



Study Guide: 30-Day Gospel Challenge

with Jonathan Roumie

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How to get the most out of the 30-Day Gospel Challenge

How to get the most out of The 30-Day Gospel Challenge

Jonathan Roumie, who plays Jesus in *The Chosen*, leads you through the four Gospels in this **30-Day Challenge**. It can be easy to get stuck or forget to read Scripture when we do it independently. So, we hope that you experience Scripture in a new and beautiful way this summer as you journey through the life of Christ with the entire Hallow community.

Below are a few tips to get the most of the next thirty days in prayer with the Gospels.

Ask a friend or family member to pray with you.

Staying on track is always easier when you have someone to check in with, discuss your experience, and simply remind each other to pray. We recommend inviting someone to join you in this challenge or praying with your family each day. If you have children, this is a great way to incorporate Scripture into your family time this summer. You can pray in the car or as a family in the morning or evening.

Be flexible.

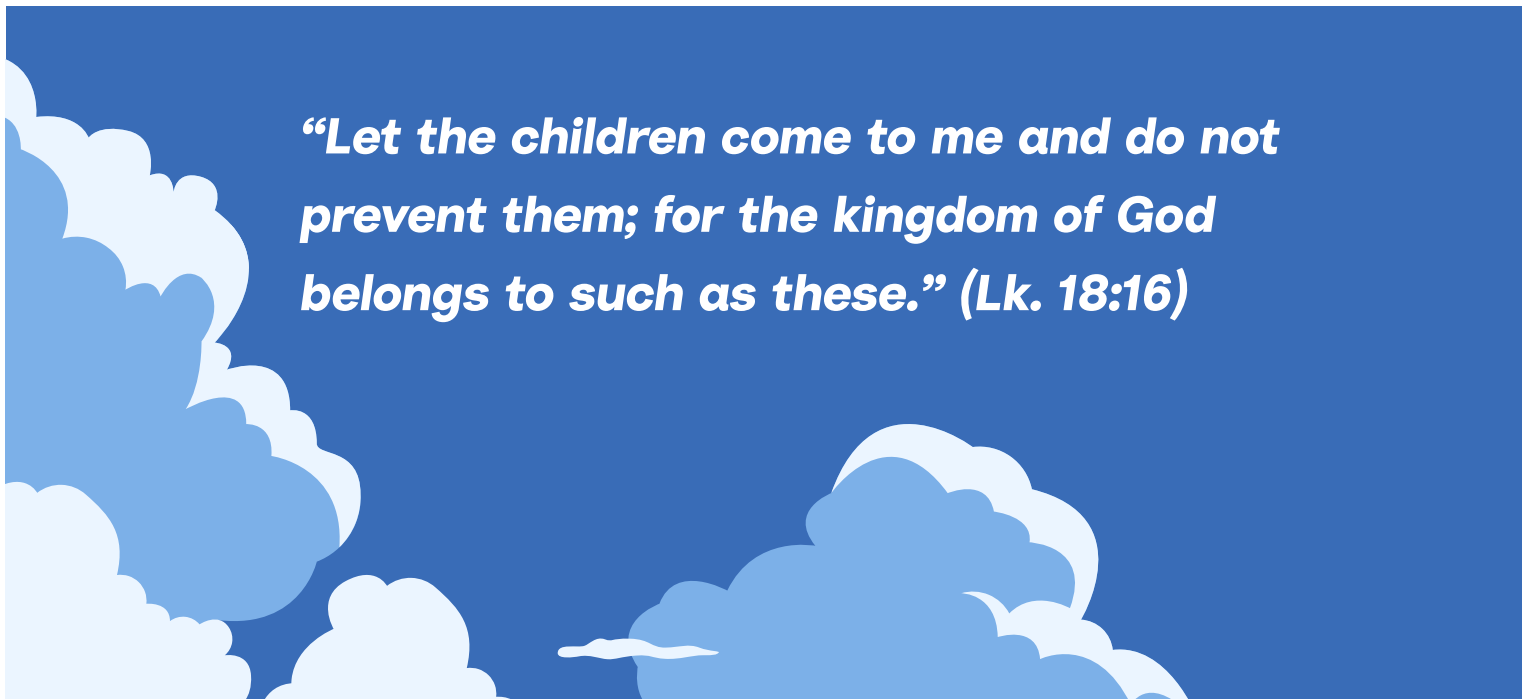
Maintaining a routine is pretty tricky in the summer, and we recognize that! You can choose the same time to pray with the Gospels each day if it works for you. However, we know that probably isn't the case for most of us with travel and the world opening up after a long time away from our family and friends.

Instead of thinking about this challenge from a strict perspective, be flexible with how you incorporate it. If you're on the road to see some family or friends, pray in the car. If you love evening walks in the summer, pray as you walk. Don't be too hard on yourself. Just remember, this is about spending time with Jesus, and He always meets us where we are!

Take your prayer outside.

Embrace this season of light as you journey with Jesus, the Light of the World. As you listen about Christ's journey during his time on earth, don't be afraid to step outside and explore God's creation. You might listen to the daily Challenge session outside or reflect afterward near the lake, park, ocean, or another natural area near you.

Praying with kids



Praying with kids brings its own set of challenges. From varying bedtimes to activities this summer, it might feel impossible to get everyone in one place to pray.

This summer, focus on the “how.”

Maintain consistency in how you pray, so your kids know what to expect. Where and when you pray might be more difficult to maintain this summer, so focus on the *how*. Begin, reflect upon, end each daily session the same way. When you begin, make the Sign of the Cross and/or pray “Come, Holy Spirit,” before you begin the session.

Reflect.

Reflect upon the session the same way each day, too, but choose a way that works best for your kids. For example, some kids might not be ready to answer the question, “What stuck out to you in today’s session?” Instead, ask your kids how it made them feel, or if they have any questions for you after the session. You can always incorporate a gratitude-naming practice into your prayer reflection time as well.

End your time in prayer.

End the session the same way you began, with the Sign of the Cross. You might lead your kids through a Hail Mary or the Our Father, or you could let one of your kids say the final prayer, thanking God for this time with Him.

Places to pray this summer

We challenge you to switch up where and how you pray with the Gospels these next 30 days. Of course, if you have a routine and place that works best for you, please continue praying that way. However, if you feel like you're in a bit of a slump with your prayer this summer, here are a few ways to liven up prayer in tandem with **the 30-Day Gospel Challenge!**

Walk as you pray.

Have you ever tried prayer walking? If you have trouble sitting still, try adding movement to your time in prayer. You could find a local path or hiking trail near where you live, or walk around your neighborhood as you listen to the Gospel reading. Notice if certain images or words resonate with you more as you add movement.

Pray somewhere new every day.

If you're traveling in the next thirty days, this might be a fun way to explore a new place. Or, if you'll be at home, try to notice new peaceful places to pray around your home, neighborhood, or city. Is there a beautiful tree in your neighborhood park to rest under as you listen to stories from Christ's life? Or, maybe you're traveling and you visit a church or chapel to pray. Be sure and send a picture to [@hallowapp](#) on Instagram if you pray somewhere so beautiful you have to share it with us!

Start your day with prayer.

You can pray with the Gospels while you're still in bed in the morning! Sometimes time slips away from us as soon as our feet hit the floor. From summer activities to travel, listening to the Gospel Challenge as soon as you wake up begins your day with prayer and time with Jesus. You might even find that this practice becomes a new habit you maintain, growing your daily gratitude and positivity.

Day	Gospel Chapter	Content
1	Matt. 1-4	Genealogy of Jesus, Birth of Jesus, Visit of the Magi, John the Baptist and Jesus' Baptism, Temptation of Jesus

“Behold, the virgin shall be with child and bear a son, and they shall name him Emmanuel,” which means “God is with us.”

(Matthew 1:23)

What stood out to you from the readings?

The Gospel of Matthew opens with the genealogy of Jesus, revealing a lineage full of saints and sinners. God became like us in all things but sin in order to make us sharers of His divinity. What does it mean to you that God came to redeem you in your own struggles?

“Pray then in this way: Our Father in heaven, hallowed be your name. Your kingdom come. Your will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we also have forgiven our debtors. And do not bring us to the time of trial, but rescue us from the evil one.”

(Matthew 6:9-13)

Day	Gospel Chapter	Content
2	Matt. 5-8	The Beatitudes, The Sermon on the Mount, Miracles

What stood out to you from the readings?

Matthew 6:34 says, “So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today.” What is something you are currently worrying about that you can give over to God right now?

Day	Gospel Chapter	Content
3	Matt. 9-11	Miracles, The Twelve Apostles, John the Baptist

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

(Matthew 10:28-30)

What stood out to you from the readings?

Jesus says, “Those who find their life will lose it, and those who lose their life for my sake will find it.” Is there an area of your life that you can lose for the sake of Christ?

“Again, the kingdom of heaven is like a merchant in search of fine pearls; on finding one pearl of great value, he went and sold all that he had and bought it”

(Matthew 13:45-46)

Day	Gospel Chapter	Content
4	Matt. 12-14	Miracles, Parables, the Death of John the Baptist, Jesus Walks on Water and Feeds the Five Thousand

What stood out to you from the readings?

When Peter was walking on the water toward Jesus, he noticed the strong wind and he became afraid. He turned inward, focusing on himself and began to sink. Is there a time in your life when you felt like you were sinking? How can you keep your eyes on Jesus and call out to God in those moments?

Day	Gospel Chapter	Content
5	Matt. 15-18	Miracles, Who is Jesus, The Transfiguration

What stood out to you from the readings?

“Truly I tell you, unless you change and become like children, you will never enter the kingdom of heaven. Whoever becomes humble like this child is the greatest in the kingdom of heaven.”

(Matthew 18:3-5)

Jesus asks his disciples, “But who do you say that I am?” Who do you say that Jesus is and how do you live this out?

“Whatever you ask for in prayer with faith, you will receive.”

(Matthew 21:22)

Day	Gospel Chapter	Content
6	Matt. 19-22	The Rich Young Man, Jesus’ Entry into Jerusalem

What stood out to you from the readings?

What would you like to ask the Lord for in prayer?

Day	Gospel Chapter	Content
7	Matt. 23-25	Jesus Denounces Scribes and Pharisees, He Foretells of the Destruction of the Temple and Future Judgements

“Then the sign of the Son of Man will appear in heaven, and then all the tribes of the earth will mourn, and they will see ‘the Son of Man coming on the clouds of heaven’ with power and great glory.”

(Matthew 18:3-5)

What stood out to you from the readings?

Jesus calls us to ‘do for the least of these.’ How can you provide for the hungry, thirsty, welcome the stranger, clothe the naked, care for the sick or visit the imprisoned this week? What act of charity is God calling you to take up?

“Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always to the end of the age.”

(Matthew 28:19-20)

Day	Gospel Chapter	Content
8	Matt. 26-28	The Last Supper, The Crucifixion, The Resurrection

What stood out to you from the readings?

The entire narrative from the Last Supper to the Resurrection is the culmination of God’s perfect plan to redeem the world. How has God’s perfect sacrifice changed your life? How can you lean into His ultimate love for you right now?

Day	Gospel Chapter	Content
9	Mk 1-3	Baptism of Jesus, Jesus Calls on Simon and Andrew, Jesus Heals the Leper and the Paralytic

What stood out to you from the readings?

“As he passed by the Sea of Galilee, he saw Simon and his brother Andrew casting their nets into the sea; they were fishermen. Jesus said to them, “Come after me, and I will make you fishers of men.”

(Mark 1:16-17)

How does Jesus call you to be a fisher of men in this world?

“Who then is this, that even the wind and the sea obey him?”

(Mark 5:41)

Day	Gospel Chapter	Content
10	Mk 4-5	Parables, Calming the Storm, Miracle Healings

What stood out to you from the readings?

In the Parable of the Sower, Jesus describes the ground of rocks, thorns, and good soil. Which one are you? How can you better sow on good soil?

Day	Gospel Chapter	Content
11	Mk 6-8	The Death of John The Baptist, Feeding the 5,000, Jesus Walks on Water, Other Miracles

What stood out to you from the readings?

“And wherever he went, into villages or cities or farms, they laid the sick in the marketplaces, and begged him that they might touch even the fringe of his cloak; and all who touched it were healed.”

(Mark 7:56)

Throughout the Gospels, we read of Jesus’ miraculous healings. What is an area of your life that you need Jesus to heal? Is there someone in your life in need of healing? Spend a few moments in prayer now, entrusting them to the Lord.

“For mortals it is impossible, but not for God; for God all things are possible.”

(Mark 10:27)

Day	Gospel Chapter	Content
12	Mk 9-10	The Transfiguration, Miracles

What stood out to you from the readings?

When the disciples argued about who was the greatest, Jesus said to them “Whoever wants to be first must be last of all and servant of all.” Whom is God calling you to serve today? What is something you can do to serve that person?

Day	Gospel Chapter	Content
13	Mk 11-13	Jesus' Entry into Jerusalem, Greatest Commandment, Foretelling of the Future

What stood out to you from the readings?

“The first is, Hear, O Israel: the Lord our God, the Lord is one; you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.”

(Mark 12:29)

The First Commandment is to love your God with all your heart, soul, mind and strength; the second is to ‘love your neighbor as yourself’. Is there someone in your life that you have not always been loving towards? Have you chosen not to gossip, envy, or harbor resentment towards that person?

“Take; this is my body.” “This is my blood of the covenant, which is poured out for many.”

(Mark 14:22)

Day	Gospel Chapter	Content
14	Mk 14-16	The Last Supper, Peter’s Denial, The Crucifixion, The Resurrection

What stood out to you from the readings?

Peter, the disciple chosen to be the head of Christ’s Church, denies him three times after his arrest. When we are asked to speak boldly for our faith, we also often fall short. But the Lord still loves us no matter what, as Jesus still loved Peter even after he denied him. How can you be more open with your faith through evangelization?

Day	Gospel Chapter	Content
15	Lk 1-2	Mary Visits Elizabeth, Birth of John, Birth of Jesus, Shepherds Visit Jesus, Jesus as a Young Boy

What stood out to you from the readings?

“She wrapped him in swaddling clothes and laid him in a manger, because there was no room for them in the inn.”

(Luke 2:7)

Mary and Joseph traveled all the way to Bethlehem from Galilee for several days before Mary gave birth to Christ. After arriving, they didn’t have a proper place for Jesus, so Mary laid him in a manger – Mary continued to say yes to God’s plan. When have you called on God when faced with a difficult circumstance in faithfulness and obedience? How can you better love your neighbor? How can you better love yourself?

“Simon said in reply, “Master, we have worked hard all night and have caught nothing, but at your command I will lower the nets.” When they had done this, they caught a great number of fish and their nets were tearing.”

(Luke 5:5-6)

Day	Gospel Chapter	Content
16	Lk 3-5	John the Baptist, Jesus’ Baptism, Temptation in the Desert, Beginning of His Ministry, Call of Simon the Fisherman

What stood out to you from the readings?

When Christ asked Simon to go back out in the water and lower the nets for fish, Simon doubted they would catch anything. But they lowered their nets anyway, and they caught a great number of fish. Christ provided – in an abundance. When have you doubted that God would provide, and instead He fulfilled beyond what you could ever have imagined?

Day	Gospel Chapter	Content
17	Lk 6-7	The Twelve Disciples, Sermon on the Mount, Other Teachings and Healings

What stood out to you from the readings?

“To the person who strikes you on one cheek, offer the other one as well, and from the person who takes your cloak, do not withhold even your tunic. Give to everyone who asks of you, and from the one who takes what is yours do not demand it back.”

(Luke 2:7)

Jesus explains how we can live in holiness in his Sermon on the Mount, now referred to as the Beatitudes. He asks us to give to others. Sometimes others are in need of tangible things. Other times, we can share our spiritual gifts with them. What spiritual gifts has God provided you with, and how do you share them with others?

“Then from the cloud came a voice that said, “This is my Son, my Chosen; listen to him!”

(Luke 9:35)

Day	Gospel Chapter	Content
18	Lk 8-9	Parables, Feeding of the Five Thousand, Transfiguration of Jesus

What stood out to you from the readings?

In the first verses of chapter 9, Jesus calls the disciples to their mission. What mission has God called you to? If you are not sure, spend a few minutes asking him what mission He has planned for you.

Day	Gospel Chapter	Content
19	Lk 10-11	Parable of the Good Samaritan, Greatest Commandment, Mary and Martha, the Lord’s Prayer

What stood out to you from the readings?

“Jesus said to him, “What is written in the law? How do you read it?” He said in reply, “You shall love the Lord, your God, with all your heart, with all your being, with all your strength, and with all your mind, and your neighbor as yourself.”

(Luke 10:26-27)

Jesus gives us the Greatest Commandment in the tenth chapter of Luke. This verse is quoted often, but it can be difficult to apply in our daily lives. What are some small ways you can love the Lord with all your heart, all your being, all your strength, and all your mind on a daily basis?

“Notice how the flowers grow. They do not toil or spin. But I tell you, not even Solomon in all his splendor was dressed like one of them. If God so clothes the grass in the field that grows today and is thrown into the oven tomorrow, will he not much more provide for you, O you of little faith?”

(Luke 9:35)

Day	Gospel Chapter	Content
20	Lk 12-14	More Parables and Healings - Jesus Continues in His Ministry

What stood out to you from the readings?

In the many parables Luke includes from Jesus’ ministry, Jesus continues to return to the same idea: God will provide. We hear in these parables to place our trust in God, not in ourselves. Which parable resonated with you today?

Day	Gospel Chapter	Content
21	Lk 15-18	A Collection of Chapters Rich with Jesus’ Teachings, including the Parables of the Lost Sheep, Prodigal Son, Lazarus and the Rich Man

“Jesus, however, called the children to himself and said, “Let the children come to me and do not prevent them; for the kingdom of God belongs to such as these. Amen, I say to you, whoever does not accept the kingdom of God like a child will not enter it.”

(Luke 18:16-17)

What stood out to you from the readings?

God’s mercy, love, and forgiveness. No matter what, you are always the Father’s and you can return to Him always. In your life, have you ever felt like the younger son, lost and in need of mercy? Or maybe you’ve felt like the older son, angry and confused at others who seem to receive more than you?

“For the Son of Man came to seek out and to save the lost.”

(Luke 19:10)

Day	Gospel Chapter	Content
22	Lk 19-21	Entrance into Jerusalem, Parables and Teachings about Final Judgment

What stood out to you from the readings?

The religious teachers tried to trap Jesus with a question about paying taxes to which Jesus responds, “give to the emperor the things that are the emperor’s, and to God the things that are God’s.” Are you giving God the things that are His? How are you sharing your time, talent, and treasure with your Church and community?

Day	Gospel Chapter	Content
23	Lk 22-24	Passion Story from the Passover through Resurrection and Ascension

“Father, if you are willing, remove this cup from me; yet, not my will but yours be done.”

(Luke 22:42)

What stood out to you from the readings?

On the road to Emmaus, the disciples walked beside Jesus and conversed with him without realizing who he was. Only when he broke the bread were their eyes opened. At every Mass, we believe that Christ reveals himself to us and makes himself truly present in his Body and Blood. When you receive communion, are your eyes opened to the nearness of God and His sacrificial love poured out on the cross? The next time you receive the Eucharist, take a few moments to really reflect on what a gift this is.

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

(John 1:1)

Day	Gospel Chapter	Content
24	Jn 1-3	Prologue, John the Baptist, the Wedding at Cana

What stood out to you from the readings?

The religious teachers tried to trap Jesus with a question about paying taxes to which Jesus responds, “give to the emperor the things that are the emperor’s, and to God the things that are God’s.” Are you giving God the things that are His? How are you sharing your time, talent, and treasure with your Church and community?

Day	Gospel Chapter	Content
25	Jn 4-6	The Samaritan Woman at the Well, Jesus Walks on Water, Bread of Life Discourse, Word of Eternal Life

“I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.”

(John 6:35)

What stood out to you from the readings?

In the story of the woman at the well, Jesus offers himself as living water to this woman who has a past of sin. Do you celebrate your baptism? How can you better turn away from the things of this world that do not satisfy your thirst and turn instead to Christ’s living water?

“I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.”

(John 8:12)

Day	Gospel Chapter	Content
26	Jn 7-8	The Festival of Booths, Attempted Arrest of Jesus, The Woman Caught in Adultery, The Light of the World

What stood out to you from the readings?

For the woman caught in adultery, Jesus says, “Let anyone among you who is without sin be the first to throw a stone at her.” Whom in your life are you quick to throw stones at? How can you search your own heart and ask for God’s forgiveness?

Day	Gospel Chapter	Content
27	Jn 9-11	Healing of the Blind Man, The Good Shepherd, The Death and Resurrection of Lazarus

“I am the good shepherd. The good shepherd lays down his life for the sheep.”

(John 10:11)

What stood out to you from the readings?

In rising Lazarus, Jesus says to Martha, “I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die.” Have you considered what will happen to you when you die? Meditate for a few minutes on what it would be like to look upon the face of God.

“I am the way, and the truth, and the life. No one comes to the Father except through me.”

(John 14:6)

Day	Gospel Chapter	Content
28	Jn 12-14	Jesus’ Entry into Jerusalem, The Last Supper, The Promise of the Holy Spirit

What stood out to you from the readings?

In John 14, Jesus promises the coming of the Holy Spirit. How have you felt the Holy Spirit move in your life during this challenge? Spend a few minutes in prayer looking back on this challenge and noticing how the Spirit moved in your life.

Day	Gospel Chapter	Content
29	Jn 15-18	The Work of the Spirit, the Arrest of Jesus

What stood out to you from the readings?

“This is my command-ment, that you love one another as I have loved you. No one has greater love than this, to lay down one’s life for one’s friends.”

(John 15:12-13)

Jesus tells his disciples in John 16 that their sorrow will turn into joy. Can you remember a time where your sorrow turned to joy? What do you feel joyful about today?

“Peace be with you. As the Father has sent me, so I send you.”

(John 20:21)

Day	Gospel Chapter	Content
30	Jn 19-21	The Crucifixion, the Resurrection, Jesus Appears to Mary Magdalene and the Disciples, Jesus Calls Peter

What stood out to you from the readings?

Spend a few minutes and flip back through your reflections from the last 30 days. What was one of the biggest things God revealed to you? How have you changed as a result of meditating on the Gospels? How can you go out and share the Good News in the world?

Conclusion

We hope you enjoyed your **30-day journey through the Gospels** with **Hallow**! Thank you so much for praying with us, and we hope you learned more about the life of Jesus and how to walk with Him every day. If you have any questions, concerns, or prayers, please feel free to contact us at support@hallow.app. God bless!

