

## The 5-6-7 Bible Reading Plan

5 days a week. Find a consistent time and place where you can meet the Lord. This plan will take you through the New Testament, one chapter per day. Use weekends for reflection, or to catch up.

6 minutes a day. Start with 5-6 minutes a day. You may increase this time, but try to stay within 10 minutes so that you can sustain the practice for the entire year.

7 ways to go deeper. Here are seven ways to take your reading further each day:

1. Underline key words, phrases, or new discoveries. Periodically review your markings to see what God may be teaching you.
2. Paraphrase in your own words. Re-read the passage or verse, then re-write it using your own words.
3. Ask and answer some basic questions. Probe the passage using these words: Who (*are the principle characters*)? What (*does the passage say about God, about me*)? Why (*is it important*)? or... How (*does this apply to my life today*)? You may also ask:
  - Is there an example for me to follow?*
  - Is there an error for me to avoid?*
  - Is there a duty for me to perform?*
  - Is there a promise for me to claim?*
  - Is there a prayer for me to echo?*
4. Capture the big idea. Ask: What's the principal idea in this sentence, paragraph, or chapter?
5. Personalize the meaning. Ask: How could my life be different today as I respond to what I'm reading?
6. Memorize the key verse. Commit to memory the main verse you read this week or month.
7. Meditate. We recommend focusing on a single idea for a week.

*"The holy Scriptures are able to make you wise for salvation through faith in Christ Jesus. All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work." —2 TIMOTHY 3:15-17*

*"Do not be conformed any longer to the pattern of this world, but be transformed by the renewing of your mind." —ROMANS*



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National Presbyterian Church

Read  
Through  
THE  
New  
Testament  
in One Year

2023

DATE	January	February	March	April	May	June	July	August	September	October	November	December
1	Reflection	Luke 23	Acts 19	Reflection	2 Corinthians 10	Romans 14	Reflection	Matthew 13	Hebrews 8	Reflection	John 8	Revelation 2
2	Luke 1	Luke 24	Acts 20	Reflection	2 Corinthians 11	Romans 15	Reflection	Matthew 14	Hebrews 9	Mark 11	John 9	Revelation 3
3	Luke 2	Acts 1	Acts 21	1 Corinthians 6	2 Corinthians 12	Reflection	1 Timothy 5	Matthew 15	Reflection	Mark 12	John 10	Reflection
4	Luke 3	Reflection	Reflection	1 Corinthians 7	2 Corinthians 13	Reflection	1 Timothy 6	Matthew 16	Reflection	Mark 13	John 11	Reflection
5	Luke 4	Reflection	Reflection	1 Corinthians 8	Galatians 1	Romans 16	Titus 1	Reflection	Hebrews 10	Mark 14	Reflection	Revelation 4
6	Luke 5	Acts 2	Acts 22	1 Corinthians 9	Reflection	Colossians 1	Titus 2	Reflection	Hebrews 11	Mark 15	Reflection	Revelation 5
7	Reflection	Acts 3	Acts 23	1 Corinthians 10	Reflection	Colossians 2	Titus 3	Matthew 17	Hebrews 12	Reflection	John 12	Revelation 6
8	Reflection	Acts 4	Acts 24	Reflection	Galatians 2	Colossians 3	Reflection	Matthew 18	Hebrews 13	Reflection	John 13	Revelation 7
9	Luke 6	Acts 5	Acts 25	Reflection	Galatians 3	Colossians 4	Reflection	Matthew 19	James 1	Mark 16	John 14	Revelation 8
10	Luke 7	Acts 6	Acts 26	1 Corinthians 11	Galatians 4	Reflection	2 Timothy 1	Matthew 20	Reflection	1 Peter 1	John 15	Reflection
11	Luke 8	Reflection	Reflection	1 Corinthians 12	Galatians 5	Reflection	2 Timothy 2	Matthew 21	Reflection	1 Peter 2	John 16	Reflection
12	Luke 9	Reflection	Reflection	1 Corinthians 13	Galatians 6	Ephesians 1	2 Timothy 3	Reflection	James 2	1 Peter 3	Reflection	Revelation 9
13	Luke 10	Acts 7	Acts 27	1 Corinthians 14	Reflection	Ephesians 2	2 Timothy 4	Reflection	James 3	1 Peter 4	Reflection	Revelation 10
14	Reflection	Acts 8	Acts 28	1 Corinthians 15	Reflection	Ephesians 3	Matthew 1	Matthew 22	James 4	Reflection	John 17	Revelation 11
15	Reflection	Acts 9	1 Thess. 1	Reflection	Romans 1	Ephesians 4	Reflection	Matthew 23	James 5	Reflection	John 18	Revelation 12
16	Luke 11	Acts 10	1 Thess. 2	Reflection	Romans 2	Ephesians 5	Reflection	Matthew 24	Mark 1	1 Peter 5	John 19	Revelation 13
17	Luke 12	Acts 11	1 Thess. 3	1 Corinthians 16	Romans 3	Reflection	Matthew 2	Matthew 25	Reflection	2 Peter 1	John 20	Reflection
18	Luke 13	Reflection	Reflection	2 Corinthians 1	Romans 4	Reflection	Matthew 3	Matthew 26	Reflection	2 Peter 2	John 21	Reflection
19	Luke 14	Reflection	Reflection	2 Corinthians 2	Romans 5	Ephesians 6	Matthew 4	Reflection	Mark 2	2 Peter 3	Reflection	Revelation 14
20	Luke 15	Acts 12	1 Thess. 4	2 Corinthians 3	Reflection	Philemon	Matthew 5	Reflection	Mark 3	Jude	Reflection	Revelation 15
21	Reflection	Acts 13	1 Thess. 5	2 Corinthians 4	Reflection	Philippians 1	Matthew 6	Matthew 27	Mark 4	Reflection	1 John 1	Revelation 16
22	Reflection	Acts 14	2 Thess. 1	Reflection	Romans 6	Philippians 2	Reflection	Matthew 28	Mark 5	Reflection	1 John 2	Revelation 17
23	Luke 16	Acts 15	2 Thess. 2	Reflection	Romans 7	Philippians 3	Reflection	Hebrews 1	Mark 6	John 1	1 John 3	Revelation 18
24	Luke 17	Acts 16	2 Thess. 3	2 Corinthians 5	Romans 8	Reflection	Matthew 7	Hebrews 2	Reflection	John 2	1 John 4	Reflection
25	Luke 18	Reflection	Reflection	2 Corinthians 6	Romans 9	Reflection	Matthew 8	Hebrews 3	Reflection	John 3	Reflection	Reflection
26	Luke 19	Reflection	Reflection	2 Corinthians 7	Romans 10	Philippians 4	Matthew 9	Reflection	Mark 7	John 4	Reflection	Revelation 19
27	Luke 20	Acts 17	1 Corinthians 1	2 Corinthians 8	Reflection	1 Timothy 1	Matthew 10	Reflection	Mark 8	John 5	1 John 5	Revelation 20
28	Reflection	Acts 18	1 Corinthians 2	2 Corinthians 9	Reflection	1 Timothy 2	Matthew 11	Hebrews 4	Mark 9	Reflection	2 John 1	Revelation 21
29	Reflection		1 Corinthians 3	Reflection	Romans 11	1 Timothy 3	Reflection	Hebrews 5	Mark 10	Reflection	3 John 1	Revelation 22
30	Luke 21		1 Corinthians 4	Reflection	Romans 12	1 Timothy 4	Reflection	Hebrews 6	Reflection	John 6	Revelation 1	Reflection
31	Luke 22		1 Corinthians 5		Romans 13		Matthew 12	Hebrews 7		John 7		Reflection

*“Your word is a lamp to my feet and a light for my path.” —PSALM 119:105*