

Journal Options:

1) H.E.A.R Method

H- Highlight

After reading the passage of Scripture, highlight each verse that speaks to you.

E- Explain

Explain what the text means by asking some simple questions:

- ☐ How does it fit with the verses before and after it?
- ☐ What is the main idea?

A- Apply

How does what you've read apply to your life by asking some simple questions:

- ☐ What does this mean now?
- ☐ What does this mean to me?

R- Respond

You may respond by writing out a prayer to God. Whatever it is, keep in mind that this is your response to what you have just read.

2) Journal Overview

As you read the passage each day, take notes in a journal to help you meditate and apply God's Word. Take time to read the whole passage and mark verses or sections that stand out. After you finish reading, try to answer these two questions in your journal:

1. What's the Main Idea?

Read the passage as many times as necessary, and look for repeated words, commands, contrasts, promises, or themes. Write it in your journal and share why this truth matters for you right now—keep it simple, personal, and in your own words.

2. How do I Respond?

Take the time to name what this passage calls for (repentance, trust, praise, forgive, gratitude, etc.) close with a short prayer asking God to make the step real in your life.

**Taken and adapted from <https://replicate.org>*

DAVID'S MEN
SEEKING THE HEART OF GOD



Bible Reading Plan

Week 1 (Sep 22)

- ☐ Genesis 1
- ☐ Genesis 2
- ☐ Genesis 3
- ☐ Genesis 4
- ☐ Genesis 5

Memory Verse:

- ☐ Ephesians 6:11-12

Week 4 (Oct 13)

- ☐ Genesis 16
- ☐ Genesis 17
- ☐ Genesis 18
- ☐ Genesis 19
- ☐ Genesis 20

Memory Verse:

- ☐ James 5:16

Week 7 (Nov 3)

- ☐ Genesis 31
- ☐ Genesis 32
- ☐ Genesis 33
- ☐ Genesis 34
- ☐ Genesis 35

Memory Verse:

- ☐ John 5:7

Week 2 (Sep 29)

- ☐ Genesis 6
- ☐ Genesis 7
- ☐ Genesis 8
- ☐ Genesis 9
- ☐ Genesis 10

Memory Verse:

- ☐ 1 Corinthians 10:13

Week 5 (Oct 20)

- ☐ Genesis 21
- ☐ Genesis 22
- ☐ Genesis 23
- ☐ Genesis 24
- ☐ Genesis 25

Memory Verse:

- ☐ 1 Peter 5:8

Week 8 (Nov 10)

- ☐ Genesis 36
- ☐ Genesis 37
- ☐ Genesis 38
- ☐ Genesis 39
- ☐ Genesis 40

Memory Verse:

- ☐ Philippians 4:6-7

Week 3 (Oct 6)

- ☐ Genesis 11
- ☐ Genesis 12
- ☐ Genesis 13
- ☐ Genesis 14
- ☐ Genesis 15

Memory Verse:

- ☐ James 4:7-8a

Week 6 (Oct 27)

- ☐ Genesis 26
- ☐ Genesis 27
- ☐ Genesis 28
- ☐ Genesis 29
- ☐ Genesis 30

Memory Verse:

- ☐ *Review All

Week 9 (Nov 17)

- ☐ Genesis 41
- ☐ Genesis 42
- ☐ Genesis 43
- ☐ Genesis 44
- ☐ Genesis 45

Memory Verse:

- ☐ 1 Thess. 5:16-18

Week 10 (Nov 24)

- ☐ Genesis 46
- ☐ Genesis 47
- ☐ Genesis 48
- ☐ Genesis 49
- ☐ Genesis 50

Memory Verse:

- ☐ *Review All

Week 15 (Dec 29)

- ☐ Philippians 4:6-7
- ☐ Philippians 4:8-9
- ☐ Philippians 4:10-13
- ☐ Philippians 4:14-18
- ☐ Philippians 4:19-23

Memory Verse:

- ☐ John 15:12-13

Week 20 (Feb 2)

- ☐ Job 25-26
- ☐ Job 27-28
- ☐ Job 29
- ☐ Job 30
- ☐ Job 31

Memory Verse:

- ☐ Proverbs 4:23

Week 25 (Mar 9)

- ☐ 1 Corinthians 7:1-16
- ☐ 1 Corinthians 7:1-17-24
- ☐ 1 Corinthians 7:1-25-40
- ☐ 1 Corinthians 7:1-25-40
- ☐ 1 Corinthians 8

Memory Verse:

- ☐ 1 Corinthians 15:58

Week 29 (Apr 6)

- ☐ Nehemiah 1
- ☐ Nehemiah 2:1-8
- ☐ Nehemiah 2:9-20
- ☐ Nehemiah 3
- ☐ Nehemiah 4:1-14

Memory Verse:

- ☐ Mark 10:45

Week 33 (May 4)

- ☐ Esther 1
- ☐ Esther 2:1-18
- ☐ Esther 2:19-3:15
- ☐ Esther 4
- ☐ Esther 5

Memory Verse:

- ☐ *Review All

Week 11 (Dec 1)

- ☐ Philippians 1:1-7
- ☐ Philippians 1:8-14
- ☐ Philippians 1:15-18
- ☐ Philippians 1:19-24
- ☐ Philippians 1:25-30

Memory Verse:

- ☐ Deuteron. 8:17-18a

Week 16 (Jan 5)

- ☐ Job 1
- ☐ Job 2
- ☐ Job 3
- ☐ Job 4-5
- ☐ Job 6

Memory Verse:

- ☐ Galatians 2:20

Week 21 (Feb 9)

- ☐ Job 32
- ☐ Job 33
- ☐ Job 34
- ☐ Job 35-36
- ☐ Job 37

Memory Verse:

- ☐ 1 Corinthians 13:4-7

Week 26 (Mar 16)

- ☐ 1 Corinthians 9:1-14
- ☐ 1 Corinthians 9:15-27
- ☐ 1 Corinthians 10:1-22
- ☐ 1 Corinthians 10:23-33
- ☐ 1 Corinthians 11:1-16

Memory Verse:

- ☐ Colossians 3:23-24

Week 30 (Apr 13)

- ☐ Nehemiah 4:15-23
- ☐ Nehemiah 5:1-13
- ☐ Nehemiah 5:14-19
- ☐ Nehemiah 6:1-14
- ☐ Nehemiah 6:15-7:4

Memory Verse:

- ☐ 1 Corinthians 15:58

Week 34 (May 11)

- ☐ Esther 6:1-13
- ☐ Esther 6:14-7
- ☐ Esther 8
- ☐ Esther 9:1-19
- ☐ Esther 9:20-10

Memory Verse:

- ☐ *Review All

Week 12 (Dec 8)

- ☐ Philippians 2:1-4
- ☐ Philippians 2:5-11
- ☐ Philippians 2:12-17
- ☐ Philippians 2:1-18-24
- ☐ Philippians 2:25-30

Memory Verse:

- ☐ Matthew 6:19-21

Week 17 (Jan 12)

- ☐ Job 7-8
- ☐ Job 9
- ☐ Job 10
- ☐ Job 11
- ☐ Job 12

Memory Verse:

- ☐ Hebrews 10:24-25

Week 22 (Feb 16)

- ☐ Job 38
- ☐ Job 39
- ☐ Job 40
- ☐ Job 41
- ☐ Job 42

Memory Verse:

- ☐ Ephesians 5:28-29

Week 27 (Mar 23)

- ☐ 1 Corinthians 11:17-34
- ☐ 1 Corinthians 12:1-11
- ☐ 1 Corinthians 12:12-31
- ☐ 1 Corinthians 13
- ☐ 1 Corinthians 14:1-25

Memory Verse:

- ☐ *Review All

Week 31 (Apr 20)

- ☐ Nehemiah 7:5-7:73
- ☐ Nehemiah 8:1-8
- ☐ Nehemiah 8:13-18
- ☐ Nehemiah 9:1-31
- ☐ Nehemiah 9:32-10:27

Memory Verse:

- ☐ 2 Timothy 2:2

Week 35 (May 18)

- ☐ Obadiah 1:1-9
- ☐ Obadiah 1:10-21
- ☐ Jonah 1:1-6
- ☐ Jonah 1:7-16
- ☐ Jonah 2

Memory Verse:

- ☐ *Review All

Week 13 (Dec 15)

- ☐ Philippians 3:1-6
- ☐ Philippians 3:7-11
- ☐ Philippians 3:12-16
- ☐ Philippians 3:17-21
- ☐ Philippians 4:1-5

Memory Verse:

- ☐ 2 Corinthians 9:6-7

Week 18 (Jan 19)

- ☐ Job 13
- ☐ Job 14
- ☐ Job 15
- ☐ Job 16-17
- ☐ Job 18

Memory Verse:

- ☐ 1 Peter 5:8

Week 23 (Feb 23)

- ☐ 1 Corinthians 1:1-17
- ☐ 1 Corinthians 1:18-31
- ☐ 1 Corinthians 3:1-9
- ☐ 1 Corinthians 3:10-17
- ☐ 1 Corinthians 3:18-4:5

Memory Verse:

- ☐ *Review All

Week 28 (Mar 30)

- ☐ 1 Corinthians 14:26-40
- ☐ 1 Corinthians 15:1-11
- ☐ 1 Corinthians 15:12-34
- ☐ 1 Corinthians 15:35-58
- ☐ 1 Corinthians 16

Memory Verse:

- ☐ Micah 6:8

Week 32 (Apr 27)

- ☐ Nehemiah 10:28-39
- ☐ Nehemiah 11
- ☐ Nehemiah 12:1-26
- ☐ Nehemiah 12:27-47
- ☐ Nehemiah 13

Memory Verse:

- ☐ *Review All

Week 36 (May 25)

- ☐ Jonah 3
- ☐ Jonah 4

Memory Verse:

- ☐ *Review All

Week 14 (Dec 22)

- ☐ Isaiah 9:6-7
- ☐ Micah 5:1-5
- ☐ Luke 1:26-38
- ☐ Luke 2:1-20
- ☐ Philippians 2:5-11

Memory Verse:

- ☐ *Review All

Week 19 (Jan 26)

- ☐ Job 19
- ☐ Job 20
- ☐ Job 21
- ☐ Job 22
- ☐ Job 23-24

Memory Verse:

- ☐ *Review All

Week 24 (Mar 2)

- ☐ 1 Corinthians 4:6-21
- ☐ 1 Corinthians 5:1-8
- ☐ 1 Corinthians 5:9-13
- ☐ 1 Corinthians 6:1-11
- ☐ 1 Corinthians 6:12-20

Memory Verse:

- ☐ Acts 1:8



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