

The Spiritual Workout Plan — All Reading Tracks — Fall 2026

		Memory Verse	NT – 1 Year			
Wk	Week of	Memory Verse	Mon	Tue	Wed	Thu
1	Aug 31	<i>John 1:1-3</i>	Philippians 2	Philippians 3	Philippians 4	Colossians 1
2	Sep 7	<i>Matthew 7:11</i>	Colossians 3	Colossians 4	1 Thessalonians 1	1 Thessalonians 2
3	Sep 14	<i>Colossians 1:15-16</i>	1 Thessalonians 4	1 Thessalonians 5	2 Thessalonians 1	2 Thessalonians 2
4	Sep 21	<i>2 Corinthians 13:13</i>	1 Timothy 1	1 Timothy 2	1 Timothy 3	1 Timothy 4
5	Sep 28	<i>Galatians 1:8</i>	1 Timothy 6	2 Timothy 1	2 Timothy 2	2 Timothy 3
6	Oct 5	<i>Galatians 3:2b</i>	Titus 1	Titus 2	Titus 3	Philemon 1
7	Oct 12	<i>Galatians 3:13</i>	Hebrews 2	Hebrews 3	Hebrews 4	Hebrews 5
8	Oct 19	<i>Galatians 3:26</i>	Hebrews 7	Hebrews 8	Hebrews 9	Hebrews 10
9	Oct 26	<i>Galatians 4:4-5</i>	Hebrews 12	Hebrews 13	James 1	James 2
10	Nov 2	<i>Galatians 5:13</i>	James 4	James 5	1 Peter 1	1 Peter 2
11	Nov 9	<i>Galatians 5:22-23</i>	1 Peter 4	1 Peter 5	2 Peter 1	2 Peter 2
12	Nov 16	<i>Galatians 6:9</i>	1 John 1	1 John 2	1 John 3	1 John 4

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13	Nov 23	<i>Lamentations 3:22-23</i>	2 John 1	3 John 1	Jude 1	Revelation 1
14	Nov 30	<i>Proverbs 1:7</i>	Revelation 3	Revelation 4	Revelation 5	Revelation 6
15	Dec 7	<i>Proverbs 3:5-6</i>	Revelation 8	Revelation 9	Revelation 10	Revelation 11
16	Dec 14	<i>Proverbs 15:1</i>	Revelation 13	Revelation 14	Revelation 15	Revelation 16
17	Dec 21	<i>Proverbs 16:9</i>	Revelation 18	Revelation 19	Revelation 20	Revelation 21
18	Dec 28	<i>Psalms 103:1-2</i>	Matthew 1	Matthew 2	Matthew 3	Matthew 4

	NT – 4 Month				
Fri	Mon	Tue	Wed	Thu	Fri
Colossians 2	Matthew 1-3	Matthew 4-6	Matthew 7-9	Matthew 10-11	Matthew 12-13
1 Thessalonians 3	Matthew 14-16	Matthew 17-19	Matthew 20-22	Matthew 23-25	Matthew 26-28
2 Thessalonians 3	Mark 1-4	Mark 5-7	Mark 8-10	Mark 11-13	Mark 14-16
1 Timothy 5	Luke 1-2	Luke 3-4	Luke 5-6	Luke 7-8	Luke 9
2 Timothy 4	Luke 10-12	Luke 13-15	Luke 16-18	Luke 19-21	Luke 22-24
Hebrews 1	John 1-5	John 6-9	John 10-13	John 14-17	John 18-21
Hebrews 6	Acts 1-3	Acts 4-6	Acts 7-8	Acts 9-10	Acts 11-12
Hebrews 11	Acts 13-16	Acts 17-19	Acts 20-22	Acts 23-25	Acts 26-28
James 3	Romans 1-4	Romans 5-7	Romans 8-10	Romans 11-13	Romans 14-16
1 Peter 3	1 Corinthians 1-4	1 Corinthians 5-7	1 Corinthians 8-10	1 Corinthians 11-13	1 Corinthians 14-16
2 Peter 3	2 Corinthians 1-5	2 Corinthians 6-9	2 Corinthians 10-13	Galatians 1-3	Galatians 4-6
1 John 5	Ephesians 1-3	Ephesians 4-6	Philippians 1-4	Colossians 1-2	Colossians 3-4

	NT – 4 Month				
Fri	Mon	Tue	Wed	Thu	Fri
Revelation 2	1 Thessalonians 1-5	2 Thessalonians 1-3	1 Timothy 1-6	2 Timothy 1-4	Titus 1-3
Revelation 7	Philemon 1	Hebrews 1-4	Hebrews 5-7	Hebrews 8-10	Hebrews 11-13
Revelation 12	James 1-3	James 4-5	1 Peter 1-3	1 Peter 4-5	2 Peter 1-3
Revelation 17	1 John 1-3	1 John 4-5	2 John 1	3 John 1	Jude 1
Revelation 22	Revelation 1-3	Revelation 4-5	Revelation 6-7	Revelation 8-9	Revelation 10-11
Matthew 5	Revelation 12-14	Revelation 15-16	Revelation 17-18	Revelation 19-20	Revelation 21-22

OT – 2 Year				
Mon	Tue	Wed	Thu	Fri
Hosea 1-3	Hosea 4-6	Hosea 7-9	Hosea 10-12	Hosea 13-14
Joel 1:1-14	Joel 1:15-20	Joel 2:1-17	Joel 2:18-32	Joel 3
Amos 1-2	Amos 3-4	Amos 5-6	Amos 7-8	Amos 9
Obadiah 1:1-4	Obadiah 1:5-9	Obadiah 1:10-14	Obadiah 1:15-18	Obadiah 1:19-21
Jonah 1:1-9	Jonah 1:10-17	Jonah 2	Jonah 3	Jonah 4
Micah 1-2	Micah 3-4	Micah 5	Micah 6	Micah 7
Nahum 1:1-6	Nahum 1:7-15	Nahum 2:1-10	Nahum 2:11-13	Nahum 3
Habakkuk 1:1-11	Habakkuk 1:12-17	Habakkuk 2:1-11	Habakkuk 2:12-20	Habakkuk 3
Zephaniah 1:1-9	Zephaniah 1:10-18	Zephaniah 2:1-11	Zephaniah 2:12-15, 3:1-5	Zephaniah 3:6-20
Haggai 1:1-6	Haggai 1:7-15	Haggai 2:1-9	Haggai 2:10-19	Haggai 2:20-23
Zechariah 1-3	Zechariah 4-6	Zechariah 7-9	Zechariah 10-12	Zechariah 13-14
Malachi 1	Malachi 2:1-9	Malachi 2:10-17	Malachi 3	Malachi 4

OT – 2 Year				
Mon	Tue	Wed	Thu	Fri
Lamentations 1	Lamentations 2	Lamentations 3	Lamentations 4	Lamentations 5
Daniel 1-2	Daniel 3	Daniel 4	Daniel 5	Daniel 6
Daniel 7-8	Daniel 9	Daniel 10	Daniel 11	Daniel 12
Proverbs 1-2	Proverbs 3-4	Proverbs 5-6	Proverbs 7-8	Proverbs 9
Proverbs 10-12	Proverbs 13-15	Proverbs 16-18	Proverbs 19-21	Proverbs 22-24
Proverbs 25-26	Proverbs 27-28	Proverbs 29	Proverbs 30	Proverbs 31