

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.

Timothy Keller Sermons Podcast
by Gospel in Life

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 do you want to grow in?

6. Integrity Check
Have you been completely honest?

Truth

BOOKS
The Gospel Way Catechism
by Trevin Wax & Thomas West

Bible Doctrine Part 6 & 7
by Wayne Grudem

From Beginning to Forever
by Elizabeth Woodson

PODCASTS
Light + Truth Podcast
with John Piper



The Spiritual Workout Plan

FALL 2026

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

Spiritual Stamina Matters

Culture tells us to chase the next trend. God invites us to simply walk with him for a long time. Let's be a church marked by daily faithfulness and spiritual strength.

Keep Going

Making time for God and his word isn't about perfection. It's about small, faithful moments that add up over time and ground you in Christ.



Resources

September

	New Testament (Choose one)		Old Testament
	1 YEAR	4 MONTH	2 YEAR
Wk 1 AUG 31	Philipp 2-4, Col 1-2 ☐	Matthew 1-13 ☐	Hosea ☐
	MEMORIZE: John 1:1-3		☐

Wk 2 SEP 7	Col 3-4, 1Thess 1-3 ☐	Matthew 14-28 ☐	Joel ☐
	MEMORIZE: Matthew 7:11		☐

Wk 3 SEP 14	1Thess 4-5, 2Thess 1-3 ☐	Mark ☐	Amos ☐
	MEMORIZE: Colossians 1:15-16		☐

Wk 4 SEP 21	1Timothy 1-5 ☐	Luke 1-9 ☐	Obadiah ☐
	MEMORIZE: 2 Corinthians 13:13		☐

Wk 5 SEP 28	1Timothy 6, 2 Timothy 1-4 ☐	Luke 10-24 ☐	Jonah ☐
	MEMORIZE: Galatians 1:8		☐

October

	New Testament (Choose one)		Old Testament
	1 YEAR	4 MONTH	2 YEAR
Wk 6 OCT 5	Titus, Philemon, Hebrews 1 ☐	John ☐	Micah ☐
	MEMORIZE: Galatians 3:2b		☐

Wk 7 OCT 12	Hebrews 2-6 ☐	Acts 1-12 ☐	Nahum ☐
	MEMORIZE: Galatians 3:13		☐

Wk 8 OCT 19	Hebrews 7-11 ☐	Acts 13-28 ☐	Habakkuk ☐
	MEMORIZE: Galatians 3:26		☐

Wk 9 OCT 26	Hebrews 12-13, James 1-3 ☐	Romans ☐	Zephaniah ☐
	MEMORIZE: Galatians 4:4-5		☐

November

	New Testament (Choose one)		Old Testament
	1 YEAR	4 MONTH	2 YEAR
Wk 10 NOV 2	James 4-5, 1Peter 1-3 ☐	1 Corinthians ☐	Haggai ☐
	MEMORIZE: Galatians 5:13		☐

Wk 11 NOV 9	1Peter 4-5, 2Peter 1-3 ☐	2 Corinthians, Galatians ☐	Zechariah ☐
	MEMORIZE: Galatians 5:22-23		☐

Wk 12 NOV 16	1 John 1-5 ☐	Ephesians, Philipp, Col ☐	Malachi ☐
	MEMORIZE: Galatians 6:9		☐

Wk 13 NOV 23	2 & 3 John, Jude, Revelation 1-2 ☐	1 & 2 Thess, 1 & 2 Tim, Titus ☐	Lamentations ☐
	MEMORIZE: Lamentations 3:22-23		☐

Wk 14 NOV 30	Revelation 3-7 ☐	Philemon, Hebrews ☐	Daniel 1-6 ☐
	MEMORIZE: Proverbs 1:7		☐

December

	New Testament (Choose one)		Old Testament
	1 YEAR	4 MONTH	2 YEAR
Wk 15 DEC 7	Revelation 8-12 ☐	James, 1 & 2 Peter ☐	Daniel 7-12 ☐
	MEMORIZE: Proverbs 3:5-6		☐

Wk 16 DEC 14	Revelation 13-17 ☐	1, 2 & 3 John, Jude ☐	Proverbs 1-9 ☐
	MEMORIZE: Proverbs 15:1		☐

Wk 17 DEC 21	Revelation 18-22 ☐	Revelation 1-11 ☐	Proverbs 10-24 ☐
	MEMORIZE: Proverbs 16:9		☐

Wk 18 DEC 28	Matthew 1-5 ☐	Revelation 12-22 ☐	Proverbs 25-31 ☐
	MEMORIZE: Psalm 103:1-2		☐