

The Great Awakening, United Church of Christ
 1520 High Street, Portsmouth, VA 23704
 Rev. Dr. Joy Carrington, Pastor

Year of Expansion — Reading & Practice Plan

“Enlarge the place of your tent... lengthen your cords, strengthen your stakes.” — Isaiah 54:2–3
Stretch outward in mission; strengthen inward through spiritual disciplines.

Month	Discipline Focus	Anchor Text	Weekly Readings	Practice Cue
JAN	Scripture Intake (Abide)	Joshua 1:8	Ps 1; 2 Tim 3:14–17; Lk 24:13–35; Col 3:16	10 min/day in the Word; SOAP journal
FEB	Prayer	Luke 11:1–13	Ps 5; Dan 6:10; Phil 4:6–7; Jas 5:13–18	Breath prayer 3x/day; prayer list
MAR	Fasting (with Justice)	Isaiah 58:6–12	Mt 6:16–18; Ezra 8:21–23; Acts 13:1–3; Neh 1	Fast 1 meal/week; give the savings
APR	Fellowship & Community	Acts 2:42–47	Heb 10:24–25; Rom 12:9–16; Gal 6:1–3; Jn 13:34–35	Share a table weekly; join a group
MAY	Worship (Whole-Life)	Romans 12:1–2	Ps 95; Isa 6:1–8; Jn 4:19–24; Ps 103	Daily gratitude x5; serve in worship
JUN	Service & Justice	Micah 6:8	Lk 10:25–37; Isa 61:1–4; Mt 25:31–46; Jas 1:27	2 hrs of service/week; neighbor check-in
JUL	Generosity	2 Corinthians 9:6–11	Acts 4:32–37; Mal 3:10; 1 Tim 6:17–19; Lk 21:1–4	Set a % to give; surprise someone
AUG	Sabbath & Rest	Matthew 11:28–30	Gen 2:1–3; Mk 2:23–28; Ps 23; Heb 4:9–11	Keep a 24-hr Sabbath each week
SEP	Confession & Examen	Psalms 139:23–24	Ps 51; 1 Jn 1:5–10; Jas 5:16; Lk 15:11–24	Daily 10-min examen; accountability
OCT	Evangelism & Witness	Matthew 28:19–20	Rom 10:14–15; Acts 8:26–40; Jn 9; 1 Pet 3:15–16	Pray for 1 name; share your story
NOV	Silence & Solitude	Mark 1:35	1 Kgs 19:9–13; Ps 62:1–2; Lk 5:15–16; Hab 2:1–3	10–20 min quiet daily; mini-retreat
DEC	Simplicity & Stewardship	Matthew 6:33	Prov 30:7–9; Lk 12:15–34; Phil 4:10–13; 1 Tim 6:6–8	Declutter 12 items; budget audit

Shared Commitments (Rule of Life)

Daily: Pray & Scripture (≥10 min each). **Weekly:** Sabbath, gathered worship, and service. **Monthly:** Generosity step and a shared meal with someone new. **Quarterly:** One fasting day and a half-day silence retreat.

“Now to Him who is able to do exceedingly, abundantly above all we ask or think...” — Ephesians 3:20–21