



September

WEEK 1 • AUGUST 31 • MEMORY VERSE: JOHN 1:1-3

NT • 1 YEAR				
MON	TUES	WED	THUR	FRI
☐ Phil 2	☐ Phil 3	☐ Phil 4	☐ Col 1	☐ Col 2
NT • 4 MONTH				
MON	TUES	WED	THURS	FRI
☐ Matt 1-3	☐ Matt 4-6	☐ Matt 7-9	☐ Matt 10-11	☐ Matt 12-13
OT • 2 YEAR				
MON	TUES	WED	THURS	FRI
☐ Hos 1-3	☐ Hos 4-6	☐ Hos 7-9	☐ Hos 10-12	☐ Hos 13-14

WEEK 2 • SEPTEMBER 7 • MEMORY VERSE: MATTHEW 7:11

NT • 1 YEAR				
MON	TUES	WED	THURS	FRI
☐ Col 3	☐ Col 4	☐ 1 Thess 1	☐ 1 Thess 2	☐ 1 Thess 3
NT • 4 MONTH				
MON	TUES	WED	THURS	FRI
☐ Matt 14-16	☐ Matt 17-19	☐ Matt 20-22	☐ Matt 23-25	☐ Matt 26-28
OT • 2 YEAR				
MON	TUES	WED	THURS	FRI
☐ Joel 1:1-14	☐ Joel 1:15-20	☐ Joel 2:1-17	☐ Joel 2:18-32	☐ Joel 3

WEEK 3 • SEPTEMBER 14 • MEMORY VERSE: COLOSSIANS 1:15-16

NT • 1 YEAR				
MON	TUES	WED	THUR	FRI
☐ 1 Thess 4	☐ 1 Thess 5	☐ 2 Thess 1	☐ 2 Thess 2	☐ 2 Thess 3



October

WEEK 6 • OCTOBER 5 • MEMORY VERSE: GALATIANS 3:28

NT • 1 YEAR				
MON	TUES	WED	THUR	FRI
☐ Titus 1	☐ Titus 2	☐ Titus 3	☐ Phm 1	☐ Heb 1
NT • 4 MONTH				
MON	TUES	WED	THURS	FRI
☐ John 1-5	☐ John 6-9	☐ John 10-13	☐ John 14-17	☐ John 18-21
OT • 2 YEAR				
MON	TUES	WED	THURS	FRI
☐ Micah 1-2	☐ Micah 3-4	☐ Micah 5	☐ Micah 6	☐ Micah 7

WEEK 7 • OCTOBER 12 • MEMORY VERSE: GALATIANS 3:13

NT • 1 YEAR				
MON	TUES	WED	THURS	FRI
☐ Heb 2	☐ Heb 3	☐ Heb 4	☐ Heb 5	☐ Heb 6
NT • 4 MONTH				
MON	TUES	WED	THURS	FRI
☐ Acts 1-3	☐ Acts 4-6	☐ Acts 7-8	☐ Acts 9-10	☐ Acts 11-12
OT • 2 YEAR				
MON	TUES	WED	THURS	FRI
☐ Nah 1:1-6	☐ Nah 1:7-15	☐ Nah 2:1-10	☐ Nah 2:11-13	☐ Nah 3

WEEK 8 • OCTOBER 19 • MEMORY VERSE: GALATIANS 3:26

NT • 1 YEAR

MON	TUES	WED	THUR	FRI
☐ Heb 7	☐ Heb 8	☐ Heb 9	☐ Heb 10	☐ Heb 11

NT • 4 MONTH

MON	TUES	WED	THURS	FRI
☐ Acts 13-16	☐ Acts 17-19	☐ Acts 20-22	☐ Acts 23-25	☐ Acts 26-28

OT • 2 YEAR

MON	TUES	WED	THURS	FRI
☐ Hab 1:1-11	☐ Hab 1:12-17	☐ Hab 2:1-11	☐ Hab 2:12-20	☐ Hab 3

WEEK 9 • OCTOBER 26 • MEMORY VERSE: GALATIANS 4:4-5

NT • 1 YEAR

MON	TUES	WED	THUR	FRI
☐ Heb 12	☐ Heb 13	☐ James 1	☐ James 2	☐ James 3

NT • 4 MONTH

MON	TUES	WED	THURS	FRI
☐ Rom 1-4	☐ Rom 5-7	☐ Rom 8-10	☐ Rom 11-13	☐ Rom 14-16

OT • 2 YEAR

MON	TUES	WED	THURS	FRI
☐ Zeph 1:1-9	☐ Zeph 1:10-18	☐ Zeph 2:1-11	☐ Zeph 2:12-15, 3:1-5	☐ Zeph 3:6-20

NT • 4 MONTH

MON	TUES	WED	THURS	FRI
☐ Mark 1-4	☐ Mark 5-7	☐ Mark 8-10	☐ Mark 11-13	☐ Mark 14-16

OT • 2 YEAR

MON	TUES	WED	THURS	FRI
☐ Amos 1-2	☐ Amos 3-4	☐ Amos 5-6	☐ Amos 7-8	☐ Amos 9

WEEK 4 • SEPTEMBER 21 • MEMORY VERSE: 2 CORINTH 1:3-13

NT • 1 YEAR

MON	TUES	WED	THUR	FRI
☐ 1 Tim 1	☐ 1 Tim 2	☐ 1 Tim 3	☐ 1 Tim 4	☐ 1 Tim 5

NT • 4 MONTH

MON	TUES	WED	THURS	FRI
☐ Luke 1-2	☐ Luke 3-4	☐ Luke 5-6	☐ Luke 7-8	☐ Luke 9

OT • 2 YEAR

MON	TUES	WED	THURS	FRI
☐ Obad 1:1-4	☐ Obad 1:5-9	☐ Obad 1:10-14	☐ Obad 1:15-18	☐ Obad 1:19-21

WEEK 5 • SEPTEMBER 28 • MEMORY VERSE: GALATIANS 1:8

NT • 1 YEAR

MON	TUES	WED	THUR	FRI
☐ 1 Tim 6	☐ 2 Tim 1	☐ 2 Tim 2	☐ 2 Tim 3	☐ 2 Tim 4

NT • 4 MONTH

MON	TUES	WED	THURS	FRI
☐ Luke 10-12	☐ Luke 13-15	☐ Luke 16-18	☐ Luke 19-21	☐ Luke 22-24

OT • 2 YEAR

MON	TUES	WED	THURS	FRI
☐ Jonah 1:1-9	☐ Jonah 1:10-17	☐ Jonah 2	☐ Jonah 3	☐ Jonah 4



The Spiritual Workout Plan

November

WEEK 10 • NOVEMBER 2 • MEMORY VERSE: GALATIANS 5:13

NT • 1 YEAR				
MON	TUES	WED	THUR	FRI
☐ James 4	☐ James 5	☐ 1 Peter 1	☐ 1 Peter 2	☐ 1 Peter 3
NT • 4 MONTH				
MON	TUES	WED	THURS	FRI
☐ 1 Cor 1-4	☐ 1 Cor 5-7	☐ 1 Cor 8-10	☐ 1 Cor 11-13	☐ 1 Cor 14-16
OT • 2 YEAR				
MON	TUES	WED	THURS	FRI
☐ Hag 1:1-6	☐ Hag 1:7-15	☐ Hag 2:1-9	☐ Hag 2:10-19	☐ Hag 2:20-23

WEEK 11 • NOVEMBER 9 • MEMORY VERSE: GALATIANS 5:22-23

NT • 1 YEAR				
MON	TUES	WED	THURS	FRI
☐ 1 Peter 4	☐ 1 Peter 5	☐ 2 Peter 1	☐ 2 Peter 2	☐ 2 Peter 3
NT • 4 MONTH				
MON	TUES	WED	THURS	FRI
☐ 2 Cor 1-5	☐ 2 Cor 6-9	☐ 2 Cor 10-13	☐ Gal 1-3	☐ Gal 4-6
OT • 2 YEAR				
MON	TUES	WED	THURS	FRI
☐ Zech 1-3	☐ Zech 4-6	☐ Zech 7-9	☐ Zech 10-12	☐ Zech 13-14

WEEK 12 • NOVEMBER 16 • MEMORY VERSE: GALATIANS 6:9

NT • 1 YEAR				
MON	TUES	WED	THUR	FRI
☐ 1 John 1	☐ 1 John 2	☐ 1 John 3	☐ 1 John 4	☐ 1 John 5



The Spiritual Workout Plan

December

WEEK 15 • DECEMBER 7 • MEMORY VERSE: PROVERBS 3:5-6

NT • 1 YEAR				
MON	TUES	WED	THUR	FRI
☐ Rev 8	☐ Rev 9	☐ Rev 10	☐ Rev 11	☐ Rev 12
NT • 4 MONTH				
MON	TUES	WED	THURS	FRI
☐ James 1-3	☐ James 4-5	☐ 1 Peter 1-3	☐ 1 Peter 4-5	☐ 2 Peter 1-3
OT • 2 YEAR				
MON	TUES	WED	THURS	FRI
☐ Dan 7-8	☐ Dan 9	☐ Dan 10	☐ Dan 11	☐ Dan 12

WEEK 16 • DECEMBER 14 • MEMORY VERSE: PROVERBS 15:1

NT • 1 YEAR				
MON	TUES	WED	THURS	FRI
☐ Rev 13	☐ Rev 14	☐ Rev 15	☐ Rev 16	☐ Rev 17
NT • 4 MONTH				
MON	TUES	WED	THURS	FRI
☐ 1 John 1-3	☐ 1 John 4-5	☐ 2 John 1	☐ 3 John 1	☐ Jude 1
OT • 2 YEAR				
MON	TUES	WED	THURS	FRI
☐ Prov 1-2	☐ Prov 3-4	☐ Prov 5-6	☐ Prov 7-8	☐ Prov 9

WEEK 17 • DECEMBER 21 • MEMORY VERSE: PROVERBS 16:9

NT • 1 YEAR

MON	TUES	WED	THUR	FRI
☐ Rev 18	☐ Rev 19	☐ Rev 20	☐ Rev 21	☐ Rev 22

NT • 4 MONTH

MON	TUES	WED	THURS	FRI
☐ Rev 1-3	☐ Rev 4-5	☐ Rev 6-7	☐ Rev 8-9	☐ Rev 10-11

OT • 2 YEAR

MON	TUES	WED	THURS	FRI
☐ Prov 10-12	☐ Prov 13-15	☐ Prov 16-18	☐ Prov 19-21	☐ Prov 22-24

WEEK 18 • DECEMBER 28 • MEMORY VERSE: PSALM 103:1-2

NT • 1 YEAR

MON	TUES	WED	THUR	FRI
☐ Matt 1	☐ Matt 2	☐ Matt 3	☐ Matt 4	☐ Matt 5

NT • 4 MONTH

MON	TUES	WED	THURS	FRI
☐ Rev 12-14	☐ Rev 15-16	☐ Rev 17-18	☐ Rev 19-20	☐ Rev 21-22

OT • 2 YEAR

MON	TUES	WED	THURS	FRI
☐ Prov 25-26	☐ Prov 27-28	☐ Prov 29	☐ Prov 30	☐ Prov 31

NT • 4 MONTH

MON	TUES	WED	THURS	FRI
☐ Eph 1-3	☐ Eph 4-6	☐ Phil 1-4	☐ Col 1-2	☐ Col 3-4

OT • 2 YEAR

MON	TUES	WED	THURS	FRI
☐ Mal 1	☐ Mal 2:1-9	☐ Mal 2:10-17	☐ Mal 3	☐ Mal 4

WEEK 13 • NOVEMBER 23 • MEMORY VERSE: LAM. 3:22-23

NT • 1 YEAR

MON	TUES	WED	THUR	FRI
☐ 2 John 1	☐ 3 John 1	☐ Jude 1	☐ Rev 1	☐ Rev 2

NT • 4 MONTH

MON	TUES	WED	THURS	FRI
☐ 1 Thess 1-5	☐ 2 Thess 1-3	☐ 1 Tim 1-6	☐ 2 Tim 1-4	☐ Titus 1-3

OT • 2 YEAR

MON	TUES	WED	THURS	FRI
☐ Lam 1	☐ Lam 2	☐ Lam 3	☐ Lam 4	☐ Lam 5

WEEK 14 • NOVEMBER 30 • MEMORY VERSE: PROVERBS 1:7

NT • 1 YEAR

MON	TUES	WED	THUR	FRI
☐ Rev 3	☐ Rev 4	☐ Rev 5	☐ Rev 6	☐ Rev 7

NT • 4 MONTH

MON	TUES	WED	THURS	FRI
☐ Phm 1	☐ Heb 1-4	☐ Heb 5-7	☐ Heb 8-10	☐ Heb 11-13

OT • 2 YEAR

MON	TUES	WED	THURS	FRI
☐ Dan 1-2	☐ Dan 3	☐ Dan 4	☐ Dan 5	☐ Dan 6