input type="checkbox"/>	2
25	<input type="checkbox"/>	3
26	<input type="checkbox"/>	4
27	Reflection	
28	Reflection	
29	<input type="checkbox"/>	5
30	<input type="checkbox"/>	6
31	<input type="checkbox"/>	7

February

DATE	✓	CHAPTER
1	<input type="checkbox"/>	8
2	<input type="checkbox"/>	9
3	Reflection	
4	Reflection	
5	<input type="checkbox"/>	10
6	<input type="checkbox"/>	11
7	<input type="checkbox"/>	12
8	<input type="checkbox"/>	13
9	<input type="checkbox"/>	14
10	Reflection	
11	Reflection	
12	<input type="checkbox"/>	15
13	<input type="checkbox"/>	16
14	<input type="checkbox"/>	17
15	<input type="checkbox"/>	18
16	<input type="checkbox"/>	19
17	Reflection	
18	Reflection	

(February, continued)

19	<input type="checkbox"/>	20
20	<input type="checkbox"/>	21
21	<input type="checkbox"/>	22
22	<input type="checkbox"/>	23
23	<input type="checkbox"/>	24
24	Reflection	
25	Reflection	
26	<input type="checkbox"/>	25
27	<input type="checkbox"/>	26
28	<input type="checkbox"/>	27

March

DATE	✓	CHAPTER
1	<input type="checkbox"/>	28
Hebrews		
2	<input type="checkbox"/>	1
3	Reflection	
4	Reflection	
5	<input type="checkbox"/>	2
6	<input type="checkbox"/>	3
7	<input type="checkbox"/>	4
8	<input type="checkbox"/>	5
9	<input type="checkbox"/>	6
10	Reflection	
11	Reflection	
12	<input type="checkbox"/>	7
13	<input type="checkbox"/>	8
14	<input type="checkbox"/>	9
15	<input type="checkbox"/>	10
16	<input type="checkbox"/>	11
17	Reflection	
18	Reflection	
19	<input type="checkbox"/>	12
20	<input type="checkbox"/>	13

Galatians

21	<input type="checkbox"/>	1
22	<input type="checkbox"/>	2
23	<input type="checkbox"/>	3
24	Reflection	
25	Reflection	
26	<input type="checkbox"/>	4
27	<input type="checkbox"/>	5
28	<input type="checkbox"/>	6
James		
29	<input type="checkbox"/>	1
30	<input type="checkbox"/>	2
31	Reflection	

April

DATE	✓	CHAPTER
1	Reflection	
2	<input type="checkbox"/>	3
3	<input type="checkbox"/>	4
4	<input type="checkbox"/>	5
Matthew		
5	<input type="checkbox"/>	1
6	<input type="checkbox"/>	2
7	Reflection	
8	Reflection	
9	<input type="checkbox"/>	3
10	<input type="checkbox"/>	4
11	<input type="checkbox"/>	5
12	<input type="checkbox"/>	6
13	<input type="checkbox"/>	7
14	Reflection	
15	Reflection	
16	<input type="checkbox"/>	8
17	<input type="checkbox"/>	9
18	<input type="checkbox"/>	10
19	<input type="checkbox"/>	11
20	<input type="checkbox"/>	12
21	Reflection	
22	Reflection	
23	<input type="checkbox"/>	13
24	<input type="checkbox"/>	14
25	<input type="checkbox"/>	15
26	<input type="checkbox"/>	16
27	<input type="checkbox"/>	17
28	Reflection	
29	Reflection	
30	<input type="checkbox"/>	18

May

DATE	✓	CHAPTER
1	<input type="checkbox"/>	19
2	<input type="checkbox"/>	20
3	<input type="checkbox"/>	21
4	<input type="checkbox"/>	22
5	Reflection	
6	Reflection	
7	<input type="checkbox"/>	23
8	<input type="checkbox"/>	24
9	<input type="checkbox"/>	25
10	<input type="checkbox"/>	26
11	<input type="checkbox"/>	27
12	Reflection	
13	Reflection	
14	<input type="checkbox"/>	28
Romans		
15	<input type="checkbox"/>	1
16	<input type="checkbox"/>	2
17	<input type="checkbox"/>	3
18	<input type="checkbox"/>	4
19	Reflection	