

MAY

READ

- **05.04** **NT (1 yr)** **NT (4 mo)** **OT**
Week 1 Acts 2-6 Matthew 1-13 Isaiah 1-5

- **05.11** **NT (1 yr)** **NT (4 mo)** **OT**
Week 2 Acts 7-11 Matthew 14-28 Isaiah 6-12

- **05.18** **NT (1 yr)** **NT (4 mo)** **OT**
Week 3 Acts 12-16 Mark Isaiah 13-27

- **05.25** **NT (1 yr)** **NT (4 mo)** **OT**
Week 4 Acts 17-21 Luke 1-9 Isaiah 28-39

MEMORIZE

- **05.04**
Week 1 Matthew 5:16

- **05.11**
Week 2 Matthew 6:33

- **05.18**
Week 3 Mark 11:24

- **05.25**
Week 4 Luke 2:10-11

JUNE

READ

- **06.01** **NT (1 yr)** **NT (4 mo)** **OT**
Week 5 Acts 22-26 Luke 10-24 Isaiah 40-55

- **06.08** **NT (1 yr)** **NT (4 mo)** **OT**
Week 6 Acts 27-28, Romans 1-3 John Isaiah 56-66

- **06.15** **NT (1 yr)** **NT (4 mo)** **OT**
Week 7 Romans 4-8 Acts 1:12 Jeremiah 1:10

- **06.22** **NT (1 yr)** **NT (4 mo)** **OT**
Week 8 Romans 9-13 Acts 13-28 Jeremiah 11-20

- **06.29** **NT (1 yr)** **NT (4 mo)** **OT**
Week 9 Romans 14-16, 1 Cor 1-2 Romans Jeremiah 21-33

MEMORIZE

- **06.01**
Week 5 Luke 12:34

- **06.08**
Week 6 John 1:12

- **06.15**
Week 7 Acts 4:12

- **06.22**
Week 8 Romans 3:23-24

- **06.29**
Week 9 Romans 6:23

JULY

READ

- **07.06** **NT (1 yr)** **NT (4 mo)** **OT**
Week 10 1 Cor 3-7 1 Cor Jeremiah 34-45

- **07.13** **NT (1 yr)** **NT (4 mo)** **OT**
Week 11 1 Cor 8-12 2 Cor, Gal Jeremiah 46-52

- **07.20** **NT (1 yr)** **NT (4 mo)** **OT**
Week 12 1 Cor 13-16, 2 Cor 1 Eph, Philipp, Col Ezekiel 1-7

- **07.27** **NT (1 yr)** **NT (4 mo)** **OT**
Week 13 2 Cor 2-6 1 & 2 Thess, 1 & 2 Tim, Titus Ezekiel 8-14

MEMORIZE

- **07.06**
Week 10 1 Corinthians 1:18

- **07.13**
Week 11 Galatians 2:20

- **07.20**
Week 12 Philippians 1:6

- **07.27**
Week 13 Titus 3:5

AUGUST

READ

- **08.03** **NT (1 yr)** **NT (4 mo)** **OT**
Week 14 2 Cor 7-11 Philemon, Hebrews Ezekiel 14-21

- **08.10** **NT (1 yr)** **NT (4 mo)** **OT**
Week 15 2 Cor 12-13, Gal 1-3 James, 1 & 2 Peter Ezekiel 22-32

- **08.17** **NT (1 yr)** **NT (4 mo)** **OT**
Week 16 Gal 4-6, Eph 1-2 1, 2, 3 John, Jude Ezekiel 33-39

- **08.24** **NT (1 yr)** **NT (4 mo)** **OT**
Week 17 Eph 3-6, Philipp 1 Revelation Ezekiel 40-48

MEMORIZE

- **08.03**
Week 14 Hebrews 4:12

- **08.10**
Week 15 James 4:10

- **08.17**
Week 16 Genesis 1:1

- **08.24**
Week 17 Psalm 19:1, 7

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 before and after reading 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.

**A full set of memory wristbands will be available for \$5 while supplies last*

3. ACCOUNTABILITY

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

4. TRUTH

Use the recommended resources on the back 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 Gospel Way Catechism
by Trevin Wax & Michael Bird

Bible Doctrine Part 5
by Wayne Grudem

PODCASTS

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



The Spiritual Workout Plan

SUMMER 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 summer, 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