



The Spiritual Workout Plan

JANUARY

READ

- **12.29** **NT (1 yr)**
Week 0 Matthew 1-5
- **01.05** **NT (1 yr)** **NT (4 mo)** **OT**
Week 1 Matthew 6-10 Matthew 1-13 Joshua 1-12
- **01.12** **NT (1 yr)** **NT (4 mo)** **OT**
Week 2 Matthew 11-15 Matthew 14-28 Joshua 13-24
- **01.19** **NT (1 yr)** **NT (4 mo)** **OT**
Week 3 Matthew 16-20 Mark Judges 1-16
- **01.26** **NT (1 yr)** **NT (4 mo)** **OT**
Week 4 Matthew 21-25 Luke 1-9 Judges 17-21, Ruth, 1 Samuel 1-7

MEMORIZE

- **01.05**
Week 1 Matthew 11:28
- **01.12**
Week 2 Joshua 1:9
- **01.19**
Week 3 Mark 8:34b-35
- **01.26**
Week 4 Luke 6:45



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FEBRUARY

READ

- **02.02** **NT (1 yr)** **NT (4 mo)** **OT**
Week 5 Matthew 26-28, Mark 1-2 Luke 10-24 1 Samuel 8-20
- **02.09** **NT (1 yr)** **NT (4 mo)** **OT**
Week 6 Mark 3-7 John 1 Samuel 21-31
- **02.16** **NT (1 yr)** **NT (4 mo)** **OT**
Week 7 Mark 8-12 Acts 1-12 2 Samuel 1-12
- **02.23** **NT (1 yr)** **NT (4 mo)** **OT**
Week 8 Mark 13-16, Luke 1 Acts 13-28 2 Samuel 13-24

MEMORIZE + Lent Memory Verses

- **02.02**
Week 5 Luke 19:10
- **02.09**
Week 6 John 3:16-17
- **02.16**
Week 7 Philippians 2:5 +
- **02.23**
Week 8 Philippians 2:6 +



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MARCH

READ

- **03.02** **NT (1 yr)** **NT (4 mo)** **OT**
Week 9 Luke 2-6 Romans 1 Kings 1-16
- **03.09** **NT (1 yr)** **NT (4 mo)** **OT**
Week 10 Luke 7-11 1 Cor 1 Kings 17 - 2 Kings 17
- **03.16** **NT (1 yr)** **NT (4 mo)** **OT**
Week 11 Luke 12-16 2 Cor, Gal 1 Chronicles 1-9
- **03.23** **NT (1 yr)** **NT (4 mo)** **OT**
Week 12 Luke 17-21 Eph, Philipp, Col 1 Chronicles 10-29
- **03.30** **NT (1 yr)** **NT (4 mo)** **OT**
Week 13 Luke 22-24, John 1-2 1 & 2 Thess, 1 & 2 Tim, Titus 2 Chronicles 1-13

MEMORIZE + Lent Memory Verses

- **03.02**
Week 9 Philippians 2:7 +
- **03.09**
Week 10 Philippians 2:8 +
- **03.16**
Week 11 Philippians 2:9 +
- **03.23**
Week 12 Philippians 2:10 +
- **03.30**
Week 13 Philippians 2:11 +



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APRIL

READ

- **04.06** **NT (1 yr)** **NT (4 mo)** **OT**
Week 14 John 3-7 Philemon, Hebrews 2 Chronicles 14-25
- **04.13** **NT (1 yr)** **NT (4 mo)** **OT**
Week 15 John 8-12 James, 1 & 2 Peter 2 Chronicles 26-36
- **04.20** **NT (1 yr)** **NT (4 mo)** **OT**
Week 16 John 13-17 1, 2, 3 John, Jude Ezra, Nehemiah
- **04.27** **NT (1 yr)** **NT (4 mo)** **OT**
Week 17 John 18-21 Acts 1 Revelation Esther

MEMORIZE

- **04.06**
Week 14 Hebrews 11:6
- **04.13**
Week 15 James 1:2-3
- **04.20**
Week 16 1 John 1:9
- **04.27**
Week 17 Revelation 21:3

HOW IT WORKS

1. READ

Commit to a Bible reading plan that fits your pace. Choose one New Testament plan and add the Old Testament plan if/when you're ready.

- **NT in 1 year:** 1 chapter/day, 5 days/week
- **NT in 4 months:** 3 chapters/day, 5 days/week
- **OT in 2 years:** 2 chapters/day, 5 days/week

We recommend you watch The Bible Project video for each book.

2. MEMORIZE

Commit to memorizing scripture each week. To help, try reading the verse out loud 10 times, use memory acronym wristbands, notecards or set it as your phone lock screen. Review all past verses so they stay rooted in your memory.

3. ACCOUNTABILITY

Meet weekly with a small group and answer the accountability questions on the back together.

4. TRUTH

In a world full of false teaching and meaningless distraction, use the recommended resources to replace distraction and fill your mind with truth.



Text **'WORKOUT'** to (515) 329-3343 for reminders and resources.

ACCOUNTABILITY

1. SPIRITUAL DISCIPLINES

Did you complete your Spiritual Workout Plan reading and memory this week?

2. SIN & TEMPTATION

What sin or temptation do you need to bring into the light?

3. CELEBRATION & STRESS

What joy can you celebrate? What stress or burden do you need help carrying?

4. RELATIONSHIP HEALTH

Is there any brokenness in your core relationships that needs to be healed?

5. GOALS

What sin do you want to kill or area of godliness you want to grow?

6. INTEGRITY CHECK

Have you been completely honest?

TRUTH

BOOKS

The Explicit Gospel by Matt Chandler
Bible Doctrine Part 3 & 4 by Wayne Grudem

PODCASTS

Light + Truth Podast with John Piper
Timothy Keller Sermons Podcast by Gospel in Life



The Spiritual Workout Plan

SPRING 2026

A practical routine to read through scripture, memorize key verses, practice accountability and fill your mind with truth.

Dig Deep Roots

In a world that moves fast and stays shallow, God invites us to slow down and grow deep. This year, let's step into daily disciplines that shape us into a church deeply rooted in Christ.

GAP VS. GAIN

PROGRESS OVER PERFECTION

Don't stress over the **GAP** between your goal and your actual progress.

Focus on the **GAIN** between where you once were and where you are now.



Resources