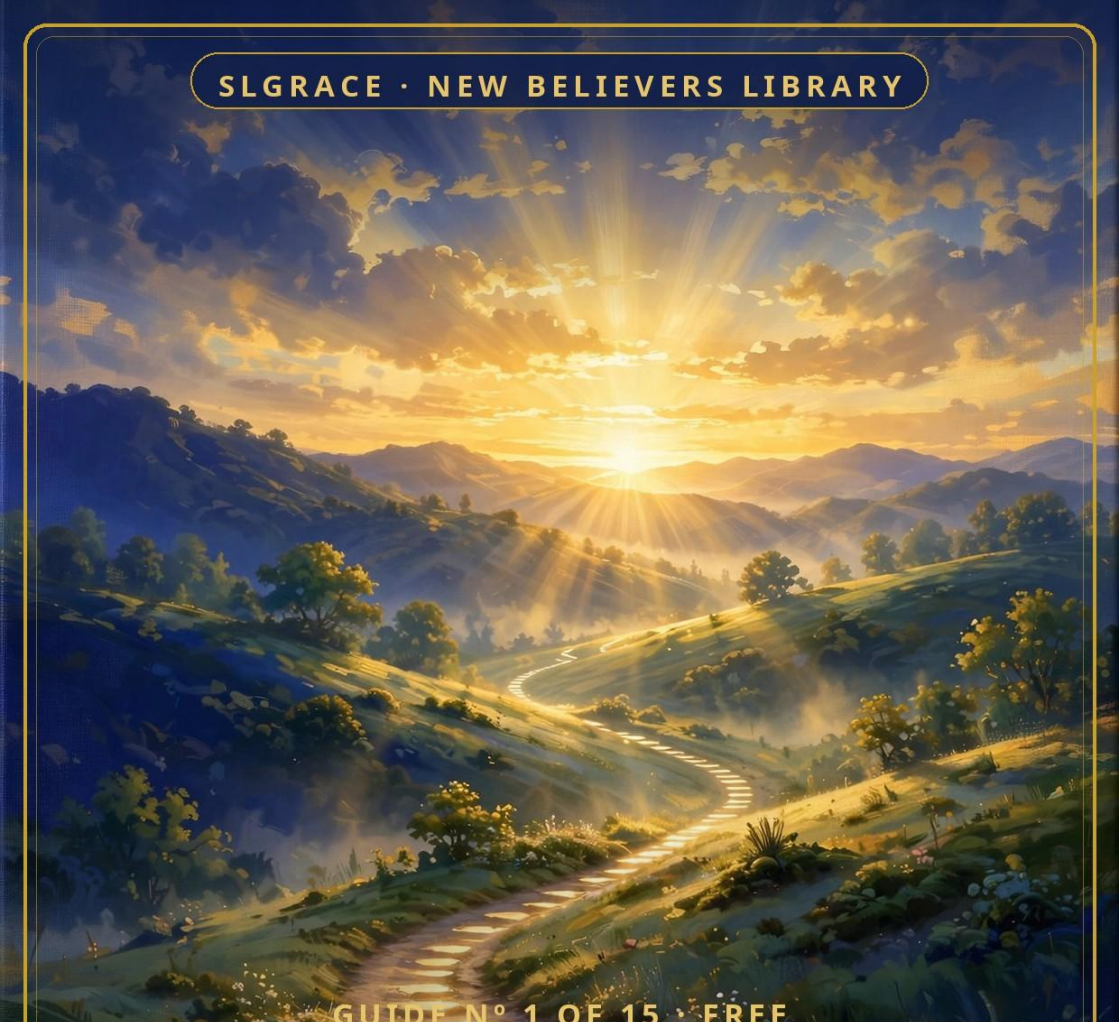

GUIDE Nº 1 OF 15 · FREE

Your First 30 Days

A day-by-day plan: a verse, a short reading, and one simple action

— PSALM 119:105 (KJV)

A free guide for new believers · slgrace.com

A letter to you, dear friend

Dear friend, thirty days from now you can be a noticeably stronger believer — not by strain or by show, but by thirty small, faithful days laid end to end, like bricks becoming a wall. This guide gives you those days. Each day has three simple parts: a verse to hold (read it, repeat it, carry it), a short reading (a passage to read slowly, usually in a few minutes), and one simple action (a small act of obedience, prayer or kindness that turns reading into living). Nothing here is heavy. Everything here, done daily, is powerful.

A few instructions before you begin. Start on any day of the week — call it Day 1 and write the date beside it. Morning is best for the verse and reading, leaving the day open for the action, but an evening rhythm kept faithfully beats a morning one kept rarely. If you miss a day, do not quit and do not punish yourself: simply continue with the next day number when you return. Keep a notebook beside this guide and jot one line per day — what the verse said to you. And if possible, walk the thirty days with a friend, a mentor, or your fellowship, telling them weekly how it is going.

By Day 30 you will have read the heart of John's Gospel, the great chapters of Romans, Psalms of comfort, and the pattern of the first church. You will have prayed, forgiven, given, rested, witnessed and worshipped. Most of all, you will have built the habit that builds believers: meeting God daily. Let us begin — Day 1 is waiting, and your Father is already there.

How to use each day (read this once)

Each day follows the same gentle shape, so the habit becomes easy. First, the verse: read it aloud twice, slowly. Say it in your own words. If it is short, begin memorising it; carry it on paper or on your phone and glance at it at noon and before sleep. Second, the reading: read the passage once for the story, once for yourself, asking, 'Lord, what are You saying to me today?' Write one sentence in your notebook.

Third, the action: do it the same day, however small it feels. Obedience done daily in small things trains the heart for big things better than any other school.

The thirty days are arranged as a journey. Days 1–7 root you in assurance: God's love, His shepherd care, His promises, and your place as His child. Days 8–14 build your inner life: the Spirit's fruit, prayer without anxiety, forgiveness, and fellowship. Days 15–21 turn you outward and upward: obedience, witness, trust, giving and abiding. Days 22–30 deepen and launch you: renewed mind, courage, gratitude for God's faithfulness, and a fresh commitment with a plan for your next thirty days. If a day's action needs another person — telling, giving, gathering — and circumstances truly block it, pray about it that day and do it at the first real opportunity.

The full day-by-day table follows on the next pages. Work through it at one day per page-glance — do not read ahead and do not rush. After the table you will find a closing prayer, verses to hold on to, and the list of the other free guides in this series, each of which opens up one theme of these thirty days in full. May these be the best thirty days of your life so far — and the foundation of thousands more.

> *"So teach us to number our days, that we may apply our hearts unto wisdom."*
> **— Psalm 90:12 (KJV)**

Your 30 days, day by day

Work through one day at a time. Verse — read it aloud and carry it. Reading — read slowly and write one sentence. Action — do it the same day.

Day 1 — John 3:16

Verse to hold: John 3:16 (KJV) — find it in your Bible and read it aloud.

Short reading: Read John 3:1-21 — Jesus and Nicodemus, and the most loved verse in the Bible.

One simple action: Thank God aloud for loving you, and write today's date in your Bible: my first 30 days begin.

Day 2 — Psalm 23:1

Verse to hold: Psalm 23:1 (KJV) — find it in your Bible and read it aloud.

Short reading: Read Psalm 23 slowly, twice — the Shepherd Psalm.

One simple action: Pray the psalm back to God, line by line, in your own words.

Day 3 — 1 John 5:13

Verse to hold: 1 John 5:13 (KJV) — find it in your Bible and read it aloud.

Short reading: Read 1 John 5:11-13 — God's written assurance to you.

One simple action: Say aloud: 'God says I have eternal life. I believe Him.'

Day 4 — Matthew 6:9-13

Verse to hold: Matthew 6:9-13 (KJV) — find it in your Bible and read it aloud.

Short reading: Read Matthew 6:5-13 — Jesus teaches prayer.

One simple action: Pray the Lord's Prayer slowly, then in your own words.

Day 5 — John 1:12

Verse to hold: John 1:12 (KJV) — find it in your Bible and read it aloud.

Short reading: Read John 1:1-14 — the Word made flesh, and children of God.

One simple action: Thank God for making you His child; tell one person you have believed.

Day 6 — Psalm 119:105

Verse to hold: Psalm 119:105 (KJV) — find it in your Bible and read it aloud.

Short reading: Read John chapter 2 — Jesus' first miracle and zeal for God's house.

One simple action: Carry today's verse with you; repeat it at noon and at night.

Day 7 — Romans 8:1

Verse to hold: Romans 8:1 (KJV) — find it in your Bible and read it aloud.

Short reading: Read Romans 8:1-17 — no condemnation, and the Spirit of adoption.

One simple action: When any accusing thought comes today, answer it with Romans 8:1 aloud.

Day 8 — Galatians 5:22-23

Verse to hold: Galatians 5:22-23 (KJV) — find it in your Bible and read it aloud.

Short reading: Read John chapter 3 again, slowly — being born again.

One simple action: Ask the Holy Spirit to grow one fruit in you this week; name which one.

Day 9 — Philippians 4:6

Verse to hold: Philippians 4:6 (KJV) — find it in your Bible and read it aloud.

Short reading: Read Philippians 4:4-9 — joy, prayer and peace.

One simple action: Write your worries on paper, pray over each, then thank God for His peace.

Day 10 — John 10:28

Verse to hold: John 10:28 (KJV) — find it in your Bible and read it aloud.

Short reading: Read John 10:1-30 — the Good Shepherd and His sheep.

One simple action: Memorise John 10:28. Thank Jesus that no one can snatch you from His hand.

Day 11 — Isaiah 41:10

Verse to hold: Isaiah 41:10 (KJV) — find it in your Bible and read it aloud.

Short reading: Read Isaiah 41:8-13 — God's hand of help.

One simple action: Speak Isaiah 41:10 aloud over your biggest fear today.

Day 12 — Matthew 11:28

Verse to hold: Matthew 11:28 (KJV) — find it in your Bible and read it aloud.

Short reading: Read Matthew 11:25-30 — Jesus' invitation to the weary.

One simple action: Take a real rest today; lay one burden before Jesus in prayer and leave it there.

Day 13 — 1 Peter 2:2

Verse to hold: 1 Peter 2:2 (KJV) — find it in your Bible and read it aloud.

Short reading: Read John chapter 4 — the woman at the well.

One simple action: Share one thing Jesus has done for you with one person, simply.

Day 14 — Psalm 103:12

Verse to hold: Psalm 103:12 (KJV) — find it in your Bible and read it aloud.

Short reading: Read Psalm 103 — bless the Lord, O my soul.

One simple action: Confess anything on your conscience, then thank God for complete forgiveness.

Day 15 — Hebrews 10:25

Verse to hold: Hebrews 10:25 (KJV) — find it in your Bible and read it aloud.

Short reading: Read Acts 2:41-47 — the first church family.

One simple action: Attend a fellowship or church gathering; introduce yourself as a new believer.

Day 16 — James 1:22

Verse to hold: James 1:22 (KJV) — find it in your Bible and read it aloud.

Short reading: Read James 1:19-27 — doers of the Word.

One simple action: Choose one command from today's reading and obey it before the day ends.

Day 17 — Romans 10:9

Verse to hold: Romans 10:9 (KJV) — find it in your Bible and read it aloud.

Short reading: Read Romans 10:8-13 — confessing Jesus as Lord.

One simple action: Pray for three people by name who do not yet know Jesus.

Day 18 — John 14:16

Verse to hold: John 14:16 (KJV) — find it in your Bible and read it aloud.

Short reading: Read John 14:15-27 — the promise of the Comforter.

One simple action: Greet the Holy Spirit in the morning and ask for His help in the day's tasks.

Day 19 — Psalm 1:2-3

Verse to hold: Psalm 1:2-3 (KJV) — find it in your Bible and read it aloud.

Short reading: Read Psalm 1 and John chapter 5.

One simple action: Meditate on one verse for ten quiet minutes; write what God shows you.

Day 20 — 1 Corinthians 10:13

Verse to hold: 1 Corinthians 10:13 (KJV) — find it in your Bible and read it aloud.

Short reading: Read 1 Corinthians 10:1-13 — God's faithfulness in temptation.

One simple action: Write your escape plan for your main temptation: the first-minute action you will take.

Day 21 — Ephesians 2:8-9

Verse to hold: Ephesians 2:8-9 (KJV) — find it in your Bible and read it aloud.

Short reading: Read Ephesians 2:1-10 — saved by grace, God's workmanship.

One simple action: Thank God that salvation is His gift; do one deliberate act of kindness today.

Day 22 — Mark 5:19

Verse to hold: Mark 5:19 (KJV) — find it in your Bible and read it aloud.

Short reading: Read Mark 5:1-20 — the healed man sent home to tell.

One simple action: Write your testimony in three parts: before, the meeting, after.

Day 23 — Proverbs 3:5-6

Verse to hold: Proverbs 3:5-6 (KJV) — find it in your Bible and read it aloud.

Short reading: Read Proverbs 3:1-12 — trust in the Lord.

One simple action: Bring one real decision to God in prayer today and acknowledge Him in it.

Day 24 — Matthew 6:33

Verse to hold: Matthew 6:33 (KJV) — find it in your Bible and read it aloud.

Short reading: Read Matthew 6:25-34 — do not worry; seek first the kingdom.

One simple action: Give something — money, food, time — to God's work or to a person in need.

Day 25 — 1 John 1:9

Verse to hold: 1 John 1:9 (KJV) — find it in your Bible and read it aloud.

Short reading: Read Psalm 51 — David's prayer of confession and cleansing.

One simple action: Keep short accounts: confess today's sins specifically and receive cleansing.

Day 26 — John 15:5

Verse to hold: John 15:5 (KJV) — find it in your Bible and read it aloud.

Short reading: Read John 15:1-11 — the vine and the branches.

One simple action: Spend ten minutes simply abiding: worship, thanks, and listening, with no requests.

Day 27 — Romans 12:2

Verse to hold: Romans 12:2 (KJV) — find it in your Bible and read it aloud.

Short reading: Read Romans 12:1-8 — a living sacrifice, a renewed mind.

One simple action: Note one way the world pressures you to conform; choose God's way today, in writing.

Day 28 — 2 Timothy 1:7

Verse to hold: 2 Timothy 1:7 (KJV) — find it in your Bible and read it aloud.

Short reading: Read Joshua 1:1-9 — be strong and of good courage.

One simple action: Do one thing you have been avoiding out of fear, trusting God as you go.

Day 29 — Lamentations 3:22-23

Verse to hold: Lamentations 3:22-23 (KJV) — find it in your Bible and read it aloud.

Short reading: Read Lamentations 3:19-26 — great is Thy faithfulness.

One simple action: List five mercies from these 30 days and thank God for each by name.

Day 30 — 2 Peter 3:18

Verse to hold: 2 Peter 3:18 (KJV) — find it in your Bible and read it aloud.

Short reading: Read John 21 — Jesus restores Peter and says, 'Follow me.'

One simple action: Renew your commitment to Jesus in prayer, and plan your next 30 days: Word, prayer, fellowship.

A PRAYER FOR MY FIRST THIRTY DAYS

Father, I give You these thirty days. Meet me every morning in Your Word. Give me grace to do each day's small action with a willing heart. Root me in Your love, build my habits, surround me with Your people, and at the end of thirty days let me look back and say truly: great is Thy faithfulness. Then lead me into the next thirty, and the next, all the way home. In Jesus' name, Amen.

Verses to hold on to

Keep these verses near you. Read one each morning. Say it aloud. God's Word will hold you on days when feelings are weak.

> *"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 (KJV)**

> *"Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ."*
> **— Philippians 1:6 (KJV)**

> *"But grow in grace, and in the knowledge of our Lord and Saviour Jesus Christ."*
> **— 2 Peter 3:18 (KJV)**

> *"Faithful is he that calleth you, who also will do it."*
> **— 1 Thessalonians 5:24 (KJV)**

You are not walking alone

Dear friend, you have finished this guide — well done. Keep it near your Bible and return to it whenever you need it. Growth is day by day, and your Father is patient, present and proud of every honest step you take toward Him.

If you would like someone to pray with you, answer your questions, or walk with you in these first steps, our free Salvation Follow-Up team would be honoured to hear from you. Visit slgrace.com and open the chat — ask for the "Salvation Follow-Up" desk. It is completely free, and you will be received with love.

The other free guides in this series

1. You Are a New Creature — free from the Salvation Follow-Up Desk at slgrace.com

2. First Steps With Jesus — free from the Salvation Follow-Up Desk at slgrace.com

3. How to Pray — free from the Salvation Follow-Up Desk at slgrace.com

4. Reading the Bible — free from the Salvation Follow-Up Desk at slgrace.com

5. Sure of Heaven — free from the Salvation Follow-Up Desk at slgrace.com

6. The Holy Spirit, Your Helper — free from the Salvation Follow-Up Desk at slgrace.com

7. Water Baptism — free from the Salvation Follow-Up Desk at slgrace.com

8. Finding Fellowship — free from the Salvation Follow-Up Desk at slgrace.com

9. When Temptation Comes — free from the Salvation Follow-Up Desk at slgrace.com

10. Forgiven and Free — free from the Salvation Follow-Up Desk at slgrace.com

11. Growing Every Day — free from the Salvation Follow-Up Desk at slgrace.com

12. Telling Others — free from the Salvation Follow-Up Desk at slgrace.com

13. When Doubts Come — free from the Salvation Follow-Up Desk at slgrace.com

14. God's Promises for You — free from the Salvation Follow-Up Desk at slgrace.com

May the Lord bless you and keep you, make His face shine upon you, and give you peace — today and all your days. (Numbers 6:24-26)