

30 MIN SESSIONS

Session times do not include time for brief introductions to the text and pauses after each listening of the Testaments. Use the blank squares to track completed sections.

#	Opening Prayer	Old Testament	New Testament	Closing Prayer	
	1	Psalm 1	Genesis 1-3	Matthew 1-2	Psalm 2
	2	Psalm 3	Genesis 4-7	Matthew 3-4	Psalm 4
	3	Psalm 5	Genesis 8-10	Matthew 5	Psalm 6
	4	Psalm 7	Genesis 11-14	Matthew 6	Psalm 8
	5	Psalm 9	Genesis 15-18	Matthew 7	Psalm 10
	6	Psalm 11	Genesis 19-20	Matthew 8-9	Psalm 12
	7	Psalm 13	Genesis 21-23	Matthew 10-11	Psalm 14
	8	Psalm 15	Genesis 24-25	Matthew 12	Psalm 16
	9	Psalm 17	Genesis 26	Matthew 13	Psalm 18
	10	Psalm 19	Genesis 27-28	Matthew 14-15	Psalm 20
	11	Psalm 21	Genesis 29-30	Matthew 16-17	Psalm 22
	12	Psalm 23	Genesis 31-32	Matthew 18-19	Psalm 24
	13	Psalm 25	Genesis 33-35	Matthew 20	Psalm 26
	14	Psalm 27	Genesis 36-37	Matthew 21	Psalm 28
	15	Psalm 29	Genesis 38-40	Matthew 22-23	Psalm 30
	16	Psalm 31	Genesis 41-42	Matthew 24	Psalm 32
	17	Psalm 33	Genesis 45-46	Matthew 25	Psalm 34
	18	Psalm 35	Genesis 47-48	Matthew 26	Psalm 36
	19	Psalm 37	Genesis 49	Matthew 27-28	Psalm 38
	20	Psalm 39	Genesis 50; Exodus 1-2	Mark 1	Psalm 40
	21	Psalm 41	Exodus 3-4	Mark 2-3	Psalm 42
	22	Psalm 43	Exodus 5-7	Mark 4	Psalm 44
	23	Psalm 45	Exodus 8-9	Mark 5	Psalm 46
	24	Psalm 47	Exodus 10-11	Mark 6-7	Psalm 48
	25	Psalm 49	Exodus 12-13	Mark 8	Psalm 50

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	#	Opening Prayer	Old Testament	New Testament	Closing Prayer
	26	Psalm 51	Exodus 14-15	Mark 9	Psalm 52
	27	Psalm 53	Exodus 16-17	Mark 10-11	Psalm 54
	28	Psalm 55	Exodus 18-20	Mark 12	Psalm 56
	29	Psalm 57	Exodus 21-23	Mark 13	Psalm 58
	30	Psalm 59	Exodus 24-25	Mark 14	Psalm 60
	31	Psalm 61	Exodus 26-27	Mark 15-16	Psalm 62
	32	Psalm 63	Exodus 28-29	Luke 1	Psalm 64
	33	Psalm 65	Exodus 30-31	Luke 2-3	Psalm 66
	34	Psalm 67	Exodus 32-33	Luke 4	Psalm 68
	35	Psalm 69	Exodus 34-35	Luke 5	Psalm 70
	36	Psalm 71	Exodus 36-38	Luke 6	Psalm 72
	37	Psalm 73	Exodus 39-40	Luke 7	Psalm 74
	38	Psalm 75	Leviticus 1-4	Luke 8	Psalm 76
	39	Psalm 77	Leviticus 5-6	Luke 9	Psalm 78
	40	Psalm 79	Leviticus 7-9	Luke 10	Psalm 80
	41	Psalm 81	Leviticus 10-12	Luke 11	Psalm 82
	42	Psalm 83	Leviticus 13	Luke 12	Psalm 84
	43	Psalm 85	Leviticus 14	Luke 13-14	Psalm 86
	44	Psalm 87	Leviticus 15-16	Luke 15-16	Psalm 88
	45	Psalm 89	Leviticus 17-19	Luke 17	Psalm 90
	46	Psalm 91	Leviticus 20-22	Luke 18	Psalm 92
	47	Psalm 93	Leviticus 23-24	Luke 19-20	Psalm 94
	48	Psalm 95	Leviticus 25-26	Luke 21	Psalm 96
	49	Psalm 97	Leviticus 27; Numbers 1	Luke 22	Psalm 98
	50	Psalm 99	Numbers 2-3	Luke 23	Psalm 100
	51	Psalm 101	Numbers 4-5	Luke 24	Psalm 102
	52	Psalm 103	Numbers 6	John 1-3	Psalm 104
	53	Psalm 105	Numbers 7	John 4	Psalm 106

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#	Opening Prayer	Old Testament	New Testament	Closing Prayer
54	Psalm 107	Numbers 8-10	John 5	Psalm 108
55	Psalm 109	Numbers 11-13	John 6	Psalm 110
56	Psalm 111	Numbers 14-15	John 7	Psalm 112
57	Psalm 113	Numbers 16-18	John 8	Psalm 114
58	Psalm 115	Numbers 19-21	John 9	Psalm 116
59	Psalm 117	Numbers 22-24	John 10	Psalm 118
60	Psalm 119	N/A	John 11	Psalm 120
61	Psalm 121	Numbers 25-27	John 12	Psalm 122
62	Psalm 123	Numbers 28-31	John 13	Psalm 124
63	Psalm 125	Numbers 32-34	John 14	Psalm 126
64	Psalm 127	Numbers 35-36; Deuteronomy 1	John 15	Psalm 128
65	Psalm 129	Deuteronomy 2-3	John 16-17	Psalm 130
66	Psalm 131	Deuteronomy 4-5	John 18	Psalm 132
67	Psalm 133	Deuteronomy 6-8	John 19	Psalm 134
68	Psalm 135	Deuteronomy 9-10	John 20	Psalm 136
69	Psalm 137	Deuteronomy 11-12	John 21	Psalm 138
70	Psalm 139	Deuteronomy 13-15	Acts 1	Psalm 140
71	Psalm 141	Deuteronomy 16-18	Acts 2	Psalm 142
72	Psalm 143	Deuteronomy 19-20	Acts 3-4	Psalm 144
73	Psalm 145	Deuteronomy 21-22	Acts 5	Psalm 146
74	Psalm 147	Deuteronomy 23-24	Acts 6-7	Psalm 148
75	Psalm 149	Deuteronomy 25-27	Acts 8	Psalm 150
76	Psalm 1	Deuteronomy 28	Acts 9	Psalm 2
77	Psalm 3	Deuteronomy 29-30	Acts 10	Psalm 4
78	Psalm 5	Deuteronomy 31	Acts 11-12	Psalm 6
79	Psalm 7	Deuteronomy 32	Acts 13	Psalm 8
80	Psalm 9	Deuteronomy 33-34	Acts 14-15	Psalm 10
81	Psalm 11	Joshua 1-4	Acts 16	Psalm 12

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	82	Psalms 13	Joshua 5-7	Acts 17	Psalms 14
	83	Psalms 15	Joshua 8-9	Acts 18-19	Psalms 16
	84	Psalms 17	Joshua 10-11	Acts 20	Psalms 18
	85	Psalms 19	Joshua 12-15	Acts 21	Psalms 20
	86	Psalms 21	Joshua 16-18	Acts 22-23	Psalms 22
	87	Psalms 23	Joshua 19-21	Acts 24-25	Psalms 24
	88	Psalms 25	Joshua 22-23	Acts 26	Psalms 26
	89	Psalms 27	Joshua 24; Judges 1	Acts 27	Psalms 28
	90	Psalms 29	Judges 2-4	Acts 28	Psalms 30
	91	Psalms 31	Judges 5-6	Romans 1-2	Psalms 32
	92	Psalms 33	Judges 7-8	Romans 3-4	Psalms 34
	93	Psalms 35	Judges 9-10	Romans 5-6	Psalms 36
	94	Psalms 37	Judges 11-12	Romans 7-8	Psalms 38
	95	Psalms 39	Judges 13-15	Romans 9-10	Psalms 40
	96	Psalms 41	Judges 16-18	Romans 11-12	Psalms 42
	97	Psalms 43	Judges 19-21	Romans 13-14	Psalms 44
	98	Psalms 45	Ruth 1-4	Romans 15-16	Psalms 46
	99	Psalms 47	1 Samuel 1-3	1 Corinthians 1-2	Psalms 48
	100	Psalms 49	1 Samuel 4-7	1 Corinthians 3-4	Psalms 50
	101	Psalms 51	1 Samuel 8-11	1 Corinthians 5-6	Psalms 52
	102	Psalms 53	1 Samuel 12-14	1 Corinthians 7	Psalms 54
	103	Psalms 55	1 Samuel 15-16	1 Corinthians 8-9	Psalms 56
	104	Psalms 57	1 Samuel 17-18	1 Corinthians 10-11	Psalms 58
	105	Psalms 59	1 Samuel 19-21	1 Corinthians 12-13	Psalms 60
	106	Psalms 61	1 Samuel 22-24	1 Corinthians 14	Psalms 62
	107	Psalms 63	1 Samuel 25-27	1 Corinthians 15-16	Psalms 64
	108	Psalms 65	1 Samuel 28-31	2 Corinthians 1-3	Psalms 66
	109	Psalms 67	2 Samuel 1-2	2 Corinthians 4-6	Psalms 68

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#	Opening Prayer	Old Testament	New Testament	Closing Prayer
110	Psalm 69	2 Samuel 3-5	2 Corinthians 7-9	Psalm 70
111	Psalm 71	2 Samuel 6-8	2 Corinthians 10-11	Psalm 72
112	Psalm 73	2 Samuel 9-12	2 Corinthians 12-13	Psalm 74
113	Psalm 75	2 Samuel 13-14	Galatians 1-2	Psalm 76
114	Psalm 77	2 Samuel 15	Galatians 3-4	Psalm 78
115	Psalm 79	2 Samuel 16-18	Galatians 5-6	Psalm 80
116	Psalm 81	2 Samuel 19-21	Ephesians 1-2	Psalm 82
117	Psalm 83	2 Samuel 22-24	Ephesians 3-4	Psalm 84
118	Psalm 85	2 Samuel 25; 1 Kings 1	Ephesians 5-6	Psalm 86
119	Psalm 87	1 Kings 2-3	Philippians 1-2	Psalm 88
120	Psalm 89	1 Kings 4-5	Philippians 3-4	Psalm 90
121	Psalm 91	1 Kings 6-7	Colossians 1-2	Psalm 92
122	Psalm 93	1 Kings 8-9	Colossians 3-4	Psalm 94
123	Psalm 95	1 Kings 10-11	1 Thessalonians 1-3	Psalm 96
124	Psalm 97	1 Kings 12-13	1 Thessalonians 4-5	Psalm 98
125	Psalm 99	1 Kings 14-15	2 Thessalonians 1-3	Psalm 100
126	Psalm 101	1 Kings 16-17	1 Timothy 1-3	Psalm 102
127	Psalm 103	1 Kings 18-19	1 Timothy 4-6	Psalm 104
128	Psalm 105	1 Kings 20	2 Timothy 1-2	Psalm 106
129	Psalm 107	1 Kings 21-22	2 Timothy 3-4	Psalm 108
130	Psalm 109	2 Kings 1-2	Titus 1-3; Philemon	Psalm 110
131	Psalm 111	2 Kings 3-5	Hebrews 1-2	Psalm 112
132	Psalm 113	2 Kings 6-7	Hebrews 3-6	Psalm 114
133	Psalm 115	2 Kings 8-9	Hebrews 7-8	Psalm 116
134	Psalm 117	2 Kings 10-11	Hebrews 9-10	Psalm 118
135	Psalm 119	N/A	Hebrews 11	Psalm 120
136	Psalm 121	2 Kings 12-14	Hebrews 12-13	Psalm 122
137	Psalm 123	2 Kings 15-17	James 1-2	Psalm 124

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138	Psalm 125	2 Kings 18-19	James 3-5	Psalm 126
139	Psalm 127	2 Kings 20-22	1 Peter 1-2	Psalm 128
140	Psalm 129	2 Kings 23-25	1 Peter 3-5	Psalm 130
141	Psalm 131	1 Chronicles 1-2	2 Peter 1-3	Psalm 132
142	Psalm 133	1 Chronicles 3-5	1 John 1-2	Psalm 134
143	Psalm 135	1 Chronicles 6	1 John 3-5	Psalm 136
144	Psalm 137	1 Chronicles 7-9	2 John; 3 John; Jude	Psalm 138
145	Psalm 139	1 Chronicles 10-12	Revelation 1-2	Psalm 140
146	Psalm 141	1 Chronicles 13-16	Revelation 3-4	Psalm 142
147	Psalm 143	1 Chronicles 17-20	Revelation 5-6	Psalm 144
148	Psalm 145	1 Chronicles 21-24	Revelation 7-8	Psalm 146
149	Psalm 147	1 Chronicles 25-27	Revelation 9-11	Psalm 148
150	Psalm 149	1 Chronicles 28-29; 2 Chronicles 1	Revelation 12-13	Psalm 150
151	Psalm 1	2 Chronicles 2-5	Revelation 14-16	Psalm 2
152	Psalm 3	2 Chronicles 6-8	Revelation 17-18	Psalm 4
153	Psalm 5	2 Chronicles 9-12	Revelation 19-20	Psalm 6
154	Psalm 7	2 Chronicles 13-16	Revelation 21-22	Psalm 8
155	Psalm 9	2 Chronicles 17-19	Matthew 1-2	Psalm 10
156	Psalm 11	2 Chronicles 20-22	Matthew 3-4	Psalm 12
157	Psalm 13	2 Chronicles 23-25	Matthew 5	Psalm 14
158	Psalm 15	2 Chronicles 26-29	Matthew 6	Psalm 16
159	Psalm 17	2 Chronicles 30-31	Matthew 7-8	Psalm 18
160	Psalm 19	2 Chronicles 32-34	Matthew 9	Psalm 20
161	Psalm 21	2 Chronicles 35-36	Matthew 10-11	Psalm 22
162	Psalm 23	Ezra 1-4	Matthew 12	Psalm 24
163	Psalm 25	Ezra 5-7	Matthew 13	Psalm 26
164	Psalm 27	Ezra 8-9	Matthew 14-15	Psalm 28

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165	Psalm 29	Ezra 10; Nehemiah 1-2	Matthew 16-17	Psalm 30
166	Psalm 31	Nehemiah 3	Matthew 18-20	Psalm 32
167	Psalm 33	Nehemiah 4-6	Matthew 21	Psalm 34
168	Psalm 35	Nehemiah 7-8	Matthew 22	Psalm 36
169	Psalm 37	Nehemiah 9-10	Matthew 23	Psalm 38
170	Psalm 39	Nehemiah 11-12	Matthew 24	Psalm 40
171	Psalm 41	Nehemiah 13	Matthew 25-26	Psalm 42
172	Psalm 43	Esther 1-2	Matthew 27-28	Psalm 44
173	Psalm 45	Esther 3-6	Mark 1-2	Psalm 46
174	Psalm 47	Esther 7-10	Mark 3-4	Psalm 48
175	Psalm 49	Job 1-5	Mark 5	Psalm 50
176	Psalm 51	Job 6-10	Mark 6	Psalm 52
177	Psalm 53	Job 11-16	Mark 7	Psalm 54
178	Psalm 55	Job 17-21	Mark 8	Psalm 56
179	Psalm 57	Job 22-27	Mark 9	Psalm 58
180	Psalm 59	Job 28-31	Mark 10	Psalm 60
181	Psalm 61	Job 32-36	Mark 11	Psalm 62
182	Psalm 63	Job 37-40	Mark 12	Psalm 64
183	Psalm 65	Job 41-42	Mark 13-14	Psalm 66
184	Psalm 67	Proverbs 1-3	Mark 15-16	Psalm 68
185	Psalm 69	Proverbs 4-6	Luke 1	Psalm 70
186	Psalm 71	Proverbs 7-8	Luke 2-3	Psalm 72
187	Psalm 73	Proverbs 9-11	Luke 4	Psalm 74
188	Psalm 75	Proverbs 12-15	Luke 5	Psalm 76
189	Psalm 77	Proverbs 16-17	Luke 6	Psalm 78
190	Psalm 79	Proverbs 18-21	Luke 7	Psalm 80
191	Psalm 81	Proverbs 22-25	Luke 8	Psalm 82
192	Psalm 83	Proverbs 26-27	Luke 9-10	Psalm 84

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	#	Opening Prayer	Old Testament	New Testament	Closing Prayer
	193	Psalm 85	Proverbs 28-31	Luke 11	Psalm 86
	194	Psalm 87	Ecclesiastes 1-4	Luke 12	Psalm 88
	195	Psalm 89	Ecclesiastes 5-7	Luke 13-14	Psalm 90
	196	Psalm 91	Ecclesiastes 8-12	Luke 15-16	Psalm 92
	197	Psalm 93	Song of Solomon 1-3	Luke 17-19	Psalm 94
	198	Psalm 95	Song of Solomon 4-8	Luke 20	Psalm 96
	199	Psalm 97	Isaiah 1-5	Luke 21	Psalm 98
	200	Psalm 99	Isaiah 6-9	Luke 22	Psalm 100
	201	Psalm 101	Isaiah 10-13	Luke 23	Psalm 102
	202	Psalm 103	Isaiah 14-18	Luke 24	Psalm 104
	203	Psalm 105	Isaiah 19-23	John 1	Psalm 106
	204	Psalm 107	Isaiah 24-27	John 2-3	Psalm 108
	205	Psalm 109	Isaiah 28-31	John 4	Psalm 110
	206	Psalm 111	Isaiah 32-36	John 5	Psalm 112
	207	Psalm 113	Isaiah 37-40	John 6	Psalm 114
	208	Psalm 115	Isaiah 41-43	John 7	Psalm 116
	209	Psalm 117	Isaiah 44-45	John 8	Psalm 118
	210	Psalm 119	None 1	John 9	Psalm 120
	211	Psalm 121	Isaiah 46-50	John 10	Psalm 122
	212	Psalm 123	Isaiah 51-56	John 11	Psalm 124
	213	Psalm 125	Isaiah 57-61	John 12	Psalm 126
	214	Psalm 127	Isaiah 62-66	John 13	Psalm 128
	215	Psalm 129	Jeremiah 1-3	John 14	Psalm 130
	216	Psalm 131	Jeremiah 4-6	John 15	Psalm 132
	217	Psalm 133	Jeremiah 7-10	John 16	Psalm 134
	218	Psalm 135	Jeremiah 11-14	John 17	Psalm 136
	219	Psalm 137	Jeremiah 15-18	John 18	Psalm 138
	220	Psalm 139	Jeremiah 19-22	John 19	Psalm 140

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221	Psalm 141	Jeremiah 23-25	John 20-21	Psalm 142
222	Psalm 143	Jeremiah 26-28	Acts 1	Psalm 144
223	Psalm 145	Jeremiah 29-31	Acts 2	Psalm 146
224	Psalm 147	Jeremiah 32-33	Acts 3-4	Psalm 148
225	Psalm 149	Jeremiah 34-36	Acts 5	Psalm 150
226	Psalm 1	Jeremiah 37-39	Acts 6-7	Psalm 2
227	Psalm 3	Jeremiah 40-43	Acts 8	Psalm 4
228	Psalm 5	Jeremiah 44-46	Acts 9	Psalm 6
229	Psalm 7	Jeremiah 47-48	Acts 10-11	Psalm 8
230	Psalm 9	Jeremiah 49-50	Acts 12	Psalm 10
231	Psalm 11	Jeremiah 51-52	Acts 13	Psalm 12
232	Psalm 13	Lamentations 1-2	Acts 14-15	Psalm 14
233	Psalm 15	Lamentations 3-5	Acts 16	Psalm 16
234	Psalm 17	Ezekiel 1-2	Acts 17	Psalm 18
235	Psalm 19	Ezekiel 3-5	Acts 18-19	Psalm 20
236	Psalm 21	Ezekiel 6-9	Acts 20	Psalm 22
237	Psalm 23	Ezekiel 10-13	Acts 21	Psalm 24
238	Psalm 25	Ezekiel 14-15	Acts 22	Psalm 26
239	Psalm 27	Ezekiel 17-19	Acts 23-24	Psalm 28
240	Psalm 29	Ezekiel 20-21	Acts 25-26	Psalm 30
241	Psalm 31	Ezekiel 22-23	Acts 27	Psalm 32
242	Psalm 33	Ezekiel 24-26	Acts 28	Psalm 34
243	Psalm 35	Ezekiel 27-28	Romans 1-2	Psalm 36
244	Psalm 37	Ezekiel 29-31	Romans 3-4	Psalm 38
245	Psalm 39	Ezekiel 32-33	Romans 5-6	Psalm 40
246	Psalm 41	Ezekiel 34-36	Romans 7-8	Psalm 42
247	Psalm 43	Ezekiel 37-38	Romans 9-10	Psalm 44
248	Psalm 45	Ezekiel 39-40	Romans 11-12	Psalm 46

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249	Psalm 47	Ezekiel 41-44	Romans 13-14	Psalm 48
250	Psalm 49	Ezekiel 45-46	Romans 15-16	Psalm 50
251	Psalm 51	Ezekiel 47-48	1 Corinthians 1-2	Psalm 52
252	Psalm 53	Daniel 1-3	1 Corinthians 3-4	Psalm 54
253	Psalm 55	Daniel 4-5	1 Corinthians 5-6	Psalm 56
254	Psalm 57	Daniel 6-8	1 Corinthians 7	Psalm 58
255	Psalm 59	Daniel 9-10	1 Corinthians 8-9	Psalm 60
256	Psalm 61	Daniel 11-12	1 Corinthians 10-11	Psalm 62
257	Psalm 63	Hosea 1-6	1 Corinthians 12-13	Psalm 64
258	Psalm 65	Hosea 7-9	1 Corinthians 14-16	Psalm 66
259	Psalm 67	Hosea 10-14	2 Corinthians 1-3	Psalm 68
260	Psalm 69	Joel 1-3	2 Corinthians 4-6	Psalm 70
261	Psalm 71	Amos 1-4	2 Corinthians 7-9	Psalm 72
262	Psalm 73	Amos 5-9	2 Corinthians 10-11	Psalm 74
263	Psalm 75	Obadiah; Jonah 1-4	2 Corinthians 12-13	Psalm 76
264	Psalm 77	Micah 1-3	2 Corinthians 1-3	Psalm 78
265	Psalm 79	Micah 4-7	2 Corinthians 4-5	Psalm 80
266	Psalm 81	Nahum 1-3; Habakkuk 1-3	2 Corinthians 6-7	Psalm 82
267	Psalm 83	Zephaniah 1-3	2 Corinthians 8-10	Psalm 84
268	Psalm 85	Haggai 1-3; Zechariah 1-2	2 Corinthians 11-13	Psalm 86
269	Psalm 87	Zechariah 3-7	Galatians 1-3	Psalm 88
270	Psalm 89	Zechariah 9-10	Galatians 4-6	Psalm 90
271	Psalm 91	Zechariah 11-14	Ephesians 1-3	Psalm 92
272	Psalm 93	Malachi 1-4	Ephesians 4-6	Psalm 94