

A DEVOTIONAL COMPANION

30-Day Bible Reading Plan

A Companion to Your Quiet Time

BY VINTAY

for the quiet moments between you and your faith

SCRIPTURE FROM THE KING JAMES VERSION · PUBLIC DOMAIN

Welcome

This little book is meant to be read slowly. One page a day, for thirty days. There is no perfect time, no perfect place — just the page and the moment you're in when you open it.

Each day has four small parts:

- Today's Verse — a short Scripture to read once, then read again.
- Reflection Question — an invitation to sit with what you noticed.
- Write Your Thoughts — space to write, however little or much comes.
- Prayer Prompt — a starting place for your own words to God.

The plan moves through five gentle themes:

1. *Foundations* (Days 1–7) — where faith begins

2. *God's Character* (Days 8–14) — who He is
3. *Jesus's Life* (Days 15–21) — how He walked
4. *Living the Faith* (Days 22–28) — how we walk
5. *Sending Forth* (Days 29–30) — where we go from here

If you miss a day, begin again where you are. Grace, not perfection.

— VINTAY

Day 1

FOUNDATIONS

The Beginning

“In the beginning God created the heaven
and the earth.”

— *Genesis 1:1*

REFLECTION

Every morning is a new beginning. Where in your life do you
sense God asking you to start again?

WRITE

PRAYER

Lord, meet me at the beginning. Order what feels tangled. Speak light into what still feels like night.

Day 2

FOUNDATIONS

The Word

“In the beginning was the Word, and the Word was with God, and the Word was God.”

— *John 1:1*

REFLECTION

What "word" — spoken, remembered, or promised — has shaped your faith most this year?

WRITE

PRAYER

Lord, let Your Word be closer to me today than my own thoughts.

Day 3

FOUNDATIONS

The Shepherd

“The Lord is my shepherd; I shall not want.”

— *Psalm 23:1*

REFLECTION

Name one thing you "shall not want" today — and one thing you're tempted to want more than Him.

WRITE

PRAYER

*Shepherd, lead me beside quiet waters. I lay down what I've been
carrying alone.*

Day 4

FOUNDATIONS

Stillness

“Be still, and know that I am God.”

— *Psalm 46:10*

REFLECTION

What is the noisiest voice in your day right now? What might stillness make room to hear?

WRITE

PRAYER

Lord, quiet me. Not just my hands, but my heart.

Day 5

FOUNDATIONS

Fearfully Made

“I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.”

— *Psalm 139:14*

REFLECTION

Where do you struggle to see yourself as God's careful, chosen work?

WRITE

PRAYER

Author of my days, help me receive myself the way You made me.

Day 6

FOUNDATIONS

Trust

“Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.”

— *Proverbs 3:5–6*

REFLECTION

What decision are you leaning on your own understanding for? What would it look like to invite God into it today?

WRITE

PRAYER

Lord, I trust You with what I don't yet understand.

Day 7

FOUNDATIONS

Renewed Strength

“But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.”

— *Isaiah 40:31*

REFLECTION

Where are you weary? Where might waiting on the Lord actually be the shortcut?

WRITE

PRAYER

Lord, renew what I've been running down. Teach me the strength that waits on You.

Day 8

GOD'S CHARACTER

I AM

“And God said unto Moses, I AM THAT I AM.”

— *Exodus 3:14*

REFLECTION

When life shifts, what does it mean that God's name is *I AM*
— always present tense?

WRITE

PRAYER

I AM, meet me in this present moment. Not the past I regret, not the future I fear.

Day 9

GOD'S CHARACTER

Goodness

“O taste and see that the Lord is good:
blessed is the man that trusteth in him.”

— *Psalm 34:8*

REFLECTION

Where have you tasted God's goodness recently — even in something small you almost missed?

WRITE

PRAYER

Lord, open my mouth to taste, my eyes to see. Your goodness is not far.

Day 10

GOD'S CHARACTER

Mercy

“The Lord is merciful and gracious, slow to anger, and plenteous in mercy.”

— *Psalm 103:8*

REFLECTION

Who in your life needs "slow to anger" mercy from you today
— including yourself?

WRITE

PRAYER

Lord, let Your mercy re-shape my mercy.

Day 11

GOD'S CHARACTER

The Everlasting

“The everlasting God, the Lord, the Creator of the ends of the earth, fainteth not, neither is weary.”

— *Isaiah 40:28*

REFLECTION

What season are you in that feels endless? How does it change to remember the God who does not grow weary?

WRITE

PRAYER

Everlasting God, I bring You what wearies me. Carry what I cannot.

Day 12

GOD'S CHARACTER

No Fear

“Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.”

— *Isaiah 41:10*

REFLECTION

Name the fear. Then name the "I am with thee" that answers it.

WRITE

PRAYER

Lord, hold my hand today. Give me courage that comes from being held.

Day 13

GOD'S CHARACTER

New Every Morning

“It is of the Lord's mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness.”

— *Lamentations 3:22–23*

REFLECTION

What mercy from yesterday do you need to receive fresh today?

WRITE

PRAYER

Lord, meet me at sunrise. Your mercies for today are already here.

Day 14

GOD'S CHARACTER

He Goes Before

“And the Lord, he it is that doth go before thee; he will be with thee, he will not fail thee, neither forsake thee: fear not, neither be dismayed.”

— *Deuteronomy 31:8*

REFLECTION

What are you afraid to walk into? What if He is already there?

WRITE

PRAYER

Lord, You go before me. Give me the peace of following, not scouting.

Day 15

JESUS'S LIFE

The Beatitudes

“Blessed are the poor in spirit: for theirs is the kingdom of heaven. Blessed are they that mourn: for they shall be comforted.”

— *Matthew 5:3–4*

REFLECTION

What poverty of spirit — what emptiness — is Jesus calling *blessed* in your life?

WRITE

PRAYER

Lord, bless me in the places I would rather hide.

Day 16

JESUS'S LIFE

First Things

“But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.”

— *Matthew 6:33*

REFLECTION

If you sought the Kingdom first today, what would move down the list?

WRITE

PRAYER

Lord, reorder my day. First You, then everything else.

Day 17

JESUS'S LIFE

The Invitation

“Come unto me, all ye that labour and are heavy laden, and I will give you rest.”

— *Matthew 11:28*

REFLECTION

What are you carrying that Jesus has been asking you to hand over?

WRITE

PRAYER

Lord, I come. I lay it down. I receive Your rest.

Day 18

JESUS'S LIFE

To Serve

“For even the Son of man came not to be ministered unto, but to minister, and to give his life a ransom for many.”

— *Mark 10:45*

REFLECTION

Whom is God asking you to serve this week — not to fix, not to advise, but simply to serve?

WRITE

PRAYER

Lord, make me low enough to be useful.

Day 19

JESUS'S LIFE

The Golden Rule

“And as ye would that men should do to you, do ye also to them likewise.”

— *Luke 6:31*

REFLECTION

What kindness do you long to receive? Give that today.

WRITE

PRAYER

Lord, teach me to love as I would be loved.

Day 20

JESUS'S LIFE

The Way

“Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.”

—*John 14:6*

REFLECTION

When you feel lost, where do you go first? What would it look like to go to Him first?

WRITE

PRAYER

Jesus, You are the Way. I follow, even when I cannot see the whole path.

Day 21

JESUS'S LIFE

The Vine

“I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.”

—*John 15:5*

REFLECTION

What "fruit" have you been trying to grow apart from Him?

WRITE

PRAYER

Lord, keep me close. Apart from You I do nothing that lasts.

Day 22

LIVING THE FAITH

Count It Joy

“My brethren, count it all joy when ye fall into divers temptations; Knowing this, that the trying of your faith worketh patience.”

— James 1:2–3

REFLECTION

What trial can you begin — even a little — to count as forming something in you?

WRITE

PRAYER

Lord, I don't ask for the trial to leave. I ask for the joy that patience produces.

Day 23

LIVING THE FAITH

Swift to Hear

“Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath.”

—*James 1:19*

REFLECTION

Where in your relationships do you speak first and hear second?

WRITE

PRAYER

Lord, quiet my words. Widen my listening

Day 24

LIVING THE FAITH

Casting Care

“Casting all your care upon him; for he careth for you.”

— 1 Peter 5:7

REFLECTION

What is the one care you keep picking back up after casting?
Cast it again.

WRITE

PRAYER

*Lord, I cast this on You — again. And I will cast it again tomorrow if
I need to.*

Day 25

LIVING THE FAITH

Kindness

“And be ye kind one to another,
tenderhearted, forgiving one another, even
as God for Christ's sake hath forgiven you.”

— *Ephesians 4:32*

REFLECTION

Whom do you need to forgive today? What does the first
small step look like?

WRITE

PRAYER

Lord, soften me. Give me kindness that costs.

Day 26

LIVING THE FAITH

The Armor

“Finally, my brethren, be strong in the Lord, and in the power of his might. Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.”

— *Ephesians 6:10–11*

REFLECTION

Which piece of the armor do you feel most naked in right now?

WRITE

PRAYER

Lord, clothe me for the day. Not for battle alone, but for endurance.

Day 27

LIVING THE FAITH

Peace That Guards

“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”

— *Philippians 4:6–7*

REFLECTION

Turn one worry into one specific prayer. Then thank Him for one thing.

WRITE

PRAYER

Lord, trade my anxiety for Your peace. Guard my heart today.

Day 28

LIVING THE FAITH

Chosen and Beloved

“Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering.”

— *Colossians 3:12*

REFLECTION

What does it feel like to remember — *before* you do anything today — that you are chosen and beloved?

WRITE

PRAYER

Lord, let today rise from being beloved, not from trying to become beloved.

Day 29

SENDING FORTH

Go

“Go ye therefore, and teach all nations...
and, lo, I am with you alway, even unto the
end of the world. Amen.”

— *Matthew 28:19–20*

REFLECTION

Where is your "world"? Who has God placed within it who
might see Him through you?

WRITE

PRAYER

Lord, send me — even to my own kitchen, my own street, my own family.

Day 30

SENDING FORTH

All Things New

“And he that sat upon the throne said,
Behold, I make all things new. And he said
unto me, Write: for these words are true and
faithful.”

— *Revelation 21:5*

REFLECTION

What in your life do you long for God to make new? Offer it,
and rest.

WRITE

PRAYER

Lord, You are making all things new — including me. I trust the work of Your hands.

A Closing Word

You've turned thirty pages. In quiet mornings, in stolen afternoons, in the last minutes before sleep — you gave time to Him. That matters.

Now the plan ends, but the practice doesn't. Return to any page. Keep the tote close. Keep the quiet close.

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— VINTAY

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