



SEPTEMBER

SPIRITUAL WORKOUT PLAN

READ

■	09.01 Week 1	NT (4 mo) Matthew 1-13	NT (1 yr) Eph 6, Philipp	OT Genesis 1-11
■	09.08 Week 2	NT (4 mo) Matthew 14-28	NT (1 yr) Col, 1 Thess 1	OT Genesis 12-22
■	09.15 Week 3	NT (4 mo) Mark	NT (1 yr) 1 Thess 2-5, 2 Thess 1	OT Genesis 23-36
■	09.22 Week 4	NT (4 mo) Luke 1-9	NT (1 yr) 2 Thess 2-3, 1 Tim 1-3	OT Genesis 37-50
■	09.29 Week 5	NT (4 mo) Luke 10-24	NT (1 yr) 1 Tim 4-6, 2 Tim 1-2	OT Exodus 1-4

MEMORIZE

■	09.01 Week 1	Verse Romans 8:1
■	09.08 Week 2	Verse Romans 8:2
■	09.15 Week 3	Verse Romans 8:3
■	09.22 Week 4	Verse Romans 8:4
■	09.29 Week 5	Verse Romans 8:12



OCTOBER

SPIRITUAL WORKOUT PLAN

READ

■	10.06 Week 6	NT (4 mo) John	NT (1 yr) 2 Tim 3-4, Titus	OT Exodus 5-15
■	10.13 Week 7	NT (4 mo) Acts 1-12	NT (1 yr) Philemon, Heb 1-4	OT Exodus 16-18
■	10.20 Week 8	NT (4 mo) Acts 13-28	NT (1 yr) Heb 5-9	OT Exodus 19-31
■	10.27 Week 9	NT (4 mo) Romans	NT (1 yr) Heb 10-13, James 1	OT Exodus 32-40

MEMORIZE

■	10.06 Week 6	Verse Romans 8:13
■	10.13 Week 7	Verse Romans 8:14
■	10.20 Week 8	Verse Romans 8:15
■	10.27 Week 9	Verse Romans 8:16



NOVEMBER

SPIRITUAL WORKOUT PLAN

READ

■	11.03 Week 10	NT (4 mo) 1 Corinthians	NT (1 yr) James 2-5, 1 Peter 1	OT Leviticus 1-7
■	11.10 Week 11	NT (4 mo) 2 Cor, Gal	NT (1 yr) 1 Peter 2-5, 2 Peter 1	OT Leviticus 8-15
■	11.17 Week 12	NT (4 mo) Eph, Philipp, Col	NT (1 yr) 2 Peter 2-3, 1 John 1-3	OT Leviticus 16-25
■	11.24 Week 13	NT (4 mo) 1 & 2 Thess, 1 & 2 Tim, Titus	NT (1 yr) 1 John 4-5, 2 John, 3 John, Jude	OT Numbers 1-10a

MEMORIZE

■	11.03 Week 10	Verse Romans 8:17
■	11.10 Week 11	Verse Romans 8:28
■	11.17 Week 12	Verse Romans 8:29
■	11.24 Week 13	Verse Romans 8:30



DECEMBER

THE SPIRITUAL WORKOUT PLAN

READ

■	12.01 Week 14	NT (4 mo) Philemon & Heb	NT (1 yr) Rev 1-5	OT Numbers 10b-19
■	12.08 Week 15	NT (4 mo) James, 1 & 2 Pet	NT (1 yr) Rev 6-10	OT Numbers 20-36
■	12.15 Week 16	NT (4 mo) 1, 2, 3 John, Jude	NT (1 yr) Rev 11-15	OT Deuteronomy 1-11
■	12.22 Week 17	NT (4 mo) Revelation	NT (1 yr) Rev 16-20	OT Deuteronomy 12-26
■	12.29 Week 18	NT (4 mo) Romans (Second Time)	NT (1 yr) Rev 21-22	OT Deuteronomy 27-34

MEMORIZE

■	12.01 Week 14	Verse Romans 8:31
■	12.08 Week 15	Verse Romans 8:32
■	12.15 Week 16	Verse Romans 8:37
■	12.22 Week 17	Verse Romans 8:38
■	12.29 Week 18	Verse Romans 8:39