



## A One-Month Reading Guide for *Rise and Shine*

Since *Rise and Shine* is designed as a daily devotional, you can simply read one short devotion each day for 100 days – three months and a week. If you prefer to read the whole book in one month, this guide makes that easy. Read the pages noted for each day. With 28 days in all, this guide will suit any month of the year. The page numbers and titles of each devotion are shown below.

**Thanks for rising and shining with me, beloved!**

**Day 1** — Pages 1-9 Rise and Shine, Sister Mine; Mirror Image; Good Grooming

**Day 2** — Pages 10-16 Guilt, Guilt, Go Away; Beautiful to Behold; Door to Door Service

**Day 3** — Pages 17-24 Approach the Throne; Joy at Hand; Lovable You; Palm Pilot

**Day 4** — Pages 25-33 Running...and Running...and Running; Thanks Giving; Got Grandkids?

**Day 5** — Pages 34-44 Sound Investment; Age Anxiety; In the Long Run; Weighing In

**Day 6** — Pages 45-55 All (Green) Thumbs; No Sweat; Flight of Fancy; Guidance Counselor

**Day 7** — Pages 56-64 Polished Gems; A Heap o' Trouble; Yes, Indeed; Mean Green

**Day 8** — Pages 65-74 Plant Food; That's a Know-Know; Words That Wound...; Now Hear This

**Day 9** — Pages 75-84 Suits Me; Twenty-four/Seven; Building Up Your Mate; He's the One

**Day 10** — Pages 85-92 From Beginning to End; When You Stumble; Rocky Mountain High

**Day 11** — Pages 93-101 Hair Today, Gone Tomorrow; Pain Management; Living Abundantly

**Day 12** — Pages 102-110 Practically Perfect; Glad Rap; Word for Word; 'Til Death (or High...)

**Day 13** — Pages 111-118 Nice House; Confidentially Speaking; Too Good to Be True; Looking...

**Day 14** — Pages 119-126 Positively the Pits; Falling Down Funny; Do the Right(eous) Thing

**Day 15** — Pages 127-135 Zeal Appeal; A Kid's-Eye View; Just Let Go; Awe and Then Some

**Day 16** — Pages 136-147 Wise with Years; Sizing Things Up; Prayer Changes Things: Dressed...

**Day 17** — Pages 148-158 The Pressure Is Off; Be Still, Beloved; Take a Deep Breath; Welcome...

**Day 18** — Pages 159-168 Get Over It; Have a Midlife Cry, Sis; Harvest Time; Back to Basics

**Day 19** — Pages 169-179 Fade to Black; Did You Feel That?; By the Dawn's Early...; The Best...

**Day 20** — Pages 180-190 Playing Footsy; Go to the Head...; Growth Spurts; Birds of a Feather

**Day 21** — Pages 191-198 Real Joy; Healing Power; Building a Trust Fund; Balance and Grace

**Day 22** — Pages 199-207 Bought with a Price; Have You Any Wool?; Transformed by Grace

**Day 23** — Pages 208-216 You Gotta Have Friends; Split Ends; The Best of Intentions

**Day 24** — Pages 217-225 Roots and Fruits; Pot Scrubber; Wrinkles in Time; Fill 'Er Up

**Day 25** — Pages 226-234 Mothering Is...; Open Mouth, Insert Soap; Set a Good Example

**Day 26** — Pages 235-243 God-Size Eyes; It's Never Too Late to Have a Happy...; Now Boarding

**Day 27** — Pages 244-252 Memory Lane; Believe It or Not; Spread the Word!

**Day 28** — Pages 253-259 Putting It All in Focus; The Fabric of Our Lives; Shine On