

The Spiritual Workout Plan

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May

Spiritual Rhythms Guide

Morning

Pray (for today)

Read NT

Memorize

Lord's Prayer

Noon

Pray

Memorize

Night

Pray (with gratitude)

Read OT

Read theology book

Weekly Sabbath & Accountability

Reading & Memory Verses

Remember: Watch *The Bible Project* video for each book.

■ Week 1

NT: Matthew 1-13

OT: Genesis 1-5

Mem. Verse: Matt. 6:9-13

■ Week 2

NT: Matthew 14-28

OT: Genesis 6-11

Mem. Verse: Matt. 28:19-20

■ Week 3

NT: Mark

OT: Genesis 12-22

Mem. Verse: Mark 10:45

■ Week 4

NT: Luke 1-9

OT: Genesis 37, 39-50

Mem. Verse: Luke 5:31-32

See full
plan details



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June

Spiritual Rhythms Guide

Morning

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■ Week 5

NT: Luke 10-24

OT: Exodus 1-14

Mem. Verse: Luke 11:9

■ Week 6

NT: John

OT: Exod. 19-20, 24, 32-34, 40:34-38

Mem. Verse: John 1:14

■ Week 7

NT: Acts 1-12

OT: Num. 13-14, 20-21

Mem. Verse: Acts 1:8

■ Week 8

NT: Acts 13-28

OT: Deut. 4:44-11:32

Mem. Verse: Acts 16:31

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July

Spiritual Rhythms Guide

Morning

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Memorize

Lord's Prayer

Noon

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Memorize

Night

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Read OT

Read theology book

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■ Week 9

NT: Romans

OT: Joshua 1-12, 23-24

Mem. Verse: Romans 5:8

■ Week 10

NT: 1 Corinthians

OT: Judg. 1-3:6, 13-16, Ruth

Mem. Verse: 2 Cor. 5:21

■ Week 11

NT: 2 Cor., Gal.

OT: 1 Samuel 9-20, 31

Mem. Verse: Eph. 2:8-10

■ Week 12

NT: Eph., Phil., Col.

OT: 2 Samuel 1-7, 11-12

Mem. Verse: Phil. 2:6-8

See full
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The Spiritual Workout Plan

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August

Spiritual Rhythms Guide

Morning

Pray (for today)

Read NT

Memorize

Lord's Prayer

Noon

Pray

Memorize

Night

Pray (with gratitude)

Read OT

Read theology book

Weekly Sabbath & Accountability

Reading & Memory Verses

Remember: Watch *The Bible Project* video for each book.

■ Week 13

NT: 1 & 2 Thess., 1 & 2 Tim., Titus

OT: 1 Kings 1-14

Mem. Verse: 1 Timothy 1:15

■ Week 14

NT: Philemon, Hebrews

OT: 2 Kings 17, 22-25

Mem. Verse: Heb. 10:24-25

■ Week 15

NT: James, 1 & 2 Peter

OT: Jeremiah 1-6, 30-33

Mem. Verse: 1 Peter 2:24

■ Week 16

NT: 1, 2, 3 John, Jude

OT: Isaiah 40-55

Mem. Verse: 1 John 4:10

■ Week 17

NT: Revelation

OT: Daniel

Mem. Verse: Revelation 5:9

See full
plan details

