

60 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	
<input type="checkbox"/>	1	Psalm 1	Joel 1-3	Matthew 1-8	Psalm 2
<input type="checkbox"/>	2	Psalm 3	Amos 1-9	Matthew 9-11	Psalm 89
<input type="checkbox"/>	3	Psalm 4	Jonah 1-4	Matthew 12-16	Psalm 105
<input type="checkbox"/>	4	Psalm 24	Hosea 1-14	Matthew 17-19	Psalm 110
<input type="checkbox"/>	5	Psalms 7-8	Haggai 1-2; Obadiah	Matthew 20-25	Psalm 26
<input type="checkbox"/>	6	Psalm 19	Nahum 1-3	Matthew 26-28	Psalm 119
<input type="checkbox"/>	7	Psalm 9	Micah 1-7	Mark 1-4	Psalm 91
<input type="checkbox"/>	8	Psalm 10	Zephaniah 1-3	Mark 5-10	Psalm 11
<input type="checkbox"/>	9	Psalm 12	Habakkuk 1-3	Mark 11-16	Psalm 27
<input type="checkbox"/>	10	Psalms 13-14	Malachi 1-4	Luke 1-5	Psalm 64
<input type="checkbox"/>	11	Psalm 15	Zechariah 1-7	Luke 6-9	Psalm 103
<input type="checkbox"/>	12	Psalm 134	Zechariah 8-14	Luke 10-13	Psalm 133
<input type="checkbox"/>	13	Psalm 34	Ezra 1-6	Luke 14-17	Psalm 36
<input type="checkbox"/>	14	Psalm 65	Ezra 7-10	Luke 18-21	Psalm 142
<input type="checkbox"/>	15	Psalm 30	Nehemiah 1-5	Luke 22-24	Psalm 132
<input type="checkbox"/>	16	Psalm 86	Nehemiah 6-9	Galatians 1-6	Psalm 99
<input type="checkbox"/>	17	Psalm 51	Nehemiah 10-13	Ephesians 1-6	Psalms 21-22
<input type="checkbox"/>	18	Psalm 100	Genesis 1-9	Revelation 1-2	Psalm 131
<input type="checkbox"/>	19	Psalm 84	Genesis 10-18	Revelation 3-5	Psalm 40
<input type="checkbox"/>	20	Psalm 60	Genesis 19-24	Revelation 6-9	Psalm 18
<input type="checkbox"/>	21	Psalm 92	Genesis 25-30	Revelation 10-13	Psalm 111
<input type="checkbox"/>	22	Psalm 5	Genesis 31-36	Revelation 14-17	Psalm 108
<input type="checkbox"/>	23	Psalm 121	Genesis 37-43	Revelation 18-20	Psalm 67
<input type="checkbox"/>	24	Psalm 80	Genesis 44-50	Revelation 21-22	Psalm 62
<input type="checkbox"/>	25	Psalm 31	Exodus 1-7	John 1-3	Psalm 118

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	26	Psalm 29	Exodus 8-12	John 4-5	Psalm 33
	27	Psalm 43	Exodus 13-18	John 6-7	Psalm 45
	28	Psalm 61	Exodus 19-25	John 8-9	Psalm 48
	29	Psalm 23	Exodus 26-30	John 10-12	Psalm 47
	30	Psalm 115	Exodus 31-35	John 13-15	Psalm 96
	31	Psalm 41	Exodus 36-40	John 16-18	Psalm 35
	32	Psalm 25	Leviticus 1-7	John 19-21	Psalm 20
	33	Psalm 135	Leviticus 8-13	Hebrews 1-4	Psalm 39
	34	Psalm 57	Leviticus 14-19	Hebrews 5-8	Psalm 97
	35	Psalm 122	Leviticus 20-23	Hebrews 9-13	Psalm 28
	36	Psalm 73	Leviticus 24-27	1 Corinthians 1-6	Psalm 72
	37	Psalm 68	Numbers 1-5	1 Corinthians 7-9	Psalm 143
	38	Psalms 87-88	Numbers 6-10	1 Corinthians 10-13	Psalm 144
	39	Psalm 106	Numbers 11-15	1 Corinthians 14-16	Psalm 141
	40	Psalm 46	Numbers 16-20	1 Timothy 1-6	Psalm 147
	41	Psalm 112	Numbers 21-26	2 Timothy 1-4	Psalm 50
	42	Psalm 42	Numbers 27-31	Colossians 1-4	Psalm 109
	43	Psalm 37	Numbers 32-36	Titus 1-3	Psalm 107
	44	Psalm 77	Deuteronomy 1-4	Romans 1-2	Psalm 75
	45	Psalm 44	Deuteronomy 5-9	Romans 3-5	Psalm 126
	46	Psalm 102	Deuteronomy 10-14	Romans 6-7	Psalm 6
	47	Psalm 79	Deuteronomy 15-20	Romans 8-9	Psalm 127
	48	Psalm 54	Deuteronomy 21-26	Romans 10-12	Psalm 129
	49	Psalm 52	Deuteronomy 27-30	Romans 13-16	Psalm 104
	50	Psalm 55	Deuteronomy 31-34	2 Corinthians 1-3	Psalm 124
	51	Psalm 53	Joshua 1-8	2 Corinthians 4-6	Psalm 125
	52	Psalm 82	Joshua 9-17	2 Corinthians 7-8	Psalm 117
	53	Psalm 98	Joshua 18-24	2 Corinthians 9-10	Psalm 128

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	54	Psalms 59	Judges 1-6	2 Corinthians 11-13	Psalms 81
	55	Psalms 56	Judges 7-13	Philemon	Psalms 113
	56	Psalms 63	Judges 14-18	Luke 1-3	Psalms 70
	57	Psalms 83	Judges 19-21	Luke 4-7	Psalms 116
	58	Psalms 93	1 Samuel 1-7	Luke 8-9	Psalms 114
	59	Psalms 85	1 Samuel 8-12	Luke 10-12	Psalms 120
	60	Psalms 94	1 Samuel 13-16	Luke 13-16	Psalms 123
	61	Psalms 32	1 Samuel 17-19	Luke 17-20	Psalms 101
	62	Psalms 17	1 Samuel 20-23	Luke 21-22	Psalms 18
	63	Psalms 58	1 Samuel 24-27	Luke 23-24	Psalms 78
	64	Psalms 38-39	1 Samuel 28-31	Acts 1-4	Psalms 139
	65	Psalms 95	2 Samuel 1-5	Acts 5-8	Psalms 146
	66	Psalms 49	2 Samuel 6-10	Acts 9-12	Psalms 137
	67	Psalms 66	2 Samuel 11-13	Acts 13-16	Psalms 130
	68	Psalms 90	2 Samuel 14-16	Acts 17-20	Psalms 148
	69	Psalms 138	2 Samuel 17-19	Acts 21-25	Psalms 150
	70	Psalms 149	2 Samuel 20-24	Acts 26-28	Psalms 3
	71	Psalms 100	1 Kings 1-4	1 John 1-5	Psalms 13
	72	Psalms 145	1 Kings 5-10	2 John; 3 John	Psalms 4
	73	Psalms 115	1 Kings 11-14	Philippians 1-4	Psalms 5
	74	Psalms 101	1 Kings 15-19	Colossians 1-4	Psalms 6
	75	Psalms 106	1 Kings 20-22	1 Thessalonians 1-5	Psalms 7
	76	Psalms 104	2 Kings 1-5	2 Thessalonians 1-3	Psalms 70-71
	77	Psalms 110	2 Kings 6-10	Matthew 1-3	Psalms 17
	78	Psalms 105	2 Kings 11-15	Matthew 4-6	Psalms 1-2
	79	Psalms 109	2 Kings 16-20	Matthew 7-8	Psalms 22
	80	Psalms 102	2 Kings 21-25	Matthew 9-11	Psalms 10
	81	Psalms 103	1 Chronicles 1-5	Matthew 12-13	Psalms 12

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	82	Psalm 108	1 Chronicles 6-11	Matthew 14-15	Psalm 8
	83	Psalm 113	1 Chronicles 12-19	Matthew 16-18	Psalm 64
	84	Psalm 118	1 Chronicles 20-25	Matthew 19-21	Psalm 68
	85	Psalm 120	1 Chronicles 26-29	Matthew 22-25	Psalm 20
	86	Psalm 122	2 Chronicles 1-8	Matthew 26	Psalm 21
	87	Psalm 121	2 Chronicles 9-17	Matthew 27-28	Psalm 136
	88	Psalm 88	2 Chronicles 18-24	1 Peter 1-2	Psalm 19
	89	Psalm 116	2 Chronicles 25-30	1 Peter 3-5	Psalm 49
	90	Psalm 114	2 Chronicles 31-36	2 Peter 1-3	Psalm 36
	91	Psalm 112	Esther 1-10	Jude	Psalm 27
	92	Psalm 119	Ruth 1-4	James 1-5	Psalm 32
	93	Psalm 130	Job 1-11	John 1-3	Psalm 34
	94	Psalm 124	Job 12-22	John 4-5	Psalm 46
	95	Psalm 125	Job 23-34	John 6-7	Psalm 14
	96	Psalm 135	Job 35-42	John 8-9	Psalm 37
	97	Psalm 127	Proverbs 1-11	John 10-11	Psalm 23
	98	Psalm 134	Proverbs 12-21	John 12-13	Psalm 15
	99	Psalm 128	Proverbs 22-31	John 14-15	Psalm 11
	100	Psalm 117	Ecclesiastes 1-12	John 16-17	Psalm 53
	101	Psalm 78	Song of Solomon	John 18-19	Psalm 40
	102	Psalm 126	Isaiah 1-10	John 20-21	Psalm 24
	103	Psalm 111	Isaiah 11-22	Mark 1-2	Psalm 39
	104	Psalm 137	Isaiah 23-32	Mark 3-4	Psalm 91
	105	Psalm 129	Isaiah 33-40	Mark 5-6	Psalm 45
	106	Psalm 93	Isaiah 41-47	Mark 7-8	Psalm 62
	107	Psalm 131	Isaiah 48-57	Mark 9-10	Psalm 54
	108	Psalm 148	Isaiah 58-66	Mark 11-12	Psalm 25
	109	Psalm 149	Jeremiah 1-6	Mark 13-14	Psalm 47

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	110	Psalm 149	Jeremiah 1-6	Mark 13-14	Psalm 47
	111	Psalm 142	Jeremiah 7-14	Mark 15-16	Psalm 28
	112	Psalm 144	Jeremiah 15-22	Acts 1-2	Psalm 41
	113	Psalm 145	Jeremiah 23-29	Acts 3-4	Psalm 16
	114	Psalm 146	Jeremiah 30-35	Acts 5	Psalm 42
	115	Psalm 141	Jeremiah 36-43	Acts 6-8	Psalm 30
	116	Psalm 140	Jeremiah 44-49	Acts 9-10	Psalm 44
	117	Psalm 132	Jeremiah 50-52	Acts 11-13	Psalm 38
	118	Psalm 99	Lamentations 1-5	Acts 14-16	Psalm 51
	119	Psalm 138	Ezekiel 1-8	Acts 17-18	Psalm 48
	120	Psalm 91	Ezekiel 9-15	Acts 19-20	Psalm 55
	121	Psalm 150	Ezekiel 16-20	Acts 21-22	Psalm 29
	122	Psalm 81	Ezekiel 21-26	Acts 23-24	Psalm 59
	123	Psalm 94	Ezekiel 27-32	Acts 25-26	Psalm 50
	124	Psalm 96	Ezekiel 33-38	Acts 27-28	Psalm 57
	125	Psalm 90	Ezekiel 39-43	1 Timothy 1-3	Psalm 71
	126	Psalm 92	Ezekiel 44-48	1 Timothy 4-6	Psalm 60
	127	Psalm 95	Daniel 1-6	2 Timothy 1-2	Psalm 61
	128	Psalm 98	Daniel 7-12	2 Timothy 3-4	Psalm 65