

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 2026

WEEK OF 28th DECEMBER

- Genesis 1-2; [Psalm 19](#);
- Genesis 3; [Mark 1](#)

WEEK OF 4th JANUARY

- Genesis 3-5; [Mark 2](#)
- Gen 6-8; [Psalm 104](#); [Mark 3](#)
- Gen 9-11; [Mark 4](#)
- Gen 12-15; [Psalm 148](#); [Mark 5](#)
- Genesis 16-18; [Mark 6](#)

WEEK OF 11th JANUARY

- Gen 19-20; [Psalm 1](#); [Mark 7](#)
- Gen 21-23; [Psalm 107](#); [Mark 8](#)
- Gen 24-25; [Psalm 4](#); [Mark 9](#)
- Gen 26-27; [Mark 10](#)
- Genesis 28-29; [Mark 11](#)

WEEK OF 18th JANUARY

- Gen 30-31; [Psalm 11](#); [Mark 12](#)
- Gen 32-34; [Psalm 145](#); [Mark 13](#)
- Gen 35-37; [Psalm 12](#); [Mark 14](#)
- Gen 38-40; [Mark 15](#)
- Genesis 41-42; [Mark 16](#)

WEEK OF 25th JANUARY

- Gen 43-44; [Psalm 24](#); [Gal 1](#)
- Gen 45-46; [Psalm 108](#); [Gal 2](#)
- Gen 47-48; [Psalm 25](#); [Gal 3](#)

- Gen 49-50; [Galatians 4](#)
- Exodus 1-3; [Galatians 5](#)

WEEK OF 1st FEBRUARY

- Exodus 4-6; [Galatians 6](#)
- Exodus 7-9; [Psalm 105](#); [Eph 1](#)
- Exodus 10-12; [Ephesians 2](#)
- Exodus 13-15; [Psalm 114](#); [Eph 3](#)
- Exodus 16-18; [Ephesians 4](#)

WEEK OF 8th FEBRUARY

- Exodus 19-21; [Psalm 33](#); [Eph 5](#)
- Exodus 22-24; [Psalm 109](#); [Eph 6](#)
- Exodus 25-27; [Psalm 90](#); [Phil 1](#)
- Exodus 28-31; [Philippians 2](#)
- Exodus 32-34; [Philippians 3](#)

WEEK OF 15th FEBRUARY

- Exodus 35-37; [Psalm 26](#); [Phil 4](#)
- Exodus 38-40; [Hebrews 1](#)
- Leviticus 1-3; [Psalm 27](#); [Heb 2](#)
- Leviticus 4-7; [Heb 3](#)
- Leviticus 8-11; [Ps 110](#); [Heb 4](#)

WEEK OF 22nd FEBRUARY

- Leviticus 12-14; [Ps 111](#); [Heb 5](#)
- Leviticus 15-18; [Ps 31](#); [Heb 6](#)
- Leviticus 19-20; [Heb 7](#)
- Leviticus 21-23; [Heb 8](#)
- Leviticus 24-25; [Ps 81](#); [Heb 9](#)

WEEK OF 1st MARCH

- Leviticus 26-27; [Ps 112](#); [Heb 10](#)
- Numbers 1-2; [Ps 64](#); [Heb 11](#)
- Numbers 3-5; [Heb 12](#)
- Numbers 6-7; [Heb 13](#)
- Numbers 8-11; [Colossians 1](#)

WEEK OF 17th MAY

- 1 Chr 14-16; [Acts 24](#)
- 2 Sam 7-8; 1 Chr 17; [Ps 132](#); [Acts 25](#)
- 2 Sam 9-10; 1 Chr 18-19; [Ps 89](#); [Acts 26](#)
- 2 Sam 11-12; 1 Chr 20; [Ps 51,32](#); [Acts 27](#)
- 2 Sam 13-14; [Acts 28](#)

WEEK OF 24th MAY

- 2 Sam 15-17; [Psa 3, 63](#), [Rom 1](#)
- 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](#)

WEEK OF 31st May

- 1 Kings 1; 1 Chr 26-28; [Rom 6](#)
- 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](#)

WEEK OF 7th JUNE

- Proverbs 6-7; [Psalm 7](#); [Rom 11](#)
- Prov 8-10; [Psalm 144](#); [Rom 12](#)
- Prov 11-13; [Psalm 8](#); [Rom 13](#)
- Prov 14-15; [Romans 14](#)
- Proverbs 16-18; [Romans 15](#)

WEEK OF 14th JUNE

- Proverbs 19-21; [Ps 40](#); [Rom 16](#)
- 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](#)

WEEK OF 21st JUNE

- Song of Sol 1-3; [Ps 72](#); [1 Thess 5](#)
- Song of Solomon 4-6; [2 Thess 1](#)
- Song of Sol 7-8; [Ps 127](#); [2 Thess 2](#)
- 1 Kings 5; 2 Chr 2; [2 Thess 3](#)
- 1 Kings 6; 2 Chr 3; [1 Timothy 1](#)

WEEK OF 28th JUNE

- 1 Kgs 7; 2 Chr 4; [Ps 44](#); [1 Tim 2](#)
- 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](#)

WEEK OF 5th JULY

- Ecclesiastes 1-3; [Ps 45](#); [2 Tim 1](#)
- 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](#)

WEEK OF 12th JULY

- 1 Kgs 13-14; 2 Chr 12; [Ps 47](#); [Tit 2](#)
- 1 Kgs 15; 2 Chr 13-14; [Titus 3](#)
- 1 Kgs 16; 2 Chr 15-16; [Philemon](#)
- 1 Kgs 17-18; [Psalm 119](#); [Jude](#)
- 1 Kgs 19-21; 2 Chr 17; [Ps 129](#); [Matt 1](#)

WEEK OF 19th JULY

- 1 Kgs 22; 2 Chr 18; [Matthew 2](#)
- 2 Kgs 1; 2 Chr 19-20; [Ps 20](#); [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](#)

WEEK OF 4th OCTOBER

- Jer 14-16; [Ps 76](#); [2 Cor 13](#)
- Jer 17-20; [James 1](#)
- Jer 22,23,26; [Ps 77](#); [James 2](#)
- Jer 25,35,36; [Ps 133](#); [James 3](#)
- Jer 27, 28, 29, 24; [James 4](#)

WEEK OF 11th OCTOBER

- Jer 37, 21, 34; [Ps 79](#); [James 5](#)
- Jer 30-33; [1 Peter 1](#)
- Jer 38, 39, 52; [1 Peter 2](#)
- 2 Kgs 24-25; 2 Chr 36; [Ps 126](#); [1 Pet 3](#)
- Lamentations; [Ps 137](#); [1 Peter 4](#)

WEEK OF 18th OCTOBER

- Obadiah; [Jer 40-42](#); [Ps 147](#); [1 Pet 5](#)
- 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](#)

WEEK OF 25th OCTOBER

- Ezekiel 4-6; [Ps 82](#); [John 2](#)
- Ezekiel 7-9; [John 3](#)
- Ezekiel 10-12; [Ps 83](#); [John 4](#)
- Ezekiel 13-15; [Ps 136](#); [John 5](#)
- Ezekiel 16-18; [John 6](#)

WEEK OF 1st NOVEMBER

- Ezekiel 19-21; [Ps 84](#); [John 7](#)
- Ezekiel 22-24; [Ps 134](#); [John 8](#)
- Ezekiel 25-27; [Ps 85](#); [John 9](#)
- Ezekiel 28-30; [John 10](#)
- Ezekiel 31-33; [John 11](#)

WEEK OF 8th NOVEMBER

- Ezekiel 34-36; [Ps 86](#); [John 12](#)
- Ezekiel 37-39; [Ps 87](#); [John 13](#)
- Ezekiel 40-42; [John 14](#)
- Ezekiel 43-45; [Ps 135](#); [John 15](#)
- Ezekiel 46-48; [John 16](#)

WEEK OF 15th NOVEMBER

- Daniel 1-3; [Ps 88](#); [John 17](#)
- Daniel 4-6; [John 18](#)
- Daniel 7-9; [Ps 91](#); [John 19](#)
- Daniel 10-12; [John 20](#)
- Ezra 1-2; [John 21](#)

WEEK OF 22nd NOVEMBER

- Ezra 3-4; [Ps 92](#); [1 John 1](#)
- 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](#)

WEEK OF 29th November

- Zech 12-15; [Ps 94](#); [2 John](#)
- Ezra 5-6; [Ps 95](#); [3 John](#)
- Esther 1-3; [Psalm 139](#); [Rev 1](#)
- Esther 4-6; [Revelation 2](#)
- Esther 7-10; [Revelation 3](#)

WEEK OF 6th DECEMBER

- Ezra 7-10; [Psalm 97](#); [Rev 4](#)
- Nehemiah 1-3; [Revelation 5](#)
- Neh 4-6; [Psalm 98](#); [Rev 6](#)
- Neh 7-9; [Psalm 140](#); [Rev 7](#)
- Nehemiah 10-13; [Revelation 8](#)

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

WEEK OF 13th DECEMBER

- **Malachi; Psalm 2; Rev 9**
- **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**

WEEK OF 20th DECEMBER

- **Job 15-17; Revelation 14**
- **Job 18-20; Psalm 141; Rev 15**
- **Job 21-23; Psalm 101; Rev 16**
- **Job 24-27; Revelation 17**
- **Job 28-30; Revelation 18**

WEEK OF 27th DECEMBER

- **Job 31-33; Psalm 102; Rev 19**
- **Job 34-36; Revelation 20**
- **Job 37-39; Psalm 103; Rev 21**
- **Job 40-42; Psalm 150, Rev 22**

WEEK OF 26th JULY

- **2 Kgs 9-10; Psalm 49; Matt 7**
- **2Kgs11; 2Chr22-23; Ps131; Matt 8**
- **2 Kgs 12; 2 Chr 24; Ps 50; Matt 9**
- **Joel; Matthew 10**
- **Jonah; Matthew 11**

WEEK OF 2nd AUGUST

- **2Kgs13-14; 2Chr25; Ps53; Matt 12**
- **Amos 1-3; Matthew 13**
- **Amos 4-6; Psalm 55; Matt 14**
- **Amos 7-9; Matthew 15**
- **Hosea 1-3; Matthew 16**

WEEK OF 9th AUGUST

- **Hosea 4-6; Psalm 58; Matt 17**
- **Hosea 7-10; Matthew 18**
- **Hosea 11-13; Matthew 19**
- **Ho 14; 2Chr26-27; Ps61; Matt 20**
- **2 Kgs 15-16; Matthew 21**

WEEK OF 16th AUGUST

- **Isaiah 1-3; Ps 9; Matt 22**
- **Isaiah 4-6; Matthew 23**
- **Micah 1-4; Ps 10; Matt 24**
- **Micah 5-7; Matthew 25**
- **Isaiah 7-10; Ps 22; Matt 26**

WEEK OF 23rd AUGUST

- **Isaiah 11-13; Ps 118; Matt 27**
- **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**

WEEK OF 30th August

- **Isaiah 26-29; Ps 65; 1 Cor 4**
- **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**

WEEK OF 6th SEPTEMBER

- **2Kgs18-19; 2Chr32; Ps67; 1Cor 9**
- **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**

WEEK OF 13th SEPTEMBER

- **Isaiah 49-52; Ps 69; 1 Cor 14**
- **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**

WEEK OF 20th SEPTEMBER

- **2Kgs 21; 2Chr 33; Ps 71; 2Cor 3**
- **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**

WEEK OF 27th SEPTEMBER

- **Zephaniah; Ps 74; 2 Cor 8**
- **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**

WEEK OF 8th MARCH

- **Numbers 12-14; Ps 28; Col 2**
- **Numbers 15-18; Ps 113; Col 3**
- **Numbers 19-21; Col 4**
- **Numbers 22-25; Luke 1**
- **Numbers 26-29; Luke 2**

WEEK OF 15th MARCH

- **Numbers 30-33; Ps 35; Luke 3**
- **Numbers 34-36; Luke 4**
- **Deuteronomy 1-3; Ps36; Luke 5**
- **Deuteronomy 4-6 ; Luke 6**
- **Deuteronomy 7-9; Luke 7**

WEEK OF 22nd MARCH

- **Deut 10-14; Ps 5; Luke 8**
- **Deut 15-18; Ps 115; Luke 9**
- **Deut 19-22; Ps 6; Luke 10**
- **Deut 23-26; Luke 11**
- **Deut 27-31; Luke 12**

WEEK OF 29th MARCH

- **Deut 32-34; Ps 13; Luke 13**
- **Joshua 1-4; Psalm 143; Luke 14**
- **Joshua 5-8; Ps 14; Luke 15**
- **Joshua 9-13; Luke 16**
- **Joshua 14-17; Luke 17**

WEEK OF 5th APRIL

- **Joshua 18-21; Ps 15; Luke 18**
- **Joshua 22-24; Ps 116; Luke 19**
- **Judges 1-3; Ps 16; Luke 20**
- **Judges 4-6; Luke 21**
- **Judges 7-8; Luke 22**

WEEK OF 12th APRIL

- **Judges 9-11; Ps 17; Luke 23**
- **Judges 12-16; Ps 146; Luke 24**
- **Judges 17-18; Ps 21; Acts 1**
- **Judges 19-21; Acts 2**
- **Ruth 1-2; Acts 3**

WEEK OF 19th APRIL

- **Ruth 3-4; Ps 37; Acts 4**
- **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**

WEEK OF 26th APRIL

- **1 Samuel 11-13; Ps 38; Acts 9**
- **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**

WEEK OF 3rd MAY

- **1Sam20; 1Chr4; Ps56,57,142; Acts14**
- **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**

WEEK OF 10th MAY

- **1Sam 20-29; 1Chr 9; Acts19**
- **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**