

Life Journal Bible Reading Plan –

The Old Testament Once + the New Testament Twice

How to SOAP each day.

S - Scripture

Open your Bible to your reading for the day. 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.

A - Application

Personalize what you have read, by asking yourself how it applies to your life right now. Perhaps it is instruction, encouragement, 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 even a prayer for 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.

✓	Day	Old Testament	Psalm	New Testament
	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

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✓	Day	Old Testament	Psalms	New Testament
	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
	32	Ex.: 30-32		Acts 8
	33	Ex. 33-34	Ps. 16	Acts 9
	34	Ex. 35-36		Acts 10
	35	Ex. 37-38	Ps. 19	Acts 11
	36	Ex. 39-40	Ps. 15	Acts 12
	37	Lev. 1-3		Acts 13
	38	Lev. 4-6		Acts 14
	39	Lev. 7-9		Acts 15
	40	Lev. 10-12		Acts 16
	41	Lev. 13-14		Acts 17
	42	Lev. 15-17		Acts 18

✓	Day	Old Testament	Psalms	New Testament
	43	Lev. 18-19	Ps. 13	Acts 19
	44	Lev. 20-22		Acts 20
	45	Lev. 23-24	Ps. 24	Acts 21
	46	Lev. 25	Ps. 25-26	Acts 22
	47	Lev. 26-27		Acts 23
	48	Num. 1-2		Acts 24
	49	Num. 3-4		Acts 25
	50	Num. 5-6	Ps. 22	Acts 26
	51	Num. 7	Ps. 23	Acts 27
	52	Num. 8-9		Acts 28
	53	Num. 10-11	Ps. 27	Mark 1
	54	Num. 12-13	Ps. 90	Mark 2
	55	Num. 14-16		Mark 3
	56	Num. 17-18	Ps. 29	Mark 4
	57	Num. 19-20	Ps. 28	Mark 5
	58	Num. 21-23		Mark 6-7
	59	Num. 24-27		1 Co. 13
	60	Num. 28-29		Mark 8
	61	Num. 30-31		Mark 9
	62	Num. 32-33		Mark 10
	63	Num. 34-36		Mark 11

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✓	Day	Old Testament	Psalm	New Testament
	64	Deut. 1-2		Mark 12
	65	Deut. 3-4	Ps. 36	Mark 13
	66	Deut. 5-6	Ps. 43	Mark 14
	67	Deut. 7-9		Mark 15
	68	Deut. 10-12		Mark 16
	69	Deut. 13-15		Gal. 1
	70	Deut. 16-18	Ps. 38	Gal. 2
	71	Deut. 19-21		Gal. 3
	72	Deut. 22-24		Gal. 4
	73	Deut. 25-27		Gal. 5
	74	Deut. 28-29		Gal. 6
	75	Deut. 30-31	Ps. 40	1 Co. 1
	76	Deut. 32-34		1 Co. 2
	77	Josh. 1-2	Ps. 37	1 Co. 3
	78	Josh. 3-6		1 Co. 4
	79	Josh. 7-8	Ps. 69	1 Co. 5
	80	Josh. 9-11		1 Co. 6
	81	Josh. 12-14		1 Co. 7
	82	Josh. 15-17		1 Co. 8
	83	Josh. 18-20		1 Co. 9
	84	Josh. 21-22	Ps. 47	1 Co. 10

✓	Day	Old Testament	Psalm	New Testament
	85	Josh. 23-24	Ps. 44	1 Co. 11
	86	Judg. 1-3		1 Co. 12
	87	Judg. 4-5	Ps. 39, 41	1 Co. 13
	88	Judg. 6-7	Ps. 52	1 Co. 14
	89	Judg. 8	Ps. 42	1 Co. 15
	90	Judg. 9-10	Ps. 49	1 Co. 16
	91	Judg. 11-12	Ps. 50	2 Co. 1
	92	Judg. 13-16		2 Co. 2
	93	Judg. 17-18	Ps. 89	2 Co. 3
	94	Judg. 19-21		2 Co. 4
	95	Ruth 1-2	Ps. 53, 61	2 Co. 5
	96	Ruth 3-4	Ps. 64-65	2 Co. 6
	97	1 Sam. 1-2	Ps. 66	2 Co. 7
	98	1 Sam. 3-5	Ps. 77	2 Co. 8
	99	1 Sam. 6-7	Ps. 72	2 Co. 9
	100	1 Sam. 8-10		2 Co. 10
	101	1 Sam. 11-12	1 Chr. 1	2 Co. 11
	102	1 Sam. 13	1 Chr. 2-3	2 Co. 12
	103	1 Sam. 14	1 Chr. 4	2 Cor. 13
	104	1 Sam. 15-16	1 Chr. 5	Matt. 1
	105	1 Sam. 17	Ps. 9	Matt. 2

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	106	1 Sam. 18	1 Chr. 6	Matt. 3
	107	1 Sam. 19	1 Chr. 7	Matt. 4
	108	1 Sam. 20-21	Ps. 34	Matt. 5
	109	1 Sam. 22	Ps. 17	Matt. 6
	110	1 Sam. 23	Ps. 31, 54	Matt. 7
	111	1 Sam. 24; 1 Chr. 8	Ps. 57-58	Matt. 8
	112	1 Sam. 25-26	Ps. 63	Matt. 9
	113	1 Sam. 27; 1 Chr. 9	Ps. 141	Matt. 10
	114	1 Sam. 28-29	Ps. 109	Matt. 11
	115	1 Sam. 30-31; 1 Chr. 10		Matt. 12
	116	2 Sam. 1	Ps. 140	Matt. 13
	117	2 Sam. 2; 1 Chr. 11	Ps. 142	Matt. 14
	118	2 Sam. 3; 1 Chr. 12		Matt. 15
	119	2 Sam. 4-5	Ps. 139	Matt. 16
	120	2 Sam. 6; 1 Chr. 13	Ps. 68	Matt. 17
	121	1 Chr. 14-15	Ps. 132	Matt. 18
	122	1 Chr. 16	Ps. 106	Matt. 19
	123	2 Sam. 7; 1 Chr. 17	Ps. 2	Matt. 20
	124	2 Sam. 8-9; 1 Chr. 18-19		Matt. 21
	125	2 Sam. 10; 1 Chr. 20	Ps. 20	Matt. 22
	126	2 Sam. 11-12	Ps. 51	Matt. 23

✓	Day	Old Testament	Psalms	New Testament
	127	2 Sam. 13-14		Matt. 24
	128	2 Sam. 15-16	Ps. 32	Matt. 25
	129	2 Sam. 17	Ps. 71	Matt. 26
	130	2 Sam. 18	Ps. 56	
	131	2 Sam. 19-20	Ps. 55	
	132	2 Sam. 21-23		1 Th. 1
	133	2 Sam. 24; 1 Chr. 21	Ps. 30	1 Th. 2
	134	1 Chr. 22-24		1 Th. 3
	135	1 Chr. 25-27		1 Th. 4
	136	1 Ki. 1; 1 Chr. 28	Ps. 91	1 Th. 5
	137	1 Ki. 2; 1 Chr. 29	Ps. 95	2 Th. 1
	138	1 Ki. 3; 2 Chr. 1	Ps. 78	2 Th. 2
	139	1 Ki. 4-5; 2 Chr. 2	Ps. 101	2 Th. 3
	140	1 Ki. 6; 2 Chr. 3	Ps. 97	Rom. 1
	141	1 Ki. 7; 2 Chr. 4	Ps. 98	Rom. 2
	142	1 Ki. 8; 2 Chr. 5	Ps. 99	Rom. 3
	143	2 Chr. 6-7	Ps. 135	Rom. 4
	144	1 Ki. 9; 2 Chr. 8	Ps. 136	Rom. 5
	145	1 Ki. 10-11; 2 Chr. 9		Rom. 6
	146	Prov. 1-3		Rom. 7
	147	Prov. 4-6		Rom. 8

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	148	Prov. 7-9		Rom. 9
	149	Prov. 10-12		Rom. 10
	150	Prov. 13-15		Rom. 11
	151	Prov. 16-18		Rom. 12
	152	Prov. 19-21		Rom. 13
	153	Prov. 22-24		Rom. 14
	154	Prov. 25-27		Rom. 15
	155	Prov. 28-29	Ps. 60	Rom. 16
	156	Prov. 30-31	Ps. 33	Eph. 1
	157	Ecc. 1-3	Ps. 45	Eph. 2
	158	Ecc. 4-6	Ps. 18	Eph. 3
	159	Ecc. 7-9		Eph. 4
	160	Ecc. 10-12	Ps. 94	Eph. 5
	161	Song 1-4		Eph. 6
	162	Song 5-8		Phil. 1
	163	1 Ki. 12; 2 Chr. 10-11		Phil. 2
	164	1 Ki. 13-14; 2 Chr. 12		Phil. 3
	165	1 Ki. 15; 2 Chr. 13-14		Phil. 4
	166	1 Ki. 16; 2 Chr. 15-16		Col. 1
	167	1 Ki. 17-19		Col. 2
	168	1 Ki. 20-21; 2 Chr. 17		Col. 3

✓	Day	Old Testament	Psalms	New Testament
	169	1 Ki. 22; 2 Chr. 18-19		Col. 4
	170	2 Ki. 1-3	Ps. 82	1 Tim. 1
	171	2 Ki. 4-5	Ps. 83	1 Tim. 2
	172	2 Ki. 6-7; 2 Chr. 20		1 Tim. 3
	173	2 Ki. 8-9; 2 Chr. 21		1 Tim. 4
	174	2 Ki. 10; 2 Chr. 22-23		1 Tim. 5
	175	2 Ki. 11-12; 2 Chr. 24		1 Tim. 6
	176	Joel 1-3		2 Tim. 1
	177	Jonah 1-4		2 Tim. 2
	178	2 Ki. 13-14; 2 Chr. 25		2 Tim. 3
	179	Amos 1-3	Ps. 80	2 Tim. 4
	180	Amos 4-6	Ps. 86	Titus 1
	181	Amos 7-9	Ps. 104	Titus 2
	182	Is. 1-3		Titus 3
	183	Is. 4-5	Ps. 114-115	Jude
	184	Is. 6-7; 2 Chr. 26-27		Philem.
	185	2 Ki. 15-16; Hos. 1		Heb. 1
	186	Hos. 2-5		Heb. 2
	187	Hos. 6-9		Heb. 3
	188	Hos. 10-12		Heb. 4
	189	Hos. 13-14		Heb. 5

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	190	Mic. 1-4		Heb. 6
	191	Mic. 5-7		Heb. 7
	192	Is. 8-10		Heb. 8
	193	Is. 11-14		Heb. 9
	194	Is. 15-18		Heb. 10
	195	Is. 19-21		Heb. 11
	196	Is. 22-24		Heb. 12
	197	Is. 25-28		Heb. 13
	198	Is. 29-31		Jas. 1
	199	Is. 32-35		Jas. 2
	200	2 Ki. 17; 2 Chr. 28	Ps. 46	Jas. 3
	201	2 Chr. 29-31		Jas. 4
	202	2 Ki. 18-19; 2 Chr. 32		Jas. 5
	203	Is. 36-37	Ps. 76	1 Pet. 1
	204	2 Ki. 20; Is. 38, 39	Ps. 75	1 Pet. 2
	205	Is. 40-42		1 Pet. 3
	206	Is. 43-45		1 Pet. 4
	207	Is. 46-49		1 Pet. 5
	208	Is. 50-52		2 Pet. 1
	209	Is. 53-56		2 Pet. 2
	210	Is. 57-59		2 Pet. 3

✓	Day	Old Testament	Psalms	New Testament
	211	Is. 60-62		John 1
	212	Is. 63-64	Ps. 107	John 2
	213	Is. 65-66	Ps. 62	John 3
	214	2 Ki. 21; 2 Chr. 33		John 4
	215	Nah. 1-3		John 5
	216	2 Ki. 22; 2 Chr. 34		John 6
	217	2 Ki. 23; 2 Chr. 35		John 7
	218	Hab. 1-3		John 8
	219	Zeph. 1-3		John 9
	220	Jer. 1-2		John 10
	221	Jer. 3-4		John 11
	222	Jer. 5-6		John 12
	223	Jer. 7-9		John 13
	224	Jer. 10-12		John 14
	225	Jer. 13-15		John 15
	226	Jer. 16-17	Ps. 96	John 16
	227	Jer. 18-20	Ps. 93	John 17
	228	2 Ki. 24; Jer. 22	Ps. 122	John 18
	229	Jer. 23, 25		John 19
	230	Jer. 26, 35, 36		John 20
	231	Jer. 45-47	Ps. 105	John 21

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✓	Day	Old Testament	Psalms	New Testament
	232	Jer 48-49		1 Jn. 1
	233	Jer. 21, 24, 27		1 Jn. 2
	234	Jer. 28-30		1 Jn. 3
	235	Jer. 31-32		1 Jn. 4
	236	Jer. 33-34	Ps. 74	1 Jn. 5
	237	Jer. 37-39	Ps. 79	2 Jn.
	238	Jer. 50-51		3 Jn.
	239	Jer. 52	Ps. 143-144	Rev. 1
	240	Ezek. 1-3		Rev. 2
	241	Ezek. 4-7		Rev. 3
	242	Ezek. 8-11		Rev. 4
	243	Ezek. 12-14		Rev. 5
	244	Ezek. 15-16	Ps. 70	Rev. 6
	245	Ezek. 17-19		Rev. 7
	246	Ezek. 20-21		Rev. 8
	247	Ezek. 22-24		Rev. 9
	248	Ezek. 25-28		Rev. 10
	249	Ezek. 29-32		Rev. 11
	250	2 Ki. 25; 2 Chr. 36; Jer. 40-41		Rev. 12
	251	Jer. 42-44	Ps. 48	Rev. 13
	252	Lam. 1- 2; Obad.		Rev. 14

✓	Day	Old Testament	Psalms	New Testament
	253	Lam. 3-5		Rev. 15
	254	Dan. 1-2		Rev. 16
	255	Dan.3-4	Ps. 81	Rev. 17
	256	Ezek. 33-35		Rev. 18
	257	Ezek. 36-37	Ps. 110	Rev. 19
	258	Ezek. 38-39	Ps. 145	Rev. 20
	259	Ezek.40-41	Ps. 120	Rev. 21
	260	Ezek. 42-44		Rev. 22
	261	Ezek. 45-46		Luke 1
	262	Ezek. 47-48		Luke 2
	263	Dan. 5-6	Ps. 130	Luke 3
	264	Dan. 7-8	Ps. 137	Luke 4
	265	Dan. 9-10	Ps. 123	Luke 5
	266	Dan. 11-12		Luke 6
	267	Ezra 1	Ps. 84-85	Luke 7
	268	Ezra 2-3		Luke 8
	269	Ezra 4	Ps. 113, 127	Luke 9
	270	Hag. 1-2	Ps. 129	Luke 10
	271	Zech. 1-3		Luke 11
	272	Zech. 4-6		Luke 12
	273	Zech. 7-9		Luke 13

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	274	Zech. 10-12	Ps. 126	Luke 14
	275	Zech. 13-14	Ps. 147	Luke 15
	276	Ezra 5-6	Ps. 138	Luke 16
	277	Est. 1-2	Ps. 150	Luke 17
	278	Est. 3-8		Luke 18
	279	Est. 9-10		Luke 19
	280	Ezra 7- 8		Luke 20
	281	Ezra 9-10	Ps. 131	Luke 21
	282	Neh. 1-2	Ps. 133	Luke 22
	283	Neh. 3-4		Luke 23
	284	Neh. 5-6	Ps. 146	Luke 24
	285	Neh. 7-8		Acts 1
	286	Neh. 9-10		Acts 2
	287	Neh. 11-12	Ps. 1	Acts 3
	288	Neh. 13; Mal. 1, 2		Acts 4
	289	Mal. 3-4	Ps. 148	Acts 5
	290	Job 1-2		Acts 6-7
	291	Job 3-4		Acts 8-9
	292	Job 5	Ps. 100	Acts 10-11
	293	Job 6-8		Acts 12
	294	Job 9-10		Acts 13-14

✓	Day	Old Testament	Psalms	New Testament
	295	Job 11-12		Acts 15-16
	296	Job 13-14		Acts 17-18
	297	Job 15		Acts 19-20
	298	Job 16		Acts 21-23
	299	Job 17		Acts 24-26
	300	Job 18	Ps. 114	Acts 27-28
	301	Job 19		Mark 1-2
	302	Job 20		Mark 3-4
	303	Job 21		Mark 5-6
	304	Job 22		Mark 7-8
	305		Ps. 121	Mark 9-10
	306	Job 23-24		Mark 11-12
	307	Job 25		Mark 13-14
	308	Job 26-27		Mark 15-16
	309	Job 28-29		Gal. 1-2
	310	Job 30	Ps. 120	Gal. 3-4
	311	Job 31-32		Gal. 5-6
	312	Job 33		1 Cor. 1-3
	313	Job 34		1 Cor. 4-6
	314	Job 35		1 Cor. 7-8
	315		Ps. 122	1 Cor. 9-11

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✓	Day	Old Testament	Psalms	New Testament
	316	Job 37-38		1 Cor. 12
	317	Job 39-40		1 Cor. 13-14
	318		Ps. 149	1 Cor. 15-16
	319	Job 41-42		2 Cor. 1-2
	320			2 Cor. 3-6
	321			2 Cor. 7-10
	322			2 Cor. 11-13 19 - Mt. 1-4
	323			Mt. 5-7
	324			Mt. 8-10
	325			Mt. 11-13
	326			Mt. 14-16
	327			Mt. 17-19
	328			Mt. 20-22
	329			Mt. 23-25
	330		Ps. 125	Mt. 26-27
	331			Mt. 28; 1 Th. 1-3
	332			1 Th. 4-5; 2 Th. 1-3
	333			Rom. 1-4
	334			Rom. 5-8
	335			Rom. 9-12
	336			Rom. 13-16

✓	Day	Old Testament	Psalms	New Testament
	337			Eph. 1-4
	338		Ps. 119; 1-80	Eph. 5-6
	339			Phil. 1-4
	340			Col. 1-4
	341			1 Tim. 1-4
	342			1 Tim. 5-6; Tit. 1-3
	343			2 Tim. 1-4
	344			Philem.; Heb. 1-4
	345			Heb. 5-8
	346			Heb. 9-11
	347			Heb. 12-13; Jude
	348			Jas. 1-5
	349			1 Pet. 1-5
	350			2 Pet. 1-3; Jn. 1
	351			Jn. 2-4
	352			Jn. 5-6
	353			Jn. 7-8
	354			Jn. 9-11
	355			Jn. 12-14
	356			Jn. 15-18
	357			Jn. 19-21

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✓	Day	Old Testament	Psalm	New Testament
	358			1 Jn.1-5
	359		Ps. 117; Ps. 119: 81-176	2 Jn.; 3 Jn.
	360			Rev. 1-4
	361			Rev. 5-9
	362			Rev. 10-14
	363			Rev. 15-18