

# REFRESHING THE SOUL - Reading Plan

Option 1: Black & Blue Passages = Whole Bible  
Option 2: Blue Passages = New Testament & Psalms  
Option 3: Black Passages = Old Testament *minus* Psalms

Feeding our hearts together by meditating on God's word - LABC BIBLE READING PLAN FOR 2025

## WEEK OF 29th DECEMBER

- Genesis 1-2; Psalm 19;
- Genesis 3; Mark 1
- Gen 3-5; Mark 2

## WEEK OF 5th JANUARY

- Gen 6-8; Psalm 104; Mark 3
- Gen 9-11; Mark 4
- Gen 12-15; Psalm 148; Mark 5
- Genesis 16-18; Mark 6
- Gen 19-20; Psalm 1; Mark 7

## WEEK OF 12th JANUARY

- Gen 21-23; Psalm 107; Mark 8
- Gen 24-25; Psalm 4; Mark 9
- Gen 26-27; Mark 10
- Genesis 28-29; Mark 11
- Gen 30-31; Psalm 11; Mark 12

## WEEK OF 19th JANUARY

- Gen 32-34; Psalm 145; Mark 13
- Gen 35-37; Psalm 12; Mark 14
- Gen 38-40; Mark 15
- Genesis 41-42; Mark 16
- Gen 43-44; Psalm 24; Gal 1

## WEEK OF 26th JANUARY

- Gen 45-46; Psalm 108; Gal 2
- Gen 47-48; Psalm 25; Gal 3
- Gen 49-50; Galatians 4
- Exodus 1-3; Galatians 5
- Exodus 4-6; Galatians 6

## WEEK OF 2nd FEBRUARY

- Exodus 7-9; Psalm 105; Eph 1
- Exodus 10-12; Ephesians 2
- Exodus 13-15; Psalm 114; Eph 3
- Exodus 16-18; Ephesians 4
- Exodus 19-21; Psalm 33; Eph 5

## WEEK OF 9th FEBRUARY

- Exodus 22-24; Psalm 109; Eph 6
- Exodus 25-27; Psalm 90; Phil 1
- Exodus 28-31; Philippians 2
- Exodus 32-34; Philippians 3
- Exodus 35-37; Psalm 26; Phil 4

## WEEK OF 16th FEBRUARY

- Exodus 38-40; Hebrews 1
- Leviticus 1-3; Psalm 27; Heb 2
- Leviticus 4-7; Heb 3
- Leviticus 8-11; Ps 110; Heb 4
- Leviticus 12-14; Ps 111; Heb 5

## WEEK OF 23rd FEBRUARY

- Leviticus 15-18; Ps 31; Heb 6
- Leviticus 19-20; Heb 7
- Leviticus 21-23; Heb 8
- Leviticus 24-25; Ps 81; Heb 9
- Leviticus 26-27; Ps 112; Heb 10

## WEEK OF 2nd MARCH

- Numbers 1-2; Ps 64; Heb 11
- Numbers 3-5; Heb 12
- Numbers 6-7; Heb 13
- Numbers 8-11; Colossians 1
- Numbers 12-14; Ps 28; Col 2

## WEEK OF 18th MAY

- 2Sam7-8; 1Chr 17; Ps132; Acts 25
- 2Sam9-10; 1Chr18-19;Ps89;Acts26
- 2Sam11-12;1Chr20; Ps51,32;Acts 27
- 2 Sam 13-14; Acts 28
- 2 Sam 15-17; Psa 3, 63, Rom 1

## WEEK OF 25th MAY

- 2 Sam 18-20; Psa 34; Romans 2
- 2 Sam 21-23; Psa 18; Romans 3
- 2 Sam 24; 1 Chr 21; Romans 4
- 1 Chr 22-25; Psalm 78; Rom 5
- 1 Kings 1; 1 Chr 26-28; Rom 6

## WEEK OF 1st JUNE

- 1 Kings 2; 1 Chr 29; Romans 7
- 1 Kgs 3; 2 Chr 1; Psa 42; Rom 8
- 1 Kgs 4; Proverbs 1-2; Rom 9
- Proverbs 3-5; Romans 10
- Proverbs 6-7; Psalm 7; Rom 11

## WEEK OF 8th JUNE

- Prov 8-10; Psalm 144; Rom 12
- Prov 11-13; Psalm 8; Rom 13
- Prov 14-15; Romans 14
- Proverbs 16-18; Romans 15
- Proverbs 19-21; Ps 40; Rom 16

## WEEK OF 15th JUNE

- Prov 22-23; Ps 117; 1 Thess 1
- Prov 24-25; Ps 41; 1 Thess 2
- Prov 26-28; 1 Thessalonians 3
- Proverbs 29-31; 1 Thess 4
- Song of Sol 1-3; Ps 72; 1Thess 5

## WEEK OF 22nd JUNE

- Song of Solomon 4-6; 2 Thess 1
- Song of Sol 7-8; Ps 127; 2Thess 2
- 1 Kings 5; 2 Chr 2; 2 Thess 3
- 1 Kings 6; 2 Chr 3; 1 Timothy 1
- 1 Kgs 7; 2 Chr 4; Ps 44; 1 Tim 2

## WEEK OF 29th JUNE

- 1 Kings 8; Ps 30; 1 Timothy 3
- 2 Chr 5-7; Ps 121; 1 Timothy 4
- 1 Kings 9; 2 Chr 8; 1 Timothy 5
- 1 Kings 10-11; 2 Chr 9; 1 Tim 6
- Ecclesiastes 1-3; Ps 45; 2 Tim 1

## WEEK OF 6th JULY

- Ecclesiastes 4-6; Ps 125; 2 Tim 2
- Ecclesiastes 7-9; Ps 46; 2 Tim 3
- Ecclesiastes 10-12; 2 Tim 4
- 1 Kgs 12; 2 Chr 10-11; Titus 1
- 1Kgs 13-14; 2Chr 12; Ps 47; Tit 2

## WEEK OF 13th JULY

- 1 Kgs 15; 2 Chr 13-14; Titus 3
- 1Kgs 16; 2Chr 15-16; Philemon
- 1 Kgs 17-18; Psalm 119; Jude
- 1Kgs19-21; 2Chr17; Ps129; Matt 1
- 1 Kgs 22; 2 Chr 18; Matthew 2

## WEEK OF 20th JULY

- 2 Kgs1; 2 Chr19-20; Ps20; Matt 3
- 2 Kgs 2-3; Psalm 48; Matt 4
- 2 Kgs 4-6; Matthew 5
- 2 Kgs 7-8; 2 Chr 21; Matt 6
- 2 Kgs 9-10; Psalm 49; Matt 7

## WEEK OF 5th OCTOBER

- Jer 17-20; James 1
- Jer 22,23,26; Ps 77; James 2
- Jer 25,35,36,45 Ps133, James 3
- Jer 27, 28, 29, 24; James 4
- Jer 37, 21, 34; Ps 79; James 5

## WEEK OF 12th OCTOBER

- Jer 30-33; 1 Peter 1
- Jer 38, 39, 52; 1 Peter 2
- 2Kgs24-25; 2Chr36; Ps126; 1Pet 3
- Lamentations; Ps 137; 1 Peter 4
- Obadiah; Jer40-42; Ps147; 1Pet 5

## WEEK OF 19th OCTOBER

- Jer 43, 44, 46; 2 Peter 1
- Jer 47, 48, 49; Ps 80; 2 Pet 2
- Jer 50-51; 2 Pet 3
- Ezekiel 1-3; John 1
- Ezekiel 4-6; Ps 82; John 2

## WEEK OF 26th OCTOBER

- Ezekiel 7-9; John 3
- Ezekiel 10-12; Ps 83; John 4
- Ezekiel 13-15; Ps 136; John 5
- Ezekiel 16-18; John 6
- Ezekiel 19-21; Ps 84; John 7

## WEEK OF 2nd NOVEMBER

- Ezekiel 22-24; Ps 134; John 8
- Ezekiel 25-27; Ps 85; John 9
- Ezekiel 28-30; John 10
- Ezekiel 31-33; John 11
- Ezekiel 34-36; Ps 86; John 12

## WEEK OF 9th NOVEMBER

- Ezekiel 37-39; Ps 87; John 13
- Ezekiel 40-42; John 14
- Ezekiel 43-45; Ps 135; John 15
- Ezekiel 46-48; John 16
- Daniel 1-3; Ps 88; John 17

## WEEK OF 16th NOVEMBER

- Daniel 4-6; John 18
- Daniel 7-9; Ps 91; John 19
- Daniel 10-12; John 20
- Ezra 1-2; John 21
- Ezra 3-4; Ps 92; 1 John 1

## WEEK OF 23rd NOVEMBER

- Haggai; Zech 1; Ps 138; 1 Jn 2
- Zechariah 2-5; Ps 93; 1 John 3
- Zechariah 6-8; 1 John 4
- Zechariah 9-11; 1 John 5
- Zech 12-15; Ps 94; 2 John

## WEEK OF 30th November

- Ezra 5-6; Ps 95; 3 John
- Esther 1-3; Psalm 139; Rev 1
- Esther 4-6; Revelation 2
- Esther 7-10; Revelation 3
- Ezra 7-10; Psalm 97; Rev 4

## WEEK OF 7th DECEMBER

- Nehemiah 1-3; Revelation 5
- Neh 4-6; Psalm 98; Rev 6
- Neh 7-9; Psalm 140; Rev 7
- Nehemiah 10-13; Revelation 8
- Malachi; Psalm 2; Rev 9

# GETTING STARTED

Use this plan as a series of bookmarks in your Bible, as indicated by the perforated lines.

Each day read the verses listed. Focus on what each passages about God - his glory, his greatness, his goodness and grace. Turn those reflections into prayer



Bible reading plan devised by:  
[FIVEDAYBIBLEREADING.COM](http://FIVEDAYBIBLEREADING.COM)

## WEEK OF 14th DECEMBER

- Job 1-3; Ps 29; Revelation 10
- Job 4-7; Ps 140; Revelation 11
- Job 8-11; Revelation 12
- Job 12-14; Psalm 100; Rev 13
- Job 15-17; Revelation 14

## WEEK OF 21st DECEMBER

- Job 18-20; Psalm 141; Rev 15
- Job 21-23; Psalm 101; Rev 16
- Job 24-27; Revelation 17
- Job 28-30; Revelation 18
- Job 31-33; Psalm 102; Rev 19

## WEEK OF 28th DECEMBER

- Job 34-36; Revelation 20
- Job 37-39; Psalm 103; Rev 21
- Job 40-42; Psalm 150, Rev 22

## WEEK OF 27th JULY

- 2Kgs11; 2Chr22-23; Ps131; Matt 8
- 2 Kgs 12; 2 Chr 24; Ps 50; Matt 9
- Joel; Matthew 10
- Jonah; Matthew 11
- 2Kgs13-14; 2Chr25; Ps53; Matt 12

## WEEK OF 3rd AUGUST

- Amos 1-3; Matthew 13
- Amos 4-6; Psalm 55; Matt 14
- Amos 7-9; Matthew 15
- Hosea 1-3; Matthew 16
- Hosea 4-6; Psalm 58; Matt 17

## WEEK OF 10th AUGUST

- Hosea 7-10; Matthew 18
- Hosea 11-13; Matthew 19
- Ho 14; 2Chr26-27; Ps61; Matt 20
- 2 Kgs 15-16; Matthew 21
- Isaiah 1-3; Ps 9; Matt 22

## WEEK OF 17th AUGUST

- Isaiah 4-6; Matthew 23
- Micah 1-4; Ps 10; Matt 24
- Micah 5-7; Matthew 25
- Isaiah 7-10; Ps 22; Matt 26
- Isaiah 11-13; Ps 118; Matt 27

## WEEK OF 24th AUGUST

- Isaiah 14-16; Matthew 28
- Isaiah 17-19; Ps 62; 1 Cor 1
- Isaiah 20-22; 1 Corinthians 2
- Isaiah 23-25; 1 Corinthians 3
- Isaiah 26-29; Ps 65; 1 Cor 4

## WEEK OF 31st August

- Isaiah 30-32; 1 Corinthians 5
- Isaiah 33-35; 1 Corinthians 6
- 2Chr 28; 2Kgs 17; Ps66, 1Cor 7
- 2 Chr 29-31; 1 Corinthians 8
- 2Kgs18-19; 2Chr32; Ps67; 1Cor 9

## WEEK OF 7th SEPTEMBER

- Isaiah 36-37; Ps 123; 1 Cor 10
- 2Kgs20; Isa38-40; Ps68; 1Cor 11
- Isaiah 41-44; 1 Corinthians 12
- Isaiah 45-48; 1 Corinthians 13
- Isaiah 49-52; Ps 69; 1 Cor 14

## WEEK OF 14th SEPTEMBER

- Isaiah 53-55; Ps 128; 1 Cor 15
- Isaiah 56-59; Ps 70; 1 Cor 16
- Isaiah 60-63; 2 Corinthians 1
- Isaiah 64-66; 2 Cor 2
- 2Kgs 21; 2Chr 33; Ps 71; 2Cor 3

## WEEK OF 21st SEPTEMBER

- Nahum; Psalm 149; 2 Cor 4
- 2 Kgs 22-23; Ps 73; 2 Cor 5
- 2 Chronicles 34-35; 2 Cor 6
- Habakkuk; 2 Corinthians 7
- Zephaniah; Ps 74; 2 Cor 8

## WEEK OF 28th SEPTEMBER

- Jer 1-4; Ps 130; 2 Cor 9
- Jer 5-7; Ps 75; 2 Cor 10
- Jer 8-10; 2 Corinthians 11
- Jeremiah 11-13; 2Corinthians 12
- Jer 14-16; Ps 76; 2 Cor 13

## WEEK OF 9th MARCH

- Numbers 15-18; Ps 113; Col 3
- Numbers 19-21; Col 4
- Numbers 22-25; Luke 1
- Numbers 26-29; Luke 2
- Numbers 30-33; Ps 35; Luke 3

## WEEK OF 16th MARCH

- Numbers 34-36; Luke 4
- Deuteronomy 1-3; Ps36; Luke 5
- Deuteronomy 4-6 ; Luke 6
- Deuteronomy 7-9; Luke 7
- Deut 10-14; Ps 5; Luke 8

## WEEK OF 23rd MARCH

- Deut 15-18; Ps 115; Luke 9
- Deut 19-22; Ps 6; Luke 10
- Deut 23-26; Luke 11
- Deut 27-31; Luke 12
- Deut 32-34; Ps 13; Luke 13

## WEEK OF 30th MARCH

- Joshua 1-4; Psalm 143; Luke 14
- Joshua 5-8; Ps 14; Luke 15
- Joshua 9-13; Luke 16
- Joshua 14-17; Luke 17
- Joshua 18-21; Ps 15; Luke 18

## WEEK OF 6th APRIL

- Joshua 22-24; Ps 116; Luke 19
- Judges 1-3; Ps 16; Luke 20
- Judges 4-6; Luke 21
- Judges 7-8; Luke 22
- Judges 9-11; Ps 17; Luke 23

## WEEK OF 13th APRIL

- Judges 12-16; Ps 146; Luke 24
- Judges 17-18; Ps 21; Acts 1
- Judges 19-21; Acts 2
- Ruth 1-2; Acts 3
- Ruth 3-4; Ps 37; Acts 4

## WEEK OF 20th APRIL

- 1 Samuel 1-2; Ps 120; Acts 5
- 1 Samuel 3-5; Ps 23; Acts 6
- 1 Samuel 6-8; Acts 7
- 1 Samuel 9-10; Acts 8
- 1 Samuel 11-13; Ps 38; Acts 9

## WEEK OF 27th APRIL

- 1 Samuel 14; Ps 124; Acts 10
- 1Sam15-16; 1Chr 1; Ps39; Acts 11
- 1Sam17; 1Chronicles 2; Acts 12
- 1Sam18-19; 1Chr 3; Ps59; Acts 13
- 1Sam20; 1Chr4; Ps56,57,142; Acts14

## WEEK OF 4th MAY

- 1Sam21-22; 1Chr 5; Ps52; Acts 15
- 1Sam23-24; 1Chr 6; Ps54; Acts 16
- 1Sam25; 1Chr 7; Acts 17
- 1Sam 26-27; 1Chr 8; Acts 18
- 1Sam 20-29; 1Chr 9; Acts19

## WEEK OF 11th MAY

- 1Sam 30-31; 1Chr 10; Acts 20
- 2Sam1-2; 1Chr11; Ps96,106; Acts21
- 2Sam3-5; 1Chr 12; Ps122; Acts 22
- 2Sam 6; 1Chr 13; Ps60; Acts 23
- 1 Chr 14-16; Acts 24