

let's look at



**30 days of
Bible Readings
'Walk in the Light'**

Using the Bible reading notes



We all want to learn more about God our heavenly Father, and about Jesus, His son, who is our best friend. One way we can do that is to look at a wee bit of the Bible every day.

This book is to help you do that. There is a short Bible verse, and it will tell you where in the Bible to find it. It will show the book of the Bible first. The next number is the chapter and the number after the sign : gives you the verse number. Example – James 5:13 means the book of James, Chapter 5, verse 13.

Your Bible may use different words, but the meaning will be the same. Then there will be a short bit to explain what the verse means as well as something to think about and then a prayer. There are also some songs you might like to sing or listen to.



How can you use the notes?



- Read them on your own.
- Listen to them as someone reads them to you.
- Read and talk about them with friends.
- Set up a small group in your church to read them with other people.
- Read them at your Prospects group.
- Read them as part of a Zoom group.



Lots of people helped to write this book – thank you.



List of songs

You may find it helpful and encouraging to sing a song along with doing your daily Bible reading. There are some suggestions below or you may want to sing something of your own choice.

- This little light of mine
- Give me oil in my lamp
- Walk, Walk in the light
- Shine Jesus shine
- We are marching in the light of God
- Here I am to worship (Light of the world you stepped down into darkness...)
- Jesus bids us shine.



Day 1

Claire Wilson



The wise people will shine as bright as the sky. Those who teach others to live right will shine like stars forever and ever.

(Daniel 12:3 ERV)



This Little Light



Some people are famous like pop stars or film stars or even politicians.

But God's word says that wise people, who love and follow Jesus, are the real stars!

We can teach others by the way we live

- by how we love God
- by loving our neighbours as much as we love ourselves.

That way we can be stars, too.



Who do you know whose life shines and makes you want to follow Jesus?



Thank you, Father God for
.....(*name*) who helps me learn
to follow Jesus.

Let my little light shine for you, too!



Day 2

Irene Munro



Jesus answered, “There are twelve hours of light in the day. Whoever walks in the day will not stumble and fall because they can see with the light from the sun.

(John 11:9)



God’s Highway of Light and Love



Did you know there is a Holy Highway in the Bible that Jesus’ friends can walk along (Isaiah 35:8)? The Bible is a light for that Highway, showing how to love like Jesus: we never bear grudges; we pray for unpleasant people and put others first. Living God’s Word, guided by God’s Spirit stops us stumbling off God’s Holy Highway.



The word ‘light’ is mentioned 272 times in God’s Word so let’s ask others to show us when we stumble away from God’s light.



Holy God, would you forgive us when we stumble in the dark, forgetting You desire us to lead holy lives on the Holy Highway?



Day 3

Dorothy Daldry



Lord, you are my lamp.
You bring light into my darkness.
(2 Samuel 22:29)



God brings light into our darkness.



King David was having a bad time. He asked God to help. God did help. David sang a thank-you song to God. He said that God was like a lamp. A lamp shines light into dark places. And God shone light into the darkness for David. This made things better. God can shine light into our lives, too.



Can you think of a time when God helped you to get through something difficult?



Thank you, God, that you can see when I need help. Thank you that you shine light for me. Thank you that I can always trust you.



Day 4

Ivy Blair



We should live in the light, where God is. If we live in the light, we have fellowship with each other, and the sacrifice of Jesus, God's Son, makes us clean.

(1 John 1:7)



You won't need a torch



I don't like walking in the dark – do you? If I can't see where I am going I could easily trip or go the wrong way. The Bible tells us that we should live and walk in the light of God – that really means walking with our very best friend Jesus – he loves it when we walk and talk with him.



Take time to meet up with other Christians when you can.



Thank you, Jesus, that you died for me so that I can have a great life. I'm sorry for doing things wrong – please forgive me.



Day 5

Jennifer Maden



I have fallen, but enemy, don't laugh at me! I will get up again. I sit in darkness now, but the Lord will be a light for me.
(Micah 7:8)



Jesus is always with you, ready to help and show you the way



Just because you sometimes feel down and in a bad place, it doesn't mean you'll stay down and be there forever. Jesus will help get you out of dark places with his light and love for you. He will bring you back into a good place. Remember Jesus is always with you so you are never alone.



Talk to Jesus and tell him what is making you feel bad and he will help.



Lord Jesus, I am feeling as though everything is going wrong. Be with me and help me remember how loved I am by you. Amen



Day 6

Ann McFarlane



God once said, 'Let light shine out of the darkness!' And this is the same God who made his light shine in our hearts to let us know that his own divine greatness is seen in the face of Christ.
(2 Corinthians 4:6)



Be a light for Jesus



Jesus is the Light of the World. His light shines in us and lets us know God. He wants us to serve God by telling others about God, so we share Jesus' light.

We are to be God's messengers, taking the message of Jesus' love to others. Jesus' love is a treasure we must share



Each day, tell someone about Jesus, the Light of the World.



Lord Jesus, please help me to shine my light for you by telling others about your love for us all. Amen



Day 7

Charlotte Mackintosh



The Light shines in the darkness. But the darkness has not overcome The Light.
(John 1:5)



Jesus is the True Light



In the Bible, light is something that brings spiritual understanding and points the way to God. Through the death of Jesus on the cross, the darkness of sin and separation from God has been defeated.



There is no type of spiritual darkness that can put out the light of God. Jesus has defeated the darkness forever.



Thank you Jesus that you light up the truth of God's Word. Help us to make good choices and walk in Your precious Light.



Day 8

Penny Shackleton



Oh, how sweet the light of day,
And how wonderful to live in the
sunshine.

(Ecclesiastes 11:7)



The beauty of sunshine.



I like to be outside on sunny days. Even in winter the sun brings light and warmth and gives me energy.

When the writer talks about living in sunshine he is also be talking about life when things are going well. It is wonderful! He encourages us to enjoy that time as just like the weather, things will change.



Is the sun shining outside today?
Is the 'sun shining' in your life?



Thank you Jesus for the light and warmth of the sun. Bring your light to people who are finding life dark and hard just now.

Amen



Day 9

Iain and Jane Miller



Your word is a lamp for my feet, a light on my path
(Psalm 119:105)



Light up your way



In this verse a lamp would help you to see your way and God is our lamp and our way. He guides us forward and helps us to light up the world. He is the one who sees all our lives and lifts the darkness and helps us in troubled times.



Pray for God to guide us.



Dear Lord, give us faith, thank you for always lighting up the dark and being light for me. Our hope is you will light our world and you will help us to be a light to others and for your light to guide us.



Day 10

Rachel Meek



I realised that it is better to be wise than foolish. In the same way, the light is better than the dark.
(Ecclesiastes 2:13)



Turn on the Light!



‘Put the light on so you can see what you are doing!’ God wants us to let the light of his wisdom shine into our hearts and follow what he tells us in the Bible, so that we can avoid getting into trouble or doing wrong. Why stay in the dark when you could let God’s light into your life?



Will God be pleased with what I do and say today? Will I even ask myself if my choices please him?



Dear Lord, please help me to remember to think if what I am doing or saying is wise or foolish.



Day 11

Alison McLean



I have come into the world to be its light so no-one who believes in me will stay in darkness.

(John 12:46)



God wants us to see the light.



Light was symbolic with goodness, knowledge and truth. The image of someone who lacks light is that of a person who makes mistakes, they stumble and become lost and may fall in to a dangerous situation. We, as Christians, need to help people find the light and lead them towards God who forgives all sins.



Can you share your light with others by being a good and helpful friend in their time of need?



Lord, help me to keep journeying on, life's toils are great and many but there is always light at the end of the tunnel.
Amen



Day 12

Douglas and Margaret Donaldson



Arise, shine, for your light has come,
and the glory of the Lord rises upon
you.

(Isaiah 60:1)



**On you the light of The Lord will
shine**



The brightness of the presence of the
Lord will be with you. You will see this
and be filled with joy and excitement.



Let us walk in the light of the Lord
always.



Lord, help me to walk with you. Help me
to show by my words and actions that
your light guides me always.



Day 13

Hilary Lacroix



The only source of light for the body is the eye. When you look at people and want to help them, you are full of light. But when you look at people in a selfish way, you are full of darkness.

(Luke 11:34)



Seeing people as Jesus does



It's hard to love everybody! But when Jesus met people, he looked at everyone with love. He saw their needs and helped them. When we follow Jesus, we walk in His light. We change! We become more like Jesus. His love fills us. Jesus helps us to love and help people – even the ones we find hard to like!



Who are the people that are hard for me to love? Ask God to help me see them as He does.



Lord Jesus, fill my heart with your love. Help me to see people as you do, so that I can show them your love and light.



Day 14

Wendy Dick



Then God said, “Let there be light!” And light began to shine.
(Genesis 1:3)



Let there be light!



God’s first words when he created our beautiful world were ‘Let there be light’! Isn’t that amazing that God spoke and light appeared! He didn’t want us to live in darkness. God knew that light was important to our lives so we could see things clearly, to help everything grow and to brighten our world and give us joy!



Think about light and what it helps you to see.



Thank you so much God for creating light. You are an amazing God. We praise you for light that helps and brightens our lives. Amen



Day 15

Tom Wilson



Look at those people! They say good is bad and bad is good. They think light is dark and dark is light. They think that sour is sweet and sweet is sour.
(Isaiah 5: 20)



Making The Right Choice



Sometimes we get all messed up in the way we think. We mix up good and bad. We make mistakes. Sometimes what we say and do hurts those who we love. It is important that we pray and ask God to help us get things right. He will help us make good choices.



When you have choices to make, pray and ask God to help you make the right choice.



Dear God, we thank you for your love for us. Help us to make the right choices and show your love to our friends. Amen



Day 16

Linda Sharp



The city does not need the sun or moon to shine on it. God's glory is its light and the Lamb is its lamp.
(Revelation 21:23)



God's light is better than the sun!



Sunshine and moonlight can make everything look beautiful, but Father God and Jesus (who is sometimes called the Lamb) are much better and more powerful than the sun. When we are with them and they are with us, everything is wonderful. They help us to live well, grow closer to them and be the happiest and best we can be.



Next time you are enjoying a sunny day, remember how much God loves you and wants you to live the best and happiest life you can.



Father God, help me to live every day with You so that your light shines in my life and everywhere I go.



Day 17

Iona Pringle



Lord, you give light to my lamp. My God brightens the darkness around me.
(Psalm 18:28)



God brings light to our lives



Life and the world around us can sometimes seem dark and dreary but when we put our hope and trust in God, He will shine His light into the darkness. When we feel discouraged or depressed, God's light brings us bright hope, bringing comfort in hard times, giving us strength to keep going, and showing us the wonder of His love, joy and peace in our hearts.



Listen to or sing the song, Lord the Light of your Love (Shine, Jesus, Shine) and allow God's light to shine in your hearts so you can then shine for Him!



Lord, thank you for shining your light upon us. Help us always to display the light of your love and so shine for your glory. Amen



Day 18

Aileen Robb



In the same way, you should be a light for other people. Live so that they will see the good things you do and praise your Father in Heaven.
(Matthew 5:16)



Be an example to other people



This verse from the Bible tells us that we should show other people that we believe in God by the way we behave. Jesus said 'you are the light of the world' – he wants us to shine like a light so that other people see Him and want to follow Him too. Let your light shine brightly for Jesus !



What can you do this week to show the love of Jesus to someone you know?



Father God, help me to show other people my love for you by the good things I do and say. Help me to shine a light for you. Amen



Day 19

Jennifer Maden



The Lord gives me light in my life and he makes me safe. So I am not afraid of anyone! The Lord takes care of my life. Nobody can make me afraid!
(Psalm 27:1)



God protects and cares for us



Isn't it great to know that when we believe and trust in God he can make our minds peaceful. He is strong and powerful and can protect us. When we feel frightened or nervous about something, we need to remember that God is like a light in our lives, taking away fear that makes our thoughts dark and making our lives bright, happy and joyful.



When you are afraid, read or listen to the Bible and be reminded God protects us.



Thank you God for keeping me safe and always being with me. In Jesus name Amen.



Day 20

Linda Sharp



Understanding Your word brings light to the minds of ordinary people.
(Psalm 119: 130)



God's word is for everyone!



The Bible is God's word and tells us all about His love. Everyone can understand it and learn from it, in different ways! We can read it for ourselves, or listen to someone read it at Prospects, in Church or at home. We can watch a YouTube, DVD or film version of a Bible story. God will help us understand His love through His word, and it will brighten up our lives!



Which way of understanding God's word do you like best? Reading, listening or watching? Why not share your way of understanding God's word with a friend?



Father God, every time I read or hear or watch something from the Bible, help me to understand how much you love me and how much you love the world you have made.



Day 21

Dorothy Mitchell



So you must live like people who belong to the light, for it is the light that brings a rich harvest of every kind of goodness, righteousness and truth.
(Ephesians 5:9)



Walk in the light of Christ



We are not talking here about turning on the light switch to light up a room. The Bible is talking about the light that Jesus shines into our lives. When we give our lives back to Jesus, he shines into our hearts and minds. He shows us how to turn away from selfishness and live well for him.



Find a way to be a help to someone.



Dear Lord, please help me to live my life in a way that shows your goodness and truth.



Day 22

Allan Morton



Every good gift and every perfect present comes from heaven; it comes down from God, the Creator of the heavenly lights, who does not change or cause darkness by turning.

(James 1.17)



The best present of all



Sometimes, we are happy to get presents at birthdays or other times that we really enjoy. But the best gifts come from God Himself, the Creator. He gives us the gift of His light to help us walk through life knowing that we are loved whatever happens.



Each day, try to think of three gifts from God which bring light to your life, and thank Him for them.

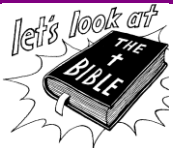


Father, You are the Giver of all good gifts. Help us to find something in our lives to thank You for each day. Amen



Day 23

Ann Macfarlane



“He reveals the deep things of darkness and brings utter darkness into the light.”
(Job 12:22)



Nothing is hidden from God



There is nothing secret from God. Even from the deepest darkness, that is, the things that worry us and trouble us, God can bring light and truth - Hallelujah!

Jesus, God's Son, is the light of the Gospel, and the Light of the World.

If we stay close to His light, He will show us the right way to go.

God WILL help.



Needing guidance?

Bring your fears and concerns to God in prayer.



Father God,
When I am afraid
Rescue me.
When I do wrong
Forgive me.

When the world seems overwhelming
Grant me Your peace and light. Amen



Day 24

Charlotte Mackintosh



The night is almost gone, and the day is near. Therefore, let us lay aside the deeds of darkness, and put on the armour of light.

(Romans 13:12)



Put your armour on



Paul tells us that there are things in our lives to put on and use and things to throw off and stop using. A Roman soldier had armour, but it only protected him if he put it on. God has given us spiritual armour to keep us walking in His glorious light.



What things do you need to throw off?
(anger, jealousy, gossip)
What things do you need to put on?
(prayer, read God's Word)



Dear Lord Jesus ,
One day you will return and we need to be ready . Help us to use our spiritual armour to stay safe in Your light .



Day 25

Ivy Blair



(Jesus said) For as long as I am in the world, there is plenty of light. I am the world's Light.
(John 9:5)



God's lighthouse



When Jesus lived in this world he travelled around showing people how to live a good life, helping others and telling everyone about God. Like a lighthouse guides boats Jesus guides people. Now it's our turn when we are here in the world to do the same by living good lives, helping people and telling them about Jesus and God.



Like a lighthouse you can shine for Jesus – you in your small corner and I in mine.



Thank you, Jesus, that you are like a light so when I feel frightened of the dark, I know you will be there. Amen



Day 26

Sheila Smith



Yes, everything is made clear by the light. This is why we say, “Wake up, you who are sleeping. Rise from death and Christ will shine on you”.
(Ephesians 5:14)



Shine the light in the dark



The light shines in darkness and it shows up what is there – a needle, glass tumbler, whatever is hiding. We need to turn the light on.
It's the same if we are afraid, we ask Jesus to be there in the dark and he makes it lighter, wherever we are.



Ask Jesus to shine on you.



Dear Jesus, please shine through me.
day by day. Amen



Day 27

Sheila MacLeod



Again Jesus spoke to the people saying "I am the light of the world. Whoever follows me will not walk in darkness but will have the light of life".
(John 8:12)



Jesus is the light of our lives



We find it difficult to see where we are going if it is dark. We need some sort of light to show us the way, a torch, a candle, a street light, the sun. Anything to shine in the darkness. If we want to find the best way to go in our lives we need to believe in and follow Jesus who is the light of life. If we shine for Jesus we can help light the way for others.



Think about how you could be a light for Jesus in your life.



Lord Jesus we thank you that you are the light of life. Help us to shine for you in all we do, say and think so that others may see your light shining in us. We ask this in your precious name.
Amen



Day 28

Barbara Leppard



What is hidden is meant to be seen.
And what is put out of sight is meant to
be brought out into the open
(Mark 4:22)



For there is nothing hidden



Good news is like a light that is
destined to shine out.



God's kingdom is coming like a crop
growing, small like a mustard seed,
almost invisible, but in the end it will be
unmistakable.



Almighty God, we are so glad that you
reveal the truth of your kingdom, almost
hidden but with amazing potential.
Amen



Day 29

Lindsay Cant and Anne Sutherland



In the past you were full of darkness, but now you are full of light in the Lord. So live like children who belong to the light.

(Ephesians 5:8)



Light in the Lord



Before we got to know Jesus, we lived in darkness, doing things that were wrong. Now we know Jesus, we have to live like people who seek to do good. Even though we know Jesus and trust him, we still may do wrong things, but we tell can God we are sorry, and he will forgive us.



Why not try and remember someone you have done or said something wrong to, and ask them to forgive you.



Lord of light, help us to follow you and try to always do good things. When we fail, we ask for your forgiveness. Amen



Day 30

Hilary Lacroix



The path of those who do right is like the sun in the morning. It shines brighter and brighter until the full light of day.

(Proverbs 4:18)



When we walk with Jesus, our path is full of light



The first people who believed in Jesus were called the followers of The Way. Jesus said that He is The Way – or path - for us to follow. He shows us where to go and how to live. He leads us to Father God! As we follow Jesus, his love fills us, and we change. The closer we are to Jesus, the easier it is for us to see where to go and what to do. He shows us what is good - to love God and love other people with our whole hearts.



The Way of Jesus is the best way to live – but it is not always easy. Who can help me to walk with Him?



Thank you, Jesus, that you are the Way! Help me to walk with you every day. Fill me with your light and love, so that I can shine for you



Aims of Prospects Across Scotland

- To raise awareness among Christians in Scotland about the needs of people with learning disabilities and autism
- To equip churches to be more effective in how they welcome people with learning disabilities and autism and share the good news about Jesus in a way they can understand.
- To provide opportunities for people with learning disabilities and autism to take part in worship and develop a relationship with Jesus.
- To highlight the gifts of people with learning disabilities and autism and how they can build up the church.

We hope you have enjoyed using the Bible reading notes and we would like to hear what you thought about this booklet.

Some of the things we would like to know are -



What did you like?



What did you not like?

How did you use the notes? (It could be you read them on your own or with other people)

How did the notes help you?



Any ideas for more Bible reading notes?

You can tell us what you thought

by phoning Ivy on 07827 939520

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Thank you.

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Scottish Charity registration number

SC048143