

# LIFE JOURNAL READING PLAN AND JOURNAL

The following reading and journaling plan has been designed specifically for the members of Keystone Heights Presbyterian Church (KHPC).

We encourage you to purposefully read and memorize the Bible this year. Our Church has developed a plan that is interesting, centered on the Holy Spirit's specific insight for you, and is achievable.

## THE READINGS

Each day, you will read a new section of scripture. The passages are often laid out in a chronological manner. For example: On a day that you read about David fleeing from Saul, you will also read the psalm that David wrote out of that experience.

## THE S.O.A.P. METHOD OF BIBLE READING

### S (Scripture)

Open your Bible to the reading found under today's date of your Bible bookmark. Take time reading and allow God to speak to you. When you are done, look for a verse that particularly spoke to you that day, and write it in your journal.

### O (Observation)

What do you think God is saying to you in this scripture? Ask the Holy Spirit to teach you and reveal Jesus to you. Paraphrase and write this Scripture down in your own words in your journal. Use a study Bible such as the Reformation Study Bible to help you learn the meaning of a particular passage.

### A (Application)

Personalize what you have read, by asking yourself how it applies to your life right now. Perhaps it is instruction, encouragement, revelation of a new promise, or corrections for a particular area of your life. Write how this Scripture can apply to you today.

### P (Prayer)

This can be as simple as asking God to help you use this Scripture, or it may be a greater insight on what He may be revealing to you. Remember, prayer is a two-way conversation, so be sure to listen to what God has to say! Now, write it out.

## THE JOURNAL

Get a blank notebook that you can write in daily. Each day, use a new page to record your thoughts as you go through the SOAP Method. At the top of the page record three things:

**1)** The Date **2)** Title/Subject that defines your thoughts for the day's readings **3)** Page number.

On the remainder of the page, create headings for S (scripture), O (observation), A (application), P (prayer). Use each heading to record what the Holy Spirit speaks to you for that day's reading.

Reserve a few pages at the beginning of the journal to create a table of contents that contains:

**DATE | SCRIPTURE FOCUS | A TITLE/SUBJECT THAT YOU CREATE FOR THAT READING | THE PAGE**

## JANUARY

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

## APRIL

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

## FEBRUARY

1 - Ex. 30-32; Acts 8  
2 - Ex. 33-34; Ps. 16; Acts 9  
3 - Ex. 35-36; Acts 10  
4 - Ex. 37-38; Ps. 19; Acts 11  
5 - Ex. 39-40; Ps. 15; Acts 12  
6 - Lev. 1-3; Acts 13  
7 - Lev. 4-6; Acts 14  
8 - Lev. 7-9; Acts 15  
9 - Lev. 10-12; Acts 16  
10 - Lev. 13-14; Acts 17  
11 - Lev. 15-17; Acts 18  
12 - Lev. 18-19; Ps. 13; Acts 19  
13 - Lev. 20-22; 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. 14-16; Mark 3  
25 - Num. 17-18; Ps. 29; Mark 4  
26 - Num. 19-20; Ps. 28; Mark 5  
27 - Num. 21-23; Mark 6-7  
28 - Num. 24-27; 1 C-r. 13

## MAY

1 - 1 Chr. 14-15; Ps. 132; Mt. 18  
2 - 1 Chr. 16; Ps. 106; Mt. 19  
3 - 2 Sam. 7; 1 Chr. 17; Ps. 2; Mt. 20  
4 - 2 Sam. 8-9; 1 Chr. 18-19; Mt. 21  
5 - 2 Sam. 10; 1 Chr. 20; Ps. 20; Mt. 22  
6 - 2 Sam. 11-12; Ps. 51; Mt. 23  
7 - 2 Sam. 13-14; Mt. 24  
8 - 2 Sam. 15-16; Ps. 32; Mt. 25  
9 - 2 Sam. 17; Ps. 71; Mt. 26  
10 - 2 Sam. 18; Ps. 56; Mt. 27  
11 - 2 Sam. 19-20; Ps. 55; Mt. 28  
12 - 2 Sam. 21-23; 1 Th. 1  
13 - 2 Sam. 24; 1 Chr. 21; Ps. 30; 1 Th. 2  
14 - 1 Chr. 22-24; 1 Th. 3  
15 - 1 Chr. 25-27; 1 Th. 4  
16 - 1 Ki. 1; 1 Chr. 28; Ps. 91; 1 Th. 5  
17 - 1 Ki. 2; 1 Chr. 29; Ps. 95; 2 Th. 1  
18 - 1 Ki. 3; 2 Chr. 1; Ps. 78; 2 Th. 2  
19 - 1 Ki. 4-5; 2 Chr. 2; Ps. 101; 2 Th. 3  
20 - 1 Ki. 6; 2 Chr. 3; Ps. 97; Rom. 1  
21 - 1 Ki. 7; 2 Chr. 4; Ps. 98; Rom. 2  
22 - 1 Ki. 8; 2 Chr. 5; Ps. 99; Rom. 3  
23 - 2 Chr. 6-7; Ps. 135; Rom. 4  
24 - 1 Ki. 9; 2 Chr. 8; Ps. 136; Rom. 5  
25 - 1 Ki. 10-11; 2 Chr. 9; Rom. 6  
26 - Prov. 1-3; Rom. 7  
27 - Prov. 4-6; Rom. 8  
28 - Prov. 7-9; Rom. 9  
29 - Prov. 10-12; Rom. 10  
30 - Prov. 13-15; Rom. 11  
31 - Prov. 16-18; Rom. 12

## MARCH

1 - Num. 28-29; Mark 8  
2 - Num. 30-31; Mark 9  
3 - Num. 32-33; Mark 10  
4 - Num. 34-36; 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. 7-9; Mark 15  
9 - Deut. 10-12; Mark 16  
10 - Deut. 13-15; Gal. 1  
11 - Deut. 16-18; Ps. 38; Gal. 2  
12 - Deut. 19-21; Gal. 3  
13 - Deut. 22-24; Gal. 4  
14 - Deut. 25-27; Gal. 5  
15 - Deut. 28-29; Gal. 6  
16 - Deut. 30-31; Ps. 40; 1 Cor. 1  
17 - Deut. 32-34; 1 Cor. 2  
18 - Josh. 1-2; Ps. 37; 1 Cor. 3  
19 - Josh. 3-6; 1 Cor. 4  
20 - Josh. 7-8; Ps. 69; 1 Cor. 5  
21 - Josh. 9-11; 1 Cor. 6  
22 - Josh. 12-14; 1 Cor. 7  
23 - Josh. 15-17; 1 Cor. 8  
24 - Josh. 18-20; 1 Cor. 9  
25 - Josh. 21-22; Ps. 47; 1 Cor. 10  
26 - Josh. 23-24; Ps. 44; 1 Cor. 11  
27 - Judg. 1-3; 1 Cor. 12  
28 - Judg. 4-5; Ps. 39, 41; 1 Cor. 13  
29 - Judg. 6-7; Ps. 52; 1 Cor. 14  
30 - Judg. 8; Ps. 42; 1 Cor. 15  
31 - Judg. 9-10; Ps. 49; 1 Cor. 16

## JUNE

1 - Prov. 19-21; Rom. 13  
2 - Prov. 22-24; Rom. 14  
3 - Prov. 25-27; Rom. 15  
4 - Prov. 28-29; Ps. 60; Rom. 16  
5 - Prov. 30-31; Ps. 33; Eph. 1  
6 - Ecc. 1-3; Ps. 45; Eph. 2  
7 - Ecc. 4-6; Ps. 18; Eph. 3  
8 - Ecc. 7-9; Eph. 4  
9 - Ecc. 10-12; Ps. 94; Eph. 5  
10 - Song 1-4; Eph. 6  
11 - Song 5-8; Phil. 1  
12 - 1 Ki. 12; 2 Chr. 10-11; Phil. 2  
13 - 1 Ki. 13-14; 2 Chr. 12; Phil. 3  
14 - 1 Ki. 15; 2 Chr. 13-14; Phil. 4  
15 - 1 Ki. 16; 2 Chr. 15-16; Col. 1  
16 - 1 Ki. 17-19; Col. 2  
17 - 1 Ki. 20-21; 2 Chr. 17; Col. 3  
18 - 1 Ki. 22; 2 Chr. 18-19; Col. 4  
19 - 2 Ki. 1-3; Ps. 82; 1 Tim. 1  
20 - 2 Ki. 4-5; Ps. 83; 1 Tim. 2  
21 - 2 Ki. 6-7; 2 Chr. 20; 1 Tim. 3  
22 - 2 Ki. 8-9; 2 Chr. 21; 1 Tim. 4  
23 - 2 Ki. 10; 2 Chr. 22-23; 1 Tim. 5  
24 - 2 Ki. 11-12; 2 Chr. 24; 1 Tim. 6  
25 - Joel 1-3; 2 Tim. 1  
26 - Jon. 1-4; 2 Tim. 2  
27 - 2 Ki. 13-14; 2 Chr. 25; 2 Tim. 3  
28 - Amos 1-3; Ps. 80; 2 Tim. 4  
29 - Amos 4-6; Ps. 86; Titus 1  
30 - Amos 7-9; Ps. 104; Titus 2

**JULY**

1 - Is. 1-3; Titus 3  
 2 - Is. 4-5; Ps. 115-116; Jude  
 3 - Is. 6-7; 2 Chr. 26-27; Philem.  
 4 - 2 Ki. 15-16; Hos. 1; Heb. 1  
 5 - Hos. 2-5; Heb. 2  
 6 - Hos. 6-9; Heb. 3  
 7 - Hos. 10-12; Ps. 73; Heb. 4  
 8 - Hos. 13-14; Ps. 100, 102; Heb. 5  
 9 - Mic. 1-4; Heb. 6  
 10 - Mic. 5-7; Heb. 7  
 11 - Is. 8-10; Heb. 8  
 12 - Is. 11-14; Heb. 9  
 13 - Is. 15-18; Heb. 10  
 14 - Is. 19-21; Heb. 11  
 15 - Is. 22-24; Heb. 12  
 16 - Is. 25-28; Heb. 13  
 17 - Is. 29-31; Jas. 1  
 18 - Is. 32-35; Jas. 2  
 19 - 2 Ki. 17; 2 Chr. 28; Ps. 46; Jas. 3  
 20 - 2 Chr. 29-31; Jas. 4  
 21 - 2 Ki. 18-19; 2 Chr. 32; Jas. 5  
 22 - Is. 36-37; Ps. 76; 1 Pet. 1  
 23 - 2 Ki. 20; Is. 38, 39; Ps. 75; 1 Pet. 2  
 24 - Is. 40-42; 1 Pet. 3  
 25 - Is. 43-45 1 Pet. 4  
 26 - Is. 46-49; 1 Pet. 5  
 27 - Is. 50-52; Ps. 92; 2 Pet. 1  
 28 - Is. 53-56; 2 Pet. 2  
 29 - Is. 57-59; Ps. 103; 2 Pet. 3  
 30 - Is. 60-62; Jn. 1  
 31 - Is. 63-64; Ps. 107; Jn. 2

**OCTOBER**

1 - Zech. 10-12; Ps. 126; Lk. 14  
 2 - Zech. 13-14; Ps. 147; Lk. 15  
 3 - Ezra 5-6; Ps. 138; Lk. 16  
 4 - Est. 1-2; Ps. 150; Lk. 17  
 5 - Est. 3-8; Lk. 18  
 6 - Est. 9-10; Lk. 19  
 7 - Ezra 7- 8; Lk. 20  
 8 - Ezra 9-10; Ps. 131; Lk. 21  
 9 - Neh. 1-2; Ps. 133; Lk. 22  
 10 - Neh. 3-4; Lk. 23  
 11 - Neh. 5-6; Ps. 146; Lk. 24  
 12 - Neh. 7-8; Acts 1  
 13 - Neh. 9-10; Acts 2  
 14 - Neh. 11-12; Ps. 1; Acts 3  
 15 - Neh. 13; Mal. 1, 2; Acts 4  
 16 - Mal. 3-4; Ps. 148; Acts 5  
 17 - Job 1-2; Acts 6-7  
 18 - Job 3-4; Acts 8-9  
 19 - Job 5; Ps. 108; Acts 10-11  
 20 - Job 6-8; Acts 12  
 21 - Job 9-10; Acts 13-14  
 22 - Job 11-12; Acts 15-16  
 23 - Job 13-14; Acts 17-18  
 24 - Job 15; Acts 19-20  
 25 - Job 16; Acts 21-23  
 26 - Job 17; Acts 24-26  
 27 - Job 18; Ps. 114; Acts 27-28  
 28 - Job 19; Mk. 1-2  
 29 - Job 20; Mk. 3-4  
 30 - Job 21; Mk. 5-6  
 31 - Job 22; Mk. 7-8

**AUGUST**

1 - Is. 65-66; Ps. 62; Jn. 3  
 2 - 2 Ki. 21; 2 Chr. 33; Jn. 4  
 3 - Nah. 1-3; Jn. 5  
 4 - 2 Ki. 22; 2 Chr. 34; Jn. 6  
 5 - 2 Ki. 23; 2 Chr. 35; Jn. 7  
 6 - Hab. 1-3; Jn. 8  
 7 - Zeph. 1-3; Jn. 9  
 8 - Jer. 1-2; Jn. 10  
 9 - Jer. 3-4; Jn. 11  
 10 - Jer. 5-6; Jn. 12  
 11 - Jer. 7-9; Jn. 13  
 12 - Jer. 10-12; Jn. 14  
 13 - Jer. 13-15; Jn. 15  
 14 - Jer. 16-17; Ps. 96; Jn. 16  
 15 - Jer. 18-20; Ps. 93; Jn. 17  
 16 - 2 Ki. 24; Jer. 22; Ps. 112; Jn. 18  
 17 - Jer. 23, 25; Jn. 19  
 18 - Jer. 26, 35, 36; Jn. 20  
 19 - Jer. 45-47; Ps. 105; Jn. 21  
 20 - Jer. 48-49; Ps. 67; 1 Jn. 1  
 21 - Jer. 21, 24, 27; Ps. 118; 1 Jn. 2  
 22 - Jer. 28-30; 1 Jn. 3  
 23 - Jer. 31-32; 1 Jn. 4  
 24 - Jer. 33-34; Ps. 74; 1 Jn. 5  
 25 - Jer. 37-39; Ps. 79; 2 Jn.  
 26 - Jer. 50-51; 3 Jn.  
 27 - Jer. 52; Rev. 1; Ps. 143, 144  
 28 - Ezek. 1-3; Rev. 2  
 29 - Ezek. 4-7; Rev. 3  
 30 - Ezek. 8-11; Rev. 4  
 31 - Ezek. 12-14; Rev. 5

**NOVEMBER**

1 - Ps. 121; Mk. 9-10  
 2 - Job 23-24; Mk. 11-12  
 3 - Job 25; Mk. 13-14  
 4 - Job 26-27; Mk. 15-16  
 5 - Job 28-29; Gal. 1-2  
 6 - Job 30; Ps. 120; Gal. 3-4  
 7 - Job 31-32; Gal. 5-6  
 8 - Job 33; 1 Cor. 1-3  
 9 - Job 34; 1 Cor. 4-6  
 10 - Job 35, 36; 1 Cor. 7-8  
 11 - Ps. 122; 1 Cor. 9-11  
 12 - Job 37-38; 1 Cor. 12  
 13 - Job 39-40; 1 Cor. 13-14  
 14 - Ps. 149; 1 Cor. 15-16  
 15 - Job 41-42; 2 Cor. 1-2  
 16 - 2 Cor. 3-6  
 17 - 2 Cor. 7-10  
 18 - Ps. 124; 2 Cor. 11-13  
 19 - Mt. 1-4  
 20 - Mt. 5-7  
 21 - Mt. 8-10  
 22 - Mt. 11-13  
 23 - Mt. 14-16  
 24 - Mt. 17-19  
 25 - Mt. 20-22  
 26 - Mt. 23-25  
 27 - Ps. 125; Mt. 26-27  
 28 - Mt. 28; 1 Th. 1-3  
 29 - 1 Th. 4-5; 2 Th. 1-3  
 30 - Rom. 1-4

**SEPTEMBER**

1 - Ezek. 15-16; Ps. 70; Rev. 6  
 2 - Ezek. 17-19; Rev. 7  
 3 - Ezek. 20-21, Ps. 111; Rev. 8  
 4 - Ezek. 22-24; Rev. 9  
 5 - Ezek. 25-28, Rev. 10  
 6 - Ezek. 29-32; Rev. 11  
 7 - 2 Ki. 25; 2 Chr. 36; Jer. 40-41; Rev. 12  
 8 - Jer. 42-44; Ps. 48; Rev. 13  
 9 - Lam. 1- 2; Obad.; Rev. 14  
 10 - Lam. 3-5; Rev. 15  
 11 - Dan. 1-2; Rev. 16  
 12 - Dan. 3- 4; Ps. 81; Rev. 17  
 13 - Ezek. 33-35, Rev. 18  
 14 - Ezek. 36-37; Ps. 110; Rev. 19  
 15 - Ezek. 38-39; Ps. 145; Rev. 20  
 16 - Ezek. 40-41; Ps. 128; Rev. 21  
 17 - Ezek. 42-44; Rev. 22  
 18 - Ezek. 45-46; Lk. 1  
 19 - Ezek. 47-48; Lk. 2  
 20 - Dan. 5-6; Ps. 130; Lk. 3  
 21 - Dan. 7-8; Ps. 137; Lk. 4  
 22 - Dan. 9-10; Ps. 123; Lk. 5  
 23 - Dan. 11-12; Lk. 6  
 24 - Ezra 1; Ps. 84-85; Lk. 7  
 25 - Ezra 2-3; Lk. 8  
 26 - Ezra 4; Ps. 113, 127; Lk. 9  
 27 - Hag. 1-2; Ps. 129; Lk. 10  
 28 - Zech. 1-3; Lk. 11  
 29 - Zech. 4-6; Lk. 12  
 30 - Zech. 7-9; Lk. 13

**DECEMBER**

1 - Rom. 5-8  
 2 - Rom. 9-12  
 3 - Rom. 13-16  
 4 - Eph. 1-4  
 5 - Eph. 5-6; Ps. 119; 1-80  
 6 - Phil. 1-4  
 7 - Col. 1-4  
 8 - 1 Tim. 1-4  
 9 - 1 Tim. 5-6; Tit. 1-3  
 10 - 2 Tim. 1-4  
 11 - Philem.; Heb. 1-4  
 12 - Heb. 5-8  
 13 - Heb. 9-11  
 14 - Heb. 12-13; Jude  
 15 - Jas. 1-5  
 16 - 1 Pet. 1-5  
 17 - 2 Pet. 1-3; Jn. 1  
 18 - Jn. 2-4  
 19 - Jn. 5-6  
 20 - Jn. 7-8  
 21 - Jn. 9-11  
 22 - Jn. 12-14  
 23 - Jn. 15-18  
 24 - Jn. 19-21  
 25 - 1 Jn. 1-5  
 26 - Ps. 117; 119: 81-176; 2 Jn.; 3 Jn.  
 27 - Rev. 1-428 - Rev. 5-9  
 29 - Rev. 10-14  
 30 - Rev. 15-18  
 31 - Rev. 19-22