

# A Guide for Spiritual Nourishment

Read the Bible (Rev. 1:3; Ps. 119:18)

Study the Bible (Ps. 119:93; 2 Tim. 2:15)

Memorize the Bible (Ps. 119:11,71; Col. 3:16a)

Meditate on the Bible (Josh. 1:8; Ps. 1:2; 119:15,59,99)

Obey the Bible (James 1:22; Matt. 7:24; Ps. 119:14,60,112)

No Christian believer can live the Christian life to the full without an adequate grasp of the Bible and regular, consistent study of its pages.

The Word of God nourishes the spirit within man, like food supplies nourishment to his body. It comforts those who are downcast. It strengthens the weak. It enlightens the seeker. It protects against the dangers of temptation and sin. It brings joy to the heart. It renews those who have spiritual life. It gives light, freedom and confidence in our daily walk. It reveals God's love for us. It imparts insight, discernment and judgment. It brings us delight when we are afflicted. It rebukes the arrogant. It improves the sinful.

This reading guide arranges Scriptures in a chronological sequence so that one may grasp an overview from the Bible of the struggles of people and the work of God as history unfolds. A successful completion of this menu will carry you through the Old Testament once and the New Testament twice in one year.

As you begin each quest in the Word ask the Lord to open your spiritual eyes to understand the words you read; to comprehend the life principles conveyed by the words; and to give you a yielded, willing heart and the strength to do what God bids. He will bless your spirit and soul – your very life.

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## January

1. Genesis 1, 2; Luke 1
2. Genesis 3, 4, 5; Luke 2
3. Genesis 6, 7, 8; Luke 3
4. Genesis 9, 10, 11; Luke 4
5. Genesis 12, 13, 14; Luke 5
6. Genesis 15, 16, 17; Luke 6
7. Genesis 18, 19; Ps. 3; Luke 7
8. Genesis 20, 21, 22; Luke 8
9. Genesis 23, 24; Luke 9
10. Genesis 25, 26; Ps. 6; Luke 10
11. Genesis 27, 28; Ps. 4; Luke 11
12. Genesis 29, 30; Luke 12

13. Genesis 31, 32, 33; Luke 13
14. Genesis 34, 35, 36; Luke 14
15. Genesis 37, 38; Ps. 7; Luke 15
16. Genesis 39, 40, 41; Luke 16
17. Genesis 42, 43; Ps. 5; Luke 17
18. Genesis 44, 45, 46; Luke 18
19. Genesis 47, 48; Ps. 10; Luke 19
20. Genesis 49, 50; Ps. 8; Luke 20
21. Exodus 1, 2; Ps. 88; Luke 21
22. Exodus 3, 4, 5; Luke 22
23. Exodus 6, 7, 8; Luke 23
24. Exodus 9, 10, 11; Luke 24
25. Exodus 12, 13; Ps. 21; Acts 1
26. Exodus 14, 15, 16; Acts 2
27. Exodus 17, 18, 19, 20; Acts 3
28. Exodus 21, 22; Ps. 12; Acts 4
29. Exodus 23, 24; Ps. 14; Acts 5
30. Exodus 25, 26, 27; Acts 6
31. Exodus 28, 29; Acts 7

## February

1. Exodus 30, 31, 32; Acts 8
2. Exodus 33, 34; Ps. 16; Act 9
3. Exodus 35, 36; Acts 10
4. Exodus 37, 38; Ps. 19; Acts 11
5. Exodus 39, 40; Ps. 15; Acts 12
6. Lev. 1, 2, 3; Acts 13

7. Lev. 4, 5, 6; Acts 14
8. Lev. 7, 8, 9; Acts 15
9. Lev. 10, 11, 12; Acts 16
10. Lev. 13, 14; Acts 17
11. Lev. 15, 16, 17; Acts 18
12. Lev. 18, 19; Ps. 13; Acts 19
13. Lev. 20, 21, 22; Acts 20
14. Lev. 23, 24; Ps. 24; Acts 21
15. Lev. 25; Ps. 25, 26; Acts 22
16. Lev. 26, 27; Acts 23
17. Num. 1, 2; Acts 24
18. Num. 3, 4; Acts 25
19. Num. 5, 6; Ps. 22; Acts 26
20. Num. 7; Ps. 23; Acts 27
21. Num. 8, 9; Acts 28

22. Num. 10, 11; Ps. 27; Mark 1
23. Num. 12, 13; Ps. 90; Mark 2
24. Num. 14, 15, 16; Mark 3
25. Num. 17, 18; Ps. 29; Mark 4
26. Num. 19, 20; Ps. 28; Mark 5
27. Num. 21, 22; Mark 6
28. Num. 23, 24; Mark 7
29. Num. 25, 26, 27; 1 Cor. 13

## March

1. Num. 28, 29; Mark 8
2. Num. 30, 31; Mark 9
3. Num. 32, 33; Mark 10
4. Num 34, 35, 36; Mark 11
5. Deut. 1, 2; Mark 12
6. Deut. 3, 4; Ps. 36; Mark 13
7. Deut. 5, 6; Ps. 43; Mark 14
8. Deut. 7, 8, 9; Mark 15
9. Deut. 10, 11, 12; Mark 16
10. Deut. 13, 14, 15; Gal. 1
11. Deut. 16, 17, 18; Ps. 38; Gal. 2
12. Deut. 19, 20, 21; Gal. 3
13. Deut. 22, 23, 24; Gal. 4
14. Deut. 25, 26, 27; Gal. 5
15. Deut. 28, 29; Gal. 6
16. Deut 30, 31; Ps. 40; 1 Cor. 1
17. Deut. 32, 33, 34; 1 Cor. 2
18. Josh. 1, 2; Ps. 37; 1 Cor. 3
19. Josh. 3, 4, 5, 6; 1 Cor. 4

20. Josh. 7, 8; Ps. 69; 1 Cor. 5
21. Josh. 9, 10, 11; 1 Cor. 6
22. Josh. 12, 13, 14; 1 Cor. 7
23. Josh. 15, 16, 17; 1 Cor. 8
24. Josh. 18, 19, 20; 1 Cor. 9
25. Josh. 21, 22; Ps. 47; 1 Cor. 10
26. Josh. 23, 24; Ps. 44; 1 Cor. 11
27. Judges 1, 2, 3; 1 Cor. 12
28. Judges 4, 5; Ps. 39, 41; 1 Cor. 13
29. Judges 6, 7; Ps. 52; 1 Cor. 14
30. Judges 8; Ps. 42; 1 Cor. 15
31. Judges 9, 10; Ps. 49; 1 Cor. 16

## April

1. Judges 11, 12; Ps. 50; 2 Cor. 1
2. Judges 13, 14, 15, 16; 2 Cor. 2
3. Judges 17, 18; Ps. 89; 2 Cor. 3
4. Judges 19, 20, 21; 2 Cor. 4
5. Ruth 1, 2; Ps. 53, 61; 2 Cor. 5
6. Ruth 3, 4; Ps. 64, 65; 2 Cor. 6
7. 1 Sam. 1, 2; Ps. 66; 2 Cor. 7
8. 1 Sam. 3, 4, 5; Ps. 77; 2 Cor. 8
9. 1 Sam. 6, 7; Ps. 72; 2 Cor. 9
10. 1 Sam. 8, 9, 10; 2 Cor. 10
11. 1 Sam. 11, 12; 1 Chr. 1; 2 Cor. 11
12. 1 Sam. 13; 1 Chr. 2, 3; 2 Cor. 12
13. 1 Sam. 14; 1 Chr. 4; 2 Cor. 13
14. 1 Sam. 15, 16; 1 Chr. 5; Matt. 1
15. 1 Sam. 17; Ps. 9; Matt. 2
16. 1 Sam. 18; 1 Chr. 6; Ps. 11; Matt. 3
17. 1 Sam. 19; 1 Chr. 7; Ps. 59; Matt. 4
18. 1 Sam. 20, 21; Ps. 34; Matt. 5
19. 1 Sam. 22; Ps. 17, 35; Matt. 6
20. 1 Sam. 23; Ps. 31, 54; Matt. 7
21. 1 Sam. 24; Ps. 57, 58; 1 Chr. 8; Matt. 8
22. 1 Sam. 25, 26; Ps. 63; Matt. 9
23. 1 Sam. 27; Ps. 141; 1 Chr. 9; Matt. 10
24. 1 Sam. 28, 29; Ps. 109; Matt. 11
25. 1 Sam. 30, 31; 1 Chr. 10; Matt. 12
26. 2 Sam. 1; Ps. 140; Matt. 13
27. 2 Sam. 2; 1 Chr. 11; Ps. 142; Matt. 14
28. 2 Sam. 3; 1 Chr. 12; Matt. 15
29. 2 Sam. 4, 5; Ps. 139; Matt. 16
30. 2 Sam. 6; 1 Chr. 13; Ps. 68; Matt. 17

- May**
- 1 Chr. 14, 15; Ps. 132; Matt. 18
  - 1 Chr. 16; Ps. 106; Matt. 19
  - 2 Sam. 7:1 Chr. 17; Ps. 2; Matt. 20
  - 2 Sam 8, 9; 1 Chr. 18; Matt. 21
  - 2 Sam. 10; 1 Chr. 19, 20; Ps. 20; Matt. 22
  - 2 Sam. 11, 12; Ps. 51; Matt. 23
  - 2 Sam. 13, 14; Matt. 24
  - 2 Sam. 15, 16; Ps. 32; Matt. 25
  - 2 Sam. 17; Ps. 71; Matt. 26
  - 2 Sam. 18; Ps. 56; Matt. 27
  - 2 Sam. 19, 20; Ps. 55; Matt. 28
  - 2 Sam. 21, 22, 23; 1 Thess. 1
  - 2 Sam. 24; 1 Chr. 21; Ps. 30; 1 Thess. 2
  - 1 Chr. 22, 23, 24; 1 Thess. 3
  - 1 Chr. 25, 26, 27; 1 Thess. 4
  - 1 Kings 1; 1 Chr. 28; Ps. 91; 1 Thess. 5
  - 1 Kings 2; 1 Chr. 29; Ps. 95; 2 Thess. 1
  - 1 Kings 3; 2 Chr. 1; Ps. 78; 2 Thess. 2
  - 1 Kings 4, 5; 2 Chr. 2; Ps. 101; 2 Thess. 3
  - 1 Kings 6; 2 Chr. 3; Ps. 97; Romans 1
  - 1 Kings 7; 2 Chr. 4; Ps. 98; Romans 2
  - 1 Kings 8; 2 Chr. 5; Ps. 99; Romans 3
  - 2 Chr. 6, 7; Ps. 135; Romans 4
  - 1 Kings 9; 2 Chr. 8; Ps. 136; Romans 5
  - 1 Kings 10, 11; 2 Chr. 9; Romans 6
- June**
- Prov. 19, 20, 21; Rom. 13
  - Prov. 22, 23, 24; Rom. 14
  - Prov. 25, 26, 27; Rom. 15
  - Prov. 28, 29; Ps. 60; Romans 16
  - Prov. 30, 31; Ps. 33; Ephesians 1
  - Eccl. 1, 2, 3; Ps. 45; Ephesians 2
  - Eccl. 4, 5, 6; Ps. 18; Ephesians 3
  - Eccl. 7, 8, 9; Ephesians 4
  - Eccl. 10, 11, 12; Ps. 94; Ephesians 5
  - Song 1, 2, 3, 4; Ephesians 6
  - Song 5, 6, 7, 8; Philippians 1
  - 1 Kings 12; 2 Chr. 10, 11; Philippians 2
  - 1 Kings 13, 14, 2 Chr. 12; Philippians 3
  - 1 Kings 15; 2 Chr. 13, 14; Philippians 4
  - 1 Kings 16; 2 Chr. 15, 16; Colossians 1
  - 1 Kings 17, 18, 19; Colossians 2
  - 1 Kings 20, 21; 2 Chr. 17; Colossians 3
  - 1 Kings 22; 2 Chr. 18, 19; Colossians 4
  - 2 Kings 1, 2, 3; Ps. 82; 1 Timothy 1
  - 2 Kings 4, 5; Ps. 83; 1 Timothy 2
  - 2 Kings 6, 7; 2 Chr. 20; 1 Timothy 3
  - 2 Kings 8, 9; 2 Chr. 21; 1 Timothy 4
  - 2 Kings 10; 2 Chr. 22, 23; 1 Timothy 5
  - 2 Kings 11, 12; 2 Chr. 24; 1 Timothy 6
- July**
- Isaiah 1, 2, 3; Titus 3
  - Isaiah 4, 5; Ps. 115, 116; Jude
  - Isaiah 6, 7; 2 Chr. 26, 27; Philemon
  - 2 Kings 15, 16; Hosea 1; Hebrews 1
  - Hosea 2, 3, 4, 5; Hebrews 2
  - Hosea 6, 7, 8, 9; Hebrews 3
  - Hosea 10, 11, 12; Ps. 73; Hebrews 4
  - Hosea 13, 14; Ps. 100, 102; Hebrews 5
  - Micah 1, 2, 3, 4; Hebrews 6
  - Micah 5, 6, 7; Hebrews 7
  - Isaiah 8, 9, 10; Hebrews 8
  - Isaiah 11, 12, 13, 14; Hebrews 9
  - Isaiah 15, 16, 17, 18; Hebrews 10
  - Isaiah 19, 20, 21; Hebrews 11
  - Isaiah 22, 23, 24; Hebrews 12
  - Isaiah 25, 26, 27, 28; Hebrews 13
  - Isaiah 29, 30, 31; James 1
  - Isaiah 32, 33, 34, 35; James 2
  - 2 Kings 17; 2 Chr. 28; Ps. 46; James 3
  - 2 Chr. 29, 30, 31; James 4
  - 2 Kings 18, 19; 2 Chr. 32; James 5
  - Isaiah 36, 37; Ps. 76; 1 Peter 1
- August**
- Isaiah 65, 66; Ps. 62; John 3
  - 2 Kings 21; 2 Chr. 33; John 4
  - Nahum 1, 2, 3; John 5
  - 2 Kings 22; 2 Chr. 34; John 6
  - 2 Kings 23; 2 Chr. 35; John 7
  - Habakkuk 1, 2, 3; John 8
  - Zephaniah 1, 2, 3; John 9
  - Jeremiah 1, 2; John 10
  - Jeremiah 3, 4; John 11
  - Jeremiah 5, 6; John 12
  - Jeremiah 7, 8, 9; John 13
  - Jeremiah 10, 11, 12; John 14
  - Jeremiah 13, 14, 15; John 15
  - Jeremiah 16, 17; Ps. 96; John 16
  - Jeremiah 18, 19, 20; Ps. 93; John 17
  - 2 Kings 24; Jeremiah 22; Ps. 112; John 18
- September**
- Ezekiel 15, 16; Ps. 70; Revelation 6
  - Ezekiel 17, 18, 19; Revelation 7
  - Ezekiel 20, 21; Ps. 111; Revelation 8
  - Ezekiel. 22, 23, 24; Revelation 9, 10
  - Ezekiel 25, 26, 27, 28; Revelation 11
  - Ezekiel 29, 30, 31, 32; Revelation 12
  - 2 Kings 25; 2 Chr. 36; Jeremiah 40, 41
  - Jeremiah 42, 43, 44; Ps. 48; Revelation 13
  - Lamentations 1, 2; Obadiah; Revelation 14
  - Lamentations 3, 4, 5; Revelation 15
  - Daniel 1, 2; Ps. 87; Revelation 16
  - Daniel 3, 4; Ps. 81; Revelation 17
  - Ezekiel 33, 34, 35; Revelation 18
  - Ezekiel 36, 37; Ps. 110; Revelation 19
  - Ezekiel 38, 39; Ps. 145; Revelation 20
- October**
- Zechariah 10, 11, 12; Ps. 126; Luke 14
  - Zechariah 13, 14; Ps. 134, 147; Luke 15
  - Ezra 5, 6; Ps. 138; Luke 16
  - Esther 1, 2; Ps. 150; Luke 17
  - Esther 3, 4, 5, 6; Luke 18
  - Esther 7, 8, 9, 10; Luke 19
  - Ezra 7, 8; Luke 20
  - Ezra 9, 10; Ps. 131; Luke 21
  - Nehemiah 1, 2; Ps. 133; Luke 22
  - Nehemiah 3, 4; Luke 23
  - Nehemiah 5, 6; Ps. 146; Luke 24
  - Nehemiah 7, 8; Acts 1
- November**
- Ps. 121; Mark 9, 10
  - Job 23, 24; Mark 11, 12
  - Job 25; Mark 13, 14
  - Job 26, 27; Mark 15, 16
  - Job 28, 29; Galatians 1, 2
  - Job 30; Ps. 120; Galatians 3, 4
- December**
- Romans 5, 6, 7, 8
  - Romans 9, 10, 11, 12
  - Romans 13, 14, 15, 16
  - Ephesians 1, 2, 3, 4, 5, 6
  - Psalm 119
  - Philippians 1, 2, 3, 4
- January**
- Job 31, 32; Galatians 5, 6
  - Job 33; 1 Cor. 1, 2, 3
  - Job 34; 1 Cor. 4, 5, 6
  - Job 35, 36; 1 Cor. 7, 8
  - Ps. 122; 1 Cor. 9, 10, 11
  - Job 37, 38; 1 Cor. 12
  - Job 39, 40; 1 Cor. 13, 14
  - Ps. 149; 1 Cor. 15, 16
  - Job 41, 42; 2 Cor. 1, 2
  - 2 Cor. 3, 4, 5, 6
  - 2 Cor. 7, 8, 9, 10
  - Ps. 124; 2 Cor. 11, 12, 13
  - Matthew 1, 2, 3, 4
  - Matthew 5, 6, 7
  - Matthew 8, 9, 10
  - Matthew 11, 12, 13
  - Matthew 14, 15, 16
  - Matthew 17, 18, 19
  - Matthew 20, 21, 22
  - Matthew 23, 24, 25
  - Ps. 125; Matthew 26, 27
  - Matthew 28; 1 Thess. 1, 2, 3
  - 1 Thess. 4, 5; 2 Thess. 1, 2, 3
  - Romans 1, 2, 3, 4
- February**
- Romans 5, 6, 7, 8
  - Romans 9, 10, 11, 12
  - Romans 13, 14, 15, 16
  - Ephesians 1, 2, 3, 4, 5, 6
  - Psalm 119
  - Philippians 1, 2, 3, 4
- March**
- Colossians 1, 2, 3, 4
  - 1 Timothy 1, 2, 3, 4
  - 1 Timothy 5, 6; Titus 1, 2, 3
  - 2 Timothy 1, 2, 3, 4
  - Philemon; Hebrews 1, 2, 3, 4
  - Hebrews 5, 6, 7, 8
  - Hebrews 9, 10, 11
  - Hebrews 12, 13
  - James 1, 2, 3, 4, 5
  - 1 Peter 1, 2, 3, 4, 5
  - 2 Peter 1, 2, 3; John 1
  - John 2, 3, 4
  - John 5, 6
  - John 7, 8
  - John 9, 10, 11
  - John 12, 13, 14
  - John 15, 16, 17, 18
  - John 19, 20, 21
  - 1 John 1, 2, 3, 4, 5
  - Ps. 117; 2 John; 3 John; Jude
  - Revelation 1, 2, 3, 4
  - Revelation 5, 6, 7, 8, 9
  - Revelation 10, 11, 12, 13, 14
  - Revelation 15, 16, 17, 18
  - Revelation 19, 20, 21, 22