

45 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	1 Samuel 1-5	Matthew 1-3	Psalm 100
	2	Psalm 19	1 Samuel 6-10	Matthew 4-5	Psalm 99
	3	Psalm 84	1 Samuel 11-14	Matthew 6-7	Psalm 8
	4	Psalm 10	1 Samuel 15-17	Matthew 8-9	Psalm 9
	5	Psalm 11	1 Samuel 18-22	Matthew 10-11	Psalm 111
	6	Psalm 13	1 Samuel 23-25	Matthew 12-13	Psalm 65
	7	Psalm 62	1 Samuel 26-31	Matthew 14-15	Psalm 142
	8	Psalm 34	2 Samuel 1-3	Matthew 16-18	Psalm 36
	9	Psalm 86	2 Samuel 4-8	Matthew 19-21	Psalm 133
	10	Psalm 30	2 Samuel 9-12	Matthew 22-23	Psalm 89
	11	Psalm 51	2 Samuel 13-15	Matthew 24-25	Psalm 132
	12	Psalm 100	2 Samuel 16-18	Matthew 26	Psalm 18
	13	Psalm 29	2 Samuel 19-21	Matthew 27-28	Psalm 131
	14	Psalm 92	2 Samuel 22-24	Acts 1-3	Psalm 40
	15	Psalm 61	Proverbs 1-6	Acts 4-5	Psalm 75
	16	Psalm 2	Proverbs 7-11	Acts 6-8	Psalm 118
	17	Psalm 3	Proverbs 12-16	Acts 9-11	Psalm 12
	18	Psalm 31	Proverbs 17-20	Acts 12-14	Psalm 62
	19	Psalm 57	Proverbs 21-25	Acts 15-17	Psalm 67
	20	Psalm 121	Proverbs 26-31	Acts 18-20	Psalm 47
	21	Psalm 108	Ezekiel 1-4	Acts 21-23	Psalm 45
	22	Psalm 56	Ezekiel 5-9	Acts 24-26	Psalm 33
	23	Psalm 12	Ezekiel 10-14	Acts 27-28	Psalm 23
	24	Psalm 37	Ezekiel 15-17	Galatians 1-3	Psalm 68
	25	Psalm 21	Ezekiel 18-21	Galatians 4-6	Psalm 20

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	#	Opening Prayer	Old Testament	New Testament	Closing Prayer
	26	Psalm 112	Ezekiel 22-26	1 Timothy 1-3	Psalm 28
	27	Psalm 24	Ezekiel 27-31	1 Timothy 4-6	Psalm 25
	28	Psalm 87	Ezekiel 32-35	2 Timothy 1-4	Psalm 42
	29	Psalm 27	Ezekiel 36-39	Titus 1-3	Psalm 143
	30	Psalm 134	Ezekiel 40-44	John 1-2	Psalm 15
	31	Psalm 135	Ezekiel 45-48	John 3-4	Psalm 96
	32	Psalm 46	Daniel 1-3	John 5-6	Psalm 144
	33	Psalm 5	Daniel 4-6	John 7-8	Psalm 147
	34	Psalm 4	Daniel 7-9	John 9-11	Psalm 26
	35	Psalm 85	Daniel 10-12	John 12-14	Psalm 130
	36	Psalm 113	Esther 1-4	John 15-18	Psalm 129
	37	Psalms 72-73	Esther 5-7	John 19-21	Psalm 90
	38	Psalm 63	Esther 8-10	Luke 1-3	Psalm 14
	39	Psalm 115	Joel 1-3	Luke 4-6	Psalm 81
	40	Psalm 121	Malachi 1-4	Luke 7-9	Psalm 73
	41	Psalms 42-43	Jonah 1-4	Luke 10-12	Psalms 125-126
	42	Psalm 28	Amos 1-5	Luke 13-16	Psalm 127
	43	Psalm 102	Amos 6-9	Luke 17-20	Psalm 128
	44	Psalm 74	Hosea 1-7	Luke 21-22	Psalm 146
	45	Psalm 75	Hosea 8-14	Luke 23-24	Psalm 145
	46	Psalm 22	Micah 1-4	Philippians 1-4	Psalm 136
	47	Psalm 44	Micah 5-7	Romans 1-4	Psalms 137-138
	48	Psalm 29	Haggai 1-2; Obadiah	Romans 5-10	Psalm 139
	49	Psalm 30	Nahum 1-3	Romans 11-13	Psalm 119
	50	Psalm 31	Habakkuk 1-3; Zephaniah 1-3	Romans 14-16	Psalm 140
	51	Psalm 98	Zechariah 1-8	Hebrews 1-6	Psalm 6
	52	Psalm 59	Zechariah 9-14	Hebrews 7-10	Psalm 141
	53	Psalm 34	Ezra 1-4	Hebrews 11-13	Psalm 150

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	54	Psalms 36	Ezra 5-7	Ephesians 1-6	Psalms 143
	55	Psalms 37	Ezra 8-10	Colossians 1-2	Psalms 148
	56	Psalms 35	Nehemiah 1-6	Colossians 3-4	Psalms 149
	57	Psalms 33	Nehemiah 7-10	Philemon	Psalms 10-11
	58	Psalms 48-49	Nehemiah 11-13	1 Thessalonians 1-5	Psalms 142
	59	Psalms 53	Ecclesiastes 1-7	2 Thessalonians 1-3	Psalms 7
	60	Psalms 39	Ecclesiastes 8-12	1 John 1-5	Psalms 41
	61	Psalms 50	Song of Solomon	2 John; 3 John	Psalms 78
	62	Psalms 64	Genesis 1-5	Revelation 1-2	Psalms 76
	63	Psalms 56	Genesis 6-10	Revelation 3-4	Psalms 101
	64	Psalms 58	Genesis 11-16	Revelation 5-7	Psalms 77
	65	Psalms 32	Genesis 17-21	Revelation 8-10	Psalms 70
	66	Psalms 60	Genesis 22-25	Revelation 11-12	Psalms 74
	67	Psalms 52	Genesis 26-29	Revelation 13-15	Psalms 72
	68	Psalms 90	Genesis 30-33	Revelation 16-17	Psalms 80
	69	Psalms 61	Genesis 34-37	Revelation 18-20	Psalms 82
	70	Psalms 97	Genesis 38-41	Revelation 21-22	Psalms 104
	71	Psalms 95	Genesis 42-46	Jude	Psalms 83
	72	Psalms 47	Genesis 47-50	Mark 1-2	Psalms 107
	73	Psalms 93	Exodus 1-5	Mark 3-4	Psalms 63
	74	Psalms 91	Exodus 6-9	Mark 5	Psalms 37
	75	Psalms 110	Exodus 10-12	Mark 6-7	Psalms 105
	76	Psalms 66	Exodus 13-15	Mark 8-9	Psalms 87
	77	Psalms 89	Exodus 16-18	Mark 10-11	Psalms 120
	78	Psalms 94	Exodus 19-22	Mark 12-13	Psalms 103
	79	Psalms 69	Exodus 23-26	Mark 14	Psalms 122
	80	Psalms 116	Exodus 27-29	Mark 15-16	Psalms 88
	81	Psalms 117	Exodus 30-33	Hebrews 1-4	Psalms 108

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	82	Psalm 55	Exodus 34-36	Hebrews 5-6	Psalm 106
	83	Psalm 114	Exodus 37-40	Hebrews 7-9	Psalm 34
	84	Psalm 48	Leviticus 1-6	Hebrews 10	Psalm 35
	85	Psalm 14	Leviticus 7-11	Hebrews 11	Psalm 124
	86	Psalm 12	Leviticus 12-15	Hebrews 12-13	Psalm 15
	87	Psalm 17	Leviticus 16-20	1 Corinthians 1-2	Psalm 57
	88	Psalm 49	Leviticus 21-24	1 Corinthians 3-5	Psalm 109
	89	Psalm 19	Leviticus 25-27	1 Corinthians 6-7	Psalm 86
	90	Psalm 149	Numbers 1-4	1 Corinthians 8-9	Psalm 79
	91	Psalm 62	Numbers 5-7	1 Corinthians 10-12	Psalm 1
	92	Psalm 150	Numbers 8-13	1 Corinthians 13-14	Psalm 4
	93	Psalm 148	Numbers 14-16	1 Corinthians 15-16	Psalm 3
	94	Psalm 147	Numbers 17-21	Romans 1-2	Psalm 2
	95	Psalm 145	Numbers 22-25	Romans 3-5	Psalm 5
	96	Psalm 144	Numbers 26-29	Romans 6-7	Psalm 23
	97	Psalm 140	Numbers 30-32	Romans 8-9	Psalm 7
	98	Psalm 136	Numbers 33-36	Romans 10-11	Psalm 10
	99	Psalm 142	Deuteronomy 1-3	Romans 12-14	Psalm 111
	100	Psalm 141	Deuteronomy 4-6	Romans 15-16	Psalm 8
	101	Psalm 139	Deuteronomy 7-9	2 Corinthians 1-3	Psalm 9
	102	Psalm 146	Deuteronomy 10-12	2 Corinthians 4-7	Psalm 11
	103	Psalm 138	Deuteronomy 13-16	2 Corinthians 8-10	Psalm 6
	104	Psalm 137	Deuteronomy 17-20	2 Corinthians 11-13	Psalm 19
	105	Psalm 143	Deuteronomy 21-23	Galatians 1-3	Psalm 17
	106	Psalm 135	Deuteronomy 24-27	Galatians 4-6	Psalm 16
	107	Psalm 134	Deuteronomy 28-29	Ephesians 1-3	Psalm 14
	108	Psalm 132	Deuteronomy 30-31	Ephesians 4-6	Psalm 18
	109	Psalm 109	Deuteronomy 32-34	Titus 1-3	Psalm 26

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#	Opening Prayer	Old Testament	New Testament	Closing Prayer
110	Psalm 130	Joshua 1-5	Colossians 1-4	Psalm 21
111	Psalm 129	Joshua 6-8	James 1-5	Psalm 20
112	Psalm 131	Joshua 9-12	1 Thessalonians 1-5	Psalm 29
113	Psalm 104	Joshua 13-16	2 Thessalonians 1-3	Psalm 22
114	Psalm 125	Joshua 17-21	1 Timothy 1-3	Psalm 25
115	Psalm 126	Joshua 22-24	1 Timothy 4-6	Psalm 33
116	Psalm 133	Judges 1-4	2 Timothy 1-4	Psalm 24
117	Psalm 117	Judges 5-7	Luke 1-2	Psalm 47
118	Psalm 124	Judges 8-10	Luke 3-4	Psalm 27
119	Psalm 122	Judges 11-14	Luke 5-6	Psalm 32
120	Psalm 128	Judges 15-18	Luke 7-8	Psalm 13
121	Psalm 121	Judges 19-21	Luke 9-10	Psalm 28
122	Psalm 116	Ruth 1-4	Luke 11=12	Psalm 30
123	Psalm 118	1 Kings 1-2	Luke 13-14	Psalm 134
124	Psalm 123	1 Kings 3-6	Luke 15-16	Psalm 31
125	Psalm 111	1 Kings 7-8	Luke 17-18	Psalm 94
126	Psalm 110	1 Kings 9-11	Luke 19-20	Psalm 38
127	Psalm 107	1 Kings 12-13	Luke 21-22	Psalm 44
128	Psalm 120	1 Kings 14-16	Luke 23-24	Psalm 70
129	Psalm 114	1 Kings 17-19	1 Peter 1-3	Psalm 37
130	Psalm 91	1 Kings 20-22	1 Peter 4-5	Psalm 39
131	Psalm 113	2 Kings 1-4	2 Peter 1-3	Psalm 36
132	Psalm 106	2 Kings 5-8	Jude	Psalm 35
133	Psalm 112	2 Kings 9-11	1 Corinthians 1-4	Psalm 46
134	Psalm 115	2 Kings 12-14	1 Corinthians 5-9	Psalm 43
135	Psalm 102	2 Kings 15-17	1 Corinthians 10-12	Psalm 45
136	Psalm 103	2 Kings 18-21	1 Corinthians 13-14	Psalm 49
137	Psalm 93	2 Kings 22-25	1 Corinthians 15-16	Psalm 48

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	#	Opening Prayer	Old Testament	New Testament	Closing Prayer
	138	Psalm 127	1 Chronicles 1-3	John 1-3	Psalm 50
	139	Psalm 101	1 Chronicles 4-6	John 4-5	Psalm 93
	140	Psalm 100	1 Chronicles 7-9	John 6-7	Psalm 51
	141	Psalm 99	1 Chronicles 10-12	John 8-9	Psalm 55
	142	Psalm 95	1 Chronicles 13-16	John 10-11	Psalm 72
	143	Psalm 97	1 Chronicles 17-21	John 12-13	Psalm 52
	144	Psalm 105	1 Chronicles 22-26	John 14-15	Psalm 54
	145	Psalm 77	1 Chronicles 27-29	John 16-17	Psalm 56
	146	Psalm 89	2 Chronicles 1-5	John 18-19	Psalm 62
	147	Psalm 94	2 Chronicles 6-9	John 20-21	Psalm 58
	148	Psalm 92	2 Chronicles 10-14	Acts 1-2	Psalm 59
	149	Psalm 90	2 Chronicles 15-19	Acts 3-4	Psalm 60
	150	Psalm 88	2 Chronicles 20-22	Acts 5-7	Psalm 66
	151	Psalm 8	2 Chronicles 23-25	Acts 8-9	Psalm 61
	152	Psalm 108	2 Chronicles 26-29	Acts 10-11	Psalm 53
	153	Psalm 85	2 Chronicles 30-32	Acts 12-13	Psalm 67
	154	Psalm 98	2 Chronicles 33-36	Acts 14-15	Psalm 57
	155	Psalm 86	Job 1-7	Acts 16-17	Psalm 63
	156	Psalm 26	Job 8-14	Acts 18-19	Psalm 68
	157	Psalm 83	Job 15-21	Acts 20-21	Psalm 17
	158	Psalm 82	Job 22-30	Acts 22-23	Psalm 117
	159	Psalm 81	Job 31-36	Acts 24-26	Psalm 71
	160	Psalm 79	Job 37-42	Acts 27-28	Psalm 53
	161	Psalm 80	Jeremiah 1-3	James 1-5	Psalm 73
	162	Psalm 75	Jeremiah 4-7	Matthew 1-3	Psalm 87
	163	Psalm 6	Jeremiah 8-10	Matthew 4-6	Psalm 29
	164	Psalm 76	Jeremiah 11-13	Matthew 7-9	Psalm 69
	165	Psalm 96	Jeremiah 14-17	Matthew 10-11	Psalm 74

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166	Psalms 38	Jeremiah 18-21	Matthew 12-13	Psalms 64
167	Psalms 60	Jeremiah 22-24	Matthew 14-16	Psalms 41
168	Psalms 40	Jeremiah 25-28	Matthew 17-18	Psalms 102
169	Psalms 36	Jeremiah 29-31	Matthew 19-21	Psalms 123
170	Psalms 48	Jeremiah 32-34	Matthew 22-23	Psalms 135
171	Psalms 16	Jeremiah 35-38	Matthew 24-25	Psalms 116
172	Psalms 24	Jeremiah 39-43	Matthew 26	Psalms 114
173	Psalms 12	Jeremiah 44-47	Matthew 27-28	Psalms 105
174	Psalms 54	Jeremiah 48-50	Philemon	Psalms 115
175	Psalms 7	Jeremiah 51-52	Colossians 1-4	Psalms 84
176	Psalms 9	Lamentations 1-2	Philippians 1-4	Psalms 91
177	Psalms 18	Lamentations 3-5	Mark 1-2	Psalms 85
178	Psalms 15	Isaiah 1-5	Mark 3-5	Psalms 128
179	Psalms 45	Isaiah 6-9	Mark 6-7	Psalms 95
180	Psalms 20	Isaiah 10-14	Mark 8-9	Psalms 97
181	Psalms 23	Isaiah 15-21	Mark 10-11	Psalms 98
182	Psalms 25	Isaiah 22-26	Mark 12-13	Psalms 77
183	Psalms 72	Isaiah 27-31	Mark 14	Psalms 110
184	Psalms 41-42	Isaiah 32-36	Mark 15-16	Psalms 103
185	Psalms 65	Isaiah 37-40	1 John 1-5	Psalms 120
186	Psalms 78	Isaiah 41-43	2 John; 3 John	Psalms 112
187	Psalms 71	Isaiah 44-46	1 Peter 1-5	Psalms 113
188	Psalms 70	Isaiah 47-52	2 Peter 1-3	Psalms 122
189	Psalms 76	Isaiah 53-57	2 Corinthians 1-5	Psalms 126
190	Psalms 144	Isaiah 58-62	2 Corinthians 6-9	Psalms 92
191	Psalms 145	Isaiah 63-66	2 Corinthians 10-13	Psalms 132