

## Life Journal Daily Devotional

There are plenty of spiritual practices that can be useful at different times of your life, but reflecting on Scripture and praying for guidance are the most important spiritual practices in every phase of life. Whether you're wondering, "Who is Jesus" or you're the next Mother Teresa, these are the two most essential spiritual practices.

The Biblical journaling practice I have been using for many years is called the life Journal. If you have one that works for you, stick with it – this one isn't magical, it just works for me. We can provide you with the daily reading plan for free, and the physical notebook for the Life Journal is available online (<https://www.liferesources.cc/spiral-life-journal/>). Prefer a physical journal but can't afford it? Just let me know and I'll give you one to help you get started! You can also see a video where I explain the process at <http://littletonpresbyterian.org/bible/>.

The journaling method is called SOAP. Click on the image to the right for a sample entry from my 2012 journal.

- (S) Scripture – write down a verse or two that speak to you today
- (O) Observation – write down a sentence or two about what you're noticing in the text
- (A) Application – ask the Holy Spirit for guidance and write down how your life should be different as a result of the Scripture you just wrote down and observed
- (P) Prayer – write down a prayer that relates to your application

This method combines the two primary spiritual practices, and the daily reading plan also allows you to just look up the date and know what to read in the Bible. Simple!

The goal isn't to read every word of every chapter listed on every day. **The goal is to read until the Holy Spirit speaks to you. You can stop and journal after that!** You won't get extra points in heaven for completing the reading assignment.

And if you skip a day or two or sixty, just pick back up on today's date. **Don't go back and try to catch up for missed journal entries!** Jesus won't love you more if you do, and you'll just overburden yourself and quit. Trust me, I know from experience.

If you want some help getting started, I'd love to grab coffee or lunch sometime! Contact me at [cody@fpcl.org](mailto:cody@fpcl.org).

# Life Journal Daily Reading Schedule

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## January

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

# Life Journal Daily Reading Schedule

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## February

- 1 Exodus 30-32; Acts 8**
- 2 Exodus 33-34; Psalms 16; Acts 9**
- 3 Exodus 35-36; Acts 10**
- 4 Ex 37-38; Psalms 19; Acts 11**
- 5 Ex 39-40; Psalms 15; Acts 12**
- 6 Leviticus 1-3; Acts 13**
- 7 Leviticus 4-6; Acts 14**
- 8 Leviticus 7-9; Acts 15**
- 9 Leviticus 10-12; Acts 16**
- 10 Leviticus 13,14; Acts 17**
- 11 Leviticus 15-17; Acts 18**
- 12 Leviticus 18-19; Ps 13; Acts 19**
- 13 Leviticus 20-22; Acts 20**
- 14 Leviticus 23-24; Psalms 24; Acts 21**
- 15 Leviticus 25; Psalms 25-26; Acts 22**
- 16 Leviticus 26-27; Acts 23**
- 17 Numbers 1-2; Acts 24**
- 18 Numbers 3-4; Acts 25**
- 19 Numbers 5-6; Psalms 22; Acts 26**
- 20 Numbers 7; Psalms 23; Acts 27**
- 21 Numbers 8-9; Acts 28**
- 22 Numbers 10-11; Psalms 27; Mark 1**
- 23 Numbers 12-13; Psalms 90; Mark 2**
- 24 Numbers 14-16; Mark 3**
- 25 Numbers 17-18; Psalms 29; Mark 4**
- 26 Numbers 19-20; Psalms 28; Mark 5**
- 27 Numbers 21-23; Mark 6,7**
- 28 Numbers 24-27; 1 Corinthians 13**

# Life Journal Daily Reading Schedule

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## March

- 1 Numbers 28-29; Mark 8**
- 2 Numbers 30-31; Mark 9**
- 3 Numbers 32-33; Mark 10**
- 4 Numbers 34-36; Mark 11**
- 5 Deuteronomy 1-2; Mark 12**
- 6 Deuteronomy 3-4; Psalms 36; Mark 13**
- 7 Deuteronomy 5-6; Psalms 43; Mark 14**
- 8 Deuteronomy 7-9; Mark 15**
- 9 Deuteronomy 10-12; Mark 16**
- 10 Deuteronomy 13-15; Galatians 1**
- 11 Deuteronomy 16-18; Psalms 38; Galatians 2**
- 12 Deuteronomy 19-21; Galatians 3**
- 13 Deuteronomy 22-24; Galatians 4**
- 14 Deuteronomy 25-27; Galatians 5**
- 15 Deuteronomy 28-29; Galatians 6**
- 16 Deuteronomy 30-31; Psalms 40; 1 Corinthians 1**
- 17 Deuteronomy 32-34; 1 Corinthians 2**
- 18 Joshua 1-2; Psalms 37; 1 Corinthians 3**
- 19 Joshua 3-6; 1 Corinthians 4**
- 20 Joshua 7-8; Psalms 69; 1 Corinthians 5**
- 21 Joshua 9-11; 1 Corinthians 6**
- 22 Joshua 12-14; 1 Corinthians 7**
- 23 Joshua 15-17; 1 Corinthians 8**
- 24 Joshua 18-20; 1 Corinthians 9**
- 25 Joshua 21-22; Psalms 47; 1 Corinthians 10**
- 26 Joshua 23-24; Psalms 44; 1 Corinthians 11**
- 27 Judges 1-3; 1 Corinthians 12**
- 28 Judges 4-5; Psalms 39,41; 1 Corinthians 13**
- 29 Judges 6-7; Psalms 52; 1 Corinthians 14**
- 30 Judges 8; Psalms 42; 1 Corinthians 15**
- 31 Judges 9-10; Psalms 49; 1 Corinthians 16**

# Life Journal Daily Reading Schedule

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## April

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

# Life Journal Daily Reading Schedule

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## May

- 1 1 Chronicles 14-15; Psalms. 132; Matthew 18
- 2 1 Chronicles 16; Psalms. 106; Matthew 19
- 3 2 Samuel 7; 1 Chronicles 17; Psalms. 2; Matthew 20
- 4 2 Samuel 8-9; 1 Chronicles 18-19; Matthew 21
- 5 2 Samuel 10; 1 Chronicles 20; Psalms. 20; Matthew 22
- 6 2 Samuel 11-12; Psalms. 51; Matthew 23
- 7 2 Samuel 13-14; Matthew 24
- 8 2 Samuel 15-16; Psalms. 32; Matthew 25
- 9 2 Samuel 17; Psalms. 71; Matthew 26
- 10 2 Samuel 18; Psalms. 56; Matthew 27
- 11 2 Samuel 19-20; Psalms. 55; Matthew 28
- 12 2 Samuel 21-23; 1 Thessalonians 1
- 13 2 Samuel 24; 1 Chronicles 21; Psalms. 30; 1 Thessalonians 2
- 14 1 Chronicles 22-24; 1 Thessalonians 3
- 15 1 Chronicles 25-27; 1 Thessalonians 4
- 16 1 Kings 1; 1 Chronicles 28; Psalms. 91; 1 Thessalonians 5
- 17 1 Kings 2; 1 Chronicles 29; Psalms. 95; 2 Thessalonians 1
- 18 1 Kings 3; 2 Chronicles 1; Psalms. 78; 2 Thessalonians 2
- 19 1 Kings 4-5; 2 Chronicles 2; Psalms. 101; 2 Thessalonians 3
- 20 1 Kings 6; 2 Chronicles 3; Psalms. 97; Romans 1
- 21 1 Kings 7; 2 Chronicles 4; Psalms. 98; Romans 2
- 22 1 Kings 8; 2 Chronicles 5; Psalms. 99; Romans 3
- 23 2 Chronicles 6-7; Psalms. 135; Romans 4
- 24 1 Kings 9; 2 Chronicles 8; Psalms. 136; Romans 5
- 25 1 Kings 10-11; 2 Chronicles 9; Romans 6
- 26 Proverbs 1-3; Romans 7
- 27 Proverbs 4-6; Romans 8
- 28 Proverbs 7-9; Romans 9
- 29 Proverbs 10-12; Romans 10
- 30 Proverbs 13-15; Romans 11
- 31 Proverbs 16-18; Romans 12

# Life Journal Daily Reading Schedule

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## June

- 1 Proverbs 19-21; Romans 13
- 2 Proverbs 22-24; Romans 14
- 3 Proverbs 25-27; Romans 15
- 4 Proverbs 28-29; Psalms. 60; Romans 16
- 5 Proverbs 30-31; Psalms. 33; Ephesiansesians 1
- 6 Ecclesiastes 1-3; Psalms. 45; Ephesiansesians 2
- 7 Ecclesiastes 4-6; Psalms. 18; Ephesiansesians 3
- 8 Ecclesiastes 7-9; Ephesiansesians 4
- 9 Ecclesiastes 10-12; Psalms. 94; Ephesiansesians 5
- 10 Song 1-4; Ephesiansesians6
- 11 Song 5-8; Philippians 1
- 12 1 Kings 12; 2 Chronicles 10-11; Philippians 2
- 13 1 Kings 13-14; 2 Chronicles 12; Philippians 3
- 14 1 Kings 15; 2 Chronicles 13-14; Philippians 4
- 15 1 Kings 16; 2 Chronicles 15-16; Colossians 1
- 16 1 Kings 17-19; Colossians 2
- 17 1 Kings 20-21; 2 Chronicles 17; Colossians 3
- 18 1 Kings 22; 2 Chronicles 18-19; Colossians 4
- 19 2 Kings1-3; Psalms.82; 1 Timothy 1
- 20 2 Kings 4-5; Psalms. 83; 1 Timothy 2
- 21 2 Kings 6-7; 2 Chronicles 20; 1 Timothy 3
- 22 2 Kings 8-9; 2 Chronicles 21; 1 Timothy 4
- 23 2 Kings 10; 2 Chronicles 22-23; 1 Timothy 5
- 24 2 Kings 11-12; 2 Chronicles 24; 1 Timothy 6
- 25 Joel 1-3; 2 Timothy 1
- 26 Jon. 1-4; 2 Timothy 2
- 27 2 Kings 13-14; 2 Chronicles 25; 2 Timothy 3
- 28 Amos 1-3; Psalms. 80; 2 Timothy 4
- 29 Amos 4-6; Psalms. 86; Titus 1
- 30 Amos 7-9; Psalms. 104; Titus 2

# Life Journal Daily Reading Schedule

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## July

- 1 Isaiah 1-3; Titus 3**
- 2 Isaiah 4,5; Psalms 115,116; Jude**
- 3 Isaiah 6,7; 2 Chronicles 26,27; Philemon**
- 4 2 Kings 15,16; Hosea 1; 1 Hebrews 1**
- 5 Hosea 2-5; Hebrews 2**
- 6 Hosea 6-9; Hebrews 3**
- 7 Hosea 10-12; Psalms 73; Hebrews 4**
- 8 Hosea 13,14; Psalms 100,102; Hebrews 5**
- 9 Micah 1-4; Hebrews 6**
- 10 Micah 5-7; Hebrews 7**
- 11 Isaiah 8-10; Hebrews 8**
- 12 Isaiah 11-14; Hebrews 9**
- 13 Isaiah 15-18; Hebrews 10**
- 14 Isaiah 19-21; Hebrews 11**
- 15 Isaiah 22-24; Hebrews 12**
- 16 Isaiah 25-28; Hebrews 13**
- 17 Isaiah 29-31; James 1**
- 18 Isaiah 32-35; James 2**
- 19 2 Kings 17; 2 Chronicles 28; Psalms 46; James 3**
- 20 2 Chronicles 29-31; James 4**
- 21 2 Kings 18,19; 2 Chronicles 32; James 5**
- 22 Isaiah 36,37; Psalms 76; 1 Peter 1**
- 23 2 Kings 20; Isaiah 38,39; Psalms 75; 1 Peter 2**
- 24 Isaiah 40-42; 1 Peter 3**
- 25 Isaiah 43-45; 1 Peter 4.**
- 26 Isaiah 46-49; 1 Peter 5.**
- 27 Isaiah 50-52; Psalms 92; 2 Pet 1**
- 28 Isaiah 53-56; 2 Peter 2**
- 29 Isaiah 57-59; Psalms 103; 2 Peter 3**
- 30 Isaiah 60-62; John 1**
- 31 Isaiah 63,64; Psalms 107; John 2**



# Life Journal Daily Reading Schedule

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## August

- 1 - Isaiah 65-66; Psalms 62; John 3**
- 2 - 2 Kings 21; 2 Chronicles 33; John 4**
- 3 - Nahum 1-3; John 5**
- 4 - 2 Kings 22; 2 Chronicles 34; John 6**
- 5 - 2 Kings 23; 2 Chronicles 35; John 7**
- 6 - Habakkuk 1-3; John 8**
- 7 - Zephaniah 1-3; John 9**
- 8 - Jeremiah 1-2; John 10**
- 9 - Jeremiah 3-4; John 11**
- 10 - Jeremiah 5-6; John 12**
- 11 - Jeremiah 7-9; John 13**
- 12 - Jeremiah 10-12; John 14**
- 13 - Jeremiah 13-15; John 15**
- 14 - Jeremiah 16-17; Psalms 96; John 16**
- 15 - Jeremiah 18-20; Psalms 93; John 17**
- 16 - 2 Kings 24; Jeremiah 22; Psalms 112; John 18**
- 17 - Jeremiah 23, 25; John 19**
- 18 - Jeremiah 26, 35, 36; John 20**
- 19 - Jeremiah 45-47; Psalms 105; John 21**
- 20 - Jeremiah 48-49; Ps 67; 1 John 1**
- 21 - Jeremiah 21, 24, 27; Psalms 118; 1 John 2**
- 22 - Jeremiah 28-30; 1 John 3**
- 23 - Jeremiah 31-32; 1 John 4**
- 24 - Jeremiah 33-34; Psalms 74; 1 John 5**
- 25 - Jeremiah 37-39; Psalms 79; 2 John**
- 26 - Jeremiah 50-51; 3 John**
- 27 - Jeremiah 52; Revelations 1; Psalms 143, 144**
- 28 - Ezekiel 1-3; Revelations 2**
- 29 - Ezekiel 4-7; Revelations 3**
- 30 - Ezekiel 8-11; Revelations 4**
- 31 - Ezekiel 12-14; Revelations 5**

# Life Journal Daily Reading Schedule

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## September

- 1 - Ezekiel 15-16; Psalms 70; Revelations 6**
- 2 - Ezekiel 17-19; Revelations 7**
- 3 - Ezekiel 20-21, Psalms 111; Revelations 8**
- 4 - Ezekiel 22-24; Revelations 9**
- 5 - Ezekiel 25-28, Revelations 10**
- 6 - Ezekiel 29-32; Revelations 11**
- 7 - 2 Kings 25; 2 Chronicles 36; Jeremiah 40-41; Revelations 12**
- 8 - Jeremiah 42-44; Psalms 48; Revelations 13**
- 9 - Lamentations 1- 2; Obadiah; Revelations 14**
- 10 - Lamentations 3-5; Revelations 15**
- 11 - Daniel 1-2; Revelations 16**
- 12 - Daniel 3- 4; Psalms 81; Revelations 17**
- 13 - Ezekiel 33-35, Revelations 18**
- 14 - Ezekiel 36-37; Psalms 110; Revelations 19**
- 15 - Ezekiel 38-39; Psalms 145; Revelations 20**
- 16 - Ezekiel 40-41; Psalms 128; Revelations 21**
- 17 - Ezekiel 42-44; Revelations 22**
- 18 - Ezekiel 45-46; Luke 1**
- 19 - Ezekiel 47-48; Luke 2**
- 20 - Daniel 5-6; Psalms 130; Luke 3**
- 21 - Daniel 7-8; Psalms 137; Luke 4**
- 22 - Daniel 9-10; Psalms 123; Luke 5**
- 23 - Daniel 11-12; Luke 6**
- 24 - Ezra 1; Psalms 84-85; Luke 7**
- 25 - Ezra 2-3; Luke 8**
- 26 - Ezra 4; Psalms 113, 127; Luke 9**
- 27 - Haggai 1-2; Psalms 129; Luke 10**
- 28 - Zechariah 1-3; Luke 11**
- 29 - Zechariah 4-6; Luke 12**
- 30 - Zechariah 7-9; Luke 13**

# Life Journal Daily Reading Schedule

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## October

- 1 - Zechariah 10-12; Psalms 126; Luke 14**
- 2 - Zechariah 13-14; Psalms 147; Luke 15**
- 3 - Ezra 5-6; Psalms 138; Luke 16**
- 4 - Esther 1-2; Psalms 150; Luke 17**
- 5 - Esther 3-8; Luke 18**
- 6 - Esther 9-10; Luke 19**
- 7 - Ezra 7- 8; Luke 20**
- 8 - Ezra 9-10; Psalms 131; Luke21**
- 9 - Nehemiah 1-2; Psalms 133; Luke 22**
- 10 - Nehemiah 3-4; Luke 23**
- 11 - Nehemiah 5-6; Psalms 146; Luke 24**
- 12 - Nehemiah 7-8; Acts 1**
- 13 - Nehemiah 9-10; Acts 2**
- 14 - Nehemiah 11-12; Psalms 1; Acts 3**
- 15 - Nehemiah 13; Malachi 1, 2; Acts 4**
- 16 - Malachi 3-4; Psalms 148; Acts 5**
- 17 - Job 1-2; Acts 6-7**
- 18 - Job 3-4; Acts 8-9**
- 19 - Job 5; Psalms 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; Psalms 114; Acts 27-28**
- 28 - Job 19; Mark 1-2**
- 29 - Job 20; Mark 3-4**
- 30 - Job 21; Mark 5-6**
- 31 - Job 22; Mark 7-8**

# Life Journal Daily Reading Schedule

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## November

- 1 - Psalms 121; Mark 9-10
- 2 - Job 23-24; Mark 11-12
- 3 - Job 25; Mark 13-14
- 4 - Job 26-27; Mark 15-16
- 5 - Job 28-29; Galatians 1-2
- 6 - Job 30; Psalms 120; Galatians 3-4
- 7 - Job 31-32; Galatians 5-6
- 8 - Job 33; 1 Corinthians 1-3
- 9 - Job 34; 1 Corinthians 4-6
- 10 - Job 35, 36; 1 Corinthians 7-8
- 11 - Psalms 122; 1 Corinthians 9-11
- 12 - Job 37-38; 1 Corinthians 12
- 13 - Job 39-40; 1 Corinthians 13-14
- 14 - Psalms 149; 1 Corinthians 15-16
- 15 - Job 41-42; 2 Corinthians 1-2
- 16 - 2 Corinthians 3-6
- 17 - 2 Corinthians 7-10
- 18 - Psalms 124; 2 Corinthians 11-13
- 19 - Matthew 1-4
- 20 - Matthew 5-7
- 21 - Matthew 8-10
- 22 - Matthew 11-13
- 23 - Matthew 14-16
- 24 - Matthew 17-19
- 25 - Matthew 20-22
- 26 - Matthew 23-25
- 27 - Psalms 125; Matthew 26-27
- 28 - Matthew 28; 1 Thessalonians 1-3
- 29 - 1 Timothy 4-5; 2 Thessalonians 1-3
- 30 - Romans 1-4

# Life Journal Daily Reading Schedule

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## December

- 1 - Romans 5-8
- 2 - Romans 9-12
- 3 - Romans 13-16
- 4 - Ephesians. 1-4
- 5 - Ephesians. 5-6; Psalms 119; 1-80
- 6 - Phillipians 1-4
- 7 - Colossians 1-4
- 8 - 1 Timothy 1-4
- 9 - 1 Timothy 5-6; Titus 1-3
- 10 - 2 Timothy 1-4
- 11 - Philemon; Hebrews 1-4
- 12 - Hebrews 5-8
- 13 - Hebrews 9-11
- 14 - Hebrews 12-13; Jude
- 15 - James 1-5
- 16 - 1 Peter 1-5
- 17 - 2 Peter 1-3; John 1
- 18 - John 2-4
- 19 - John 5-6
- 20 - John 7-8
- 21 - John, 9-11
- 22 - John 12-14
- 23 - John 15-18
- 24 - John 19-21
- 25 - 1 John 1-5
- 26 - Psalms 117; 119: 81-176; 2 John; 3 John
- 27 - Revelations 1-4
- 28 - Revelations 5-9
- 29 - Revelations 10-14
- 30 - Revelations 15-18
- 31 - Revelations 19-22