

JANUARY 2010			
		Starter	Extended
1	fri	Matt 1	Gen 1,2
2	sat	Matt 2	Gen 3,4
3	sun	Matt 3	Gen 5,6
4	mon	Matt 4	Gen 7,8
5	tue	Matt 5	Gen 9,10
6	wed	Matt 6	Gen 11,12
7	thu	Matt 7	Gen 13,14
8	fri	Matt 8	Gen 15,16
9	sat	Matt 9	Gen 17,18
10	sun	Matt 10	Gen 19,20
11	mon	Matt 11	Gen 21,22
12	tue	Matt 12	Gen 23,24
13	wed	Matt 13	Gen 25,26
14	thu	Matt 14	Gen 27,28
15	fri	Matt 15	Gen 29,30
16	sat	Matt 16	Gen 31,32
17	sun	Matt 17	Gen 33,34
18	mon	Matt 18	Gen 35,36
19	tue	Matt 19	Gen 37,38
20	wed	Matt 20	Gen 39,40
21	thu	Matt 21	Gen 41,42
22	fri	Matt 22	Gen 43,44
23	sat	Matt 23	Gen 45,46
24	sun	Matt 24	Gen 47,48
25	mon	Matt 25	Gen 49,50
26	tue	Matt 26	Exo 1,2
27	wed	Matt 27	Exo 3,4
28	thu	Matt 28	Exo 5,6
29	fri	Acts 1	Exo 7,8
30	sat	Acts 2	Exo 9,10
31	sun	Acts 3	Exo 11,12

FEBRUARY 2010			
		Starter	Extended
1	mon	Acts 4	Exo 13,14
2	tue	Acts 5	Exo 15,16
3	wed	Acts 6	Exo 17,18
4	thu	Acts 7	Exo 19,20
5	fri	Acts 8	Exo 21,22
6	sat	Acts 9	Exo 23,24
7	sun	Acts 10	Exo 25,26
8	mon	Acts 11	Exo 27,28
9	tue	Acts 12	Exo 29,30
10	wed	Acts 13	Exo 31,32
11	thu	Acts 14	Exo 33,34
12	fri	Acts 15	Exo 35,36
13	sat	Acts 16	Exo 37,38
14	sun	Acts 17	Exo 39,40
15	mon	Acts 18	Lev 1,2
16	tue	Acts 19	Lev 3,4
17	wed	Acts 20	Lev 5,6
18	thu	Acts 21	Lev 7,8
19	fri	Acts 22	Lev 9,10
20	sat	Acts 23	Lev 11,12
21	sun	Acts 24	Lev 13,14
22	mon	Acts 25	Lev 15,16
23	tue	Acts 26	Lev 17,18
24	wed	Acts 27	Lev 19,20
25	thu	Acts 28	Lev 21,22
26	fri	Psalms 1,2,3	Lev 23,24
27	sat	Psalms 4,5,6	Lev 25,26,27
28	sun	Psalms 7,8	Num 1,2

S - scripture
what does it say?

O - observation
what does that mean?

A - application
what does that mean for me?

P - prayer
how will I pray?

Y - yes God, today...
how will I be different today?

MARCH 2010			
		Starter	Extended
1	mon	Psalms 9,10	Num 3,4
2	tue	Psalms 11,12,13	Num 5,6
3	wed	Psalms 14,15,16	Num 7,8
4	thu	Psalms 17,18	Num 9,10
5	fri	Psalms 19,20	Num 11,12
6	sat	Psalms 21,22	Num 13,14
7	sun	Psalms 23,24	Num 15,16
8	mon	Psalms 25,26	Num 17,18
9	tue	Psalms 27,28	Num 19,20
10	wed	Psalms 29,30	Num 21,22
11	thu	Psalms 31,32	Num 23,24
12	fri	Psalms 33,34	Num 25,26
13	sat	Psalms 35,36	Num 27,28
14	sun	Psalms 37	Num 29,30
15	mon	Psalms 38,39	Num 31,32
16	tue	Psalms 40,41	Num 33,34
17	wed	Rom 1	Num 35,36
18	thu	Rom 2	Deut 1,2
19	fri	Rom 3	Deut 3,4
20	sat	Rom 4	Deut 5,6
21	sun	Rom 5	Deut 7,8
22	mon	Rom 6	Deut 9,10
23	tue	Rom 7	Deut 11,12
24	wed	Rom 8	Deut 13,14
25	thu	Rom 9	Deut 15,16
26	fri	Rom 10	Deut 17,18
27	sat	Rom 11	Deut 19,20
28	sun	Rom 12	Deut 21,22
29	mon	Rom 13	Deut 23,24
30	tue	Rom 14	Deut 25,26
31	wed	Rom 15	Deut 27,28

APRIL 2010			
		Starter	Extended
1	thu	Rom 16	Deut 29,30
2	fri	Mark 1	Deut 31,32
3	sat	Mark 2	Deut 33,34
4	sun	Mark 3	Josh 1,2
5	mon	Mark 4	Josh 3,4
6	tue	Mark 5	Josh 5,6
7	wed	Mark 6	Josh 7,8
8	thu	Mark 7	Josh 9,10
9	fri	Mark 8	Josh 11,12
10	sat	Mark 9	Josh 13,14
11	sun	Mark 10	Josh 15,16
12	mon	Mark 11	Josh 17,18
13	tue	Mark 12	Josh 19,20
14	wed	Mark 13	Josh 21,22
15	thu	Mark 14	Josh 23,24
16	fri	Mark 15	Jud 1,2
17	sat	Mark 16	Jud 3,4
18	sun	I Cor 1	Jud 5,6
19	mon	I Cor 2	Jud 7,8
20	tue	I Cor 3	Jud 9,10
21	wed	I Cor 4	Jud 11,12
22	thu	I Cor 5	Jud 13,14
23	fri	I Cor 6	Jud 15,16
24	sat	I Cor 7	Jud 17,18
25	sun	I Cor 8	Jud 19,20,21
26	mon	I Cor 9	Ruth 1,2
27	tue	I Cor 10	Ruth 3,4
28	wed	I Cor 11	I Sam 1,2
29	thu	I Cor 12	I Sam 3,4
30	fri	I Cor 13	I Sam 5,6

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MAY 2010			
		Starter	Extended
1	sat	I Cor 14	I Sam 7,8
2	sun	I Cor 15	I Sam 9,10
3	mon	I Cor 16	I Sam 11,12
4	tue	II Cor 1	I Sam 13,14
5	wed	II Cor 2	I Sam 15,16
6	thu	II Cor 3	I Sam 17,18
7	fri	II Cor 4	I Sam 19,20
8	sat	II Cor 5	I Sam 21,22
9	sun	II Cor 6	I Sam 23,24
10	mon	II Cor 7	I Sam 25,26
11	tue	II Cor 8	I Sam 27,28
12	wed	II Cor 9	I Sam 29,30,31
13	thu	II Cor 10	II Sam 1,2
14	fri	II Cor 11	II Sam 3,4
15	sat	II Cor 12	II Sam 5,6
16	sun	II Cor 13	II Sam 7,8
17	mon	Psalms 42,43,44	II Sam 9,10
18	tue	Psalms 45,46	II Sam 11,12
19	wed	Psalms 47,48,49	II Sam 13,14
20	thu	Psalms 50,51	II Sam 15,16
21	fri	Psalms 52,53	II Sam 17,18
22	sat	Psalms 54,55	II Sam 19,20
23	sun	Psalms 56,57,58	II Sam 21,22
24	mon	Psalms 59,60	II Sam 23,24
25	tue	Psalms 61,62	I Kings 1,2
26	wed	Psalms 63,64	I Kings 3,4
27	thu	Psalms 65,66	I Kings 5,6
28	fri	Psalms 67,68	I Kings 7,8
29	sat	Psalms 69,70	I Kings 9,10
30	sun	Psalms 71,72	I Kings 11,12
31	mon	Gal 1	I Kings 13,14

JUNE 2010			
		Starter	Extended
1	tue	Gal 2	I Kings 15,16
2	wed	Gal 3	I Kings 17,18
3	thu	Gal 4	I Kings 19,20
4	fri	Gal 5	I Kings 21,22
5	sat	Gal 6	II Kings 1,2
6	sun	Phil 1	II Kings 3,4
7	mon	Phil 2	II Kings 5,6
8	tue	Phil 3	II Kings 7,8
9	wed	Phil 4	II Kings 9,10
10	thu	Col 1	II Kings 11,12
11	fri	Col 2	II Kings 13,14
12	sat	Col 3	II Kings 15,16
13	sun	Col 4	II Kings 17,18
14	mon	I Thess 1	II Kings 19,20
15	tue	I Thess 2	II Kings 21,22
16	wed	I Thess 3	II Kings 23,24,25
17	thu	I Thess 4	Job 1,2
18	fri	I Thess 5	Job 3,4
19	sat	II Thess 1	Job 5,6
20	sun	II Thess 2	Job 7,8
21	mon	II Thess 3	Job 9,10
22	tue	Luke 1	Job 11,12
23	wed	Luke 2	Job 13,14
24	thu	Luke 3	Job 15,16
25	fri	Luke 4	Job 17,18
26	sat	Luke 5	Job 19,20
27	sun	Luke 6	Job 21,22
28	mon	Luke 7	Job 23,24
29	tue	Luke 8	Job 25,26
30	wed	Luke 9	Job 27,28

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JULY 2010				
		Starter	Extended	
1	thu	Luke 10	Job 29,30	
2	fri	Luke 11	Job 31,32	
3	sat	Luke 12	Job 33,34	
4	sun	Luke 13	Job 35,36	
5	mon	Luke 14	Job 37,38	
6	tue	Luke 15	Job 39,40	
7	wed	Luke 16	Job 41,42	
8	thu	Luke 17	Sol 1,2,3,4	
9	fri	Luke 18	Sol 5,6,7,8	
10	sat	Luke 19	Ecc 1,2	
11	sun	Luke 20	Ecc 3,4	
12	mon	Luke 21	Ecc 5,6	
13	tue	Luke 22	Ecc 7,8	
14	wed	Luke 23	Ecc 9,10	
15	thu	Luke 24	Ecc 11,12	
16	fri	I Tim 1	I Chr 1,2	
17	sat	I Tim 2	I Chr 3,4	
18	sun	I Tim 3	I Chr 5,6	
19	mon	I Tim 4	I Chr 7,8	
20	tue	I Tim 5	I Chr 9,10	
21	wed	I Tim 6	I Chr 11,12	
22	thu	II Tim 1	I Chr 13,14	
23	fri	II Tim 2	I Chr 15,16	
24	sat	II Tim 3	I Chr 17,18	
25	sun	II Tim 4	I Chr 19,20	
26	mon	Titus 1	I Chr 21,22	
27	tue	Titus 2	I Chr 23,24	
28	wed	Titus 3	I Chr 25,26	
29	thu	Phlm 1	I Chr 27,28,29	
30	fri	Psalms 73,74	II Chr 1,2	
31	sat	Psalms 75,76	II Chr 3,4	

AUGUST 2010				
1	sun	Psalms 77	II Chr 5,6	
2	mon	Psalms 78	II Chr 7,8	
3	tue	Psalms 79,80	II Chr 9,10	
4	wed	Psalms 81,82,83	II Chr 11,12	
5	thu	Psalms 84,85	II Chr 13,14	
6	fri	Psalms 86,87	II Chr 15,16	
7	sat	Psalms 88,89	II Chr 17,18	
8	sun	Psalms 90,91	II Chr 19,20	
9	mon	Psalms 92,93,94	II Chr 21,22	
10	tue	Psalms 95,96	II Chr 23,24	
11	wed	Psalms 97,98	II Chr 25,26	
12	thu	Psalms 99,100,101	II Chr 27,28	
13	fri	Psalms 102	II Chr 29,30	
14	sat	Psalms 103	II Chr 31,32	
15	sun	Psalms 104	II Chr 33,34	
16	mon	Psalms 105	II Chr 35,36	
17	tue	Psalms 106	Obad 1	
18	wed	Heb 1	Joel 1,2,3	
19	thu	Heb 2	Jonah 1,2	
20	fri	Heb 3	Jonah 3,4	
21	sat	Heb 4	Amos 1,2	
22	sun	Heb 5	Amos 3,4	
23	mon	Heb 6	Amos 5,6	
24	tue	Heb 7	Amos 7,8,9	
25	wed	Heb 8	Hos 1,2	
26	thu	Heb 9	Hos 3,4	
27	fri	Heb 10	Hos 5,6	
28	sat	Heb 11	Hos 7,8	
29	sun	Heb 12	Hos 9,10	
30	mon	Heb 13	Hos 11,12	
31	tue	Jam 1	Hos 13,14	

"How do I get started?"

The best way to get started is to meet once a week for a month to journal with a group or person who is already journaling regularly.

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SEPTEMBER 2010				
		Starter	Extended	
1	wed	James 2	Micah 1,2	
2	thu	James 3	Micah 3,4	
3	fri	James 4	Micah 5,6,7	
4	sat	James 5	Isaiah 1,2	
5	sun	I Peter 1	Isaiah 3,4	
6	mon	I Peter 2	Isaiah 5,6	
7	tue	I Peter 3	Isaiah 7,8	
8	wed	I Peter 4	Isaiah 9,10	
9	thu	I Peter 5	Isaiah 11,12	
10	fri	II Peter 1	Isaiah 13,14	
11	sat	II Peter 2	Isaiah 15,16	
12	sun	II Peter 3	Isaiah 17,18	
13	mon	I John 1	Isaiah 19,20	
14	tue	I John 2	Isaiah 21,22	
15	wed	I John 3	Isaiah 23,24	
16	thu	I John 4	Isaiah 25,26	
17	fri	I John 5	Isaiah 27,28	
18	sat	II John 1	Isaiah 29,30	
19	sun	III John 1	Isaiah 31,32	
20	mon	Jude 1	Isaiah 33,34	
21	tue	Psalms 107,108	Isaiah 35,36	
22	wed	Psalms 109,110	Isaiah 37,38	
23	thu	Psalms 111,112	Isaiah 39,40	
24	fri	Psalms 113,114,115	Isaiah 41,42	
25	sat	Psalms 116,117,118	Isaiah 43,44	
26	sun	Psalms 119	Isaiah 45,46	
27	mon	Psalms 120,121,122	Isaiah 47,48	
28	tue	Psalms 123,124,125	Isaiah 49,50	
29	wed	Psalms 126,127,128	Isaiah 51,52	
30	thu	Psalms 129,130	Isaiah 53,54	

OCTOBER 2010				
1	fri	Psalms 131,132	Isaiah 55,56	
2	sat	Psalms 133,134	Isaiah 57,58	
3	sun	Psalms 135,136	Isaiah 59,60	
4	mon	Psalms 137,138	Isaiah 61,62	
5	tue	Psalms 139,140	Isaiah 63,64	
6	wed	Psalms 141,142	Isaiah 65,66	
7	thu	Psalms 143,144	Nahum 1,2,3	
8	fri	Psalms 145,146	Zephaniah 1,2,3	
9	sat	Psalms 147,148	Jerem 1,2	
10	sun	Psalms 149,150	Jerem 3,4	
11	mon	John 1	Jerem 5,6	
12	tue	John 2	Jerem 7,8	
13	wed	John 3	Jerem 9,10	
14	thu	John 4	Jerem 11,12	
15	fri	John 5	Jerem 13,14	
16	sat	John 6	Jerem 15,16	
17	sun	John 7	Jerem 17,18	
18	mon	John 8	Jerem 19,20	
19	tue	John 9	Jerem 21,22	
20	wed	John 10	Jerem 23,24	
21	thu	John 11	Jerem 25,26	
22	fri	John 12	Jerem 27,28	
23	sat	John 13	Jerem 29,30	
24	sun	John 14	Jerem 31,32	
25	mon	John 15	Jerem 33,34	
26	tue	John 16	Jerem 35,36	
27	wed	John 17	Jerem 37,38	
28	thu	John 18	Jerem 39,40	
29	fri	John 19	Jerem 41,42	
30	sat	John 20	Jerem 43,44	
31	sun	John 21	Jerem 45,46	

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NOVEMBER 2010				
		Starter	Extended	
1	mon	Rev 1	Jerem 47,48	
2	tue	Rev 2	Jerem 49,50	
3	wed	Rev 3	Jerem 51,52	
4	thu	Rev 4	Lament 1,2,3	
5	fri	Rev 5	Lament 4,5	
6	sat	Rev 6	Habak 1,2,3	
7	sun	Rev 7	Ezekiel 1,2	
8	mon	Rev 8	Ezekiel 3,4	
9	tue	Rev 9	Ezekiel 5,6	
10	wed	Rev 10	Ezekiel 7,8	
11	thu	Rev 11	Ezekiel 9,10	
12	fri	Rev 12	Ezekiel 11,12	
13	sat	Rev 13	Ezekiel 13,14	
14	sun	Rev 14	Ezekiel 15,16	
15	mon	Rev 15	Ezekiel 17,18	
16	tue	Rev 16	Ezekiel 19,20	
17	wed	Rev 17	Ezekiel 21,22	
18	thu	Rev 18	Ezekiel 23,24	
19	fri	Rev 19	Ezekiel 25,26	
20	sat	Rev 20	Ezekiel 27,28	
21	sun	Rev 21	Ezekiel 29,30	
22	mon	Rev 22	Ezekiel 31,32	
23	tue	Proverbs 1	Ezekiel 33,34	
24	wed	Proverbs 2	Ezekiel 35,36	
25	thu	Proverbs 3	Ezekiel 37,38	
26	fri	Proverbs 4	Ezekiel 39,40	
27	sat	Proverbs 5	Ezekiel 41,42	
28	sun	Proverbs 6	Ezekiel 43,44	
29	mon	Proverbs 7	Ezekiel 45,46	
30	tue	Proverbs 8	Ezekiel 47,48	

DECEMBER 2010				
1	wed	Proverbs 9	Daniel 1,2	
2	thu	Proverbs 10	Daniel 3,4	
3	fri	Proverbs 11	Daniel 5,6	
4	sat	Proverbs 12	Daniel 7,8	
5	sun	Proverbs 13	Daniel 9,10	
6	mon	Proverbs 14	Daniel 11,12	
7	tue	Proverbs 15	Ezra 1,2	
8	wed	Proverbs 16	Ezra 3,4	
9	thu	Proverbs 17	Ezra 5,6	
10	fri	Proverbs 18	Ezra 7,8	
11	sat	Proverbs 19	Ezra 9,10	
12	sun	Proverbs 20	Haggai 1,2	
13	mon	Proverbs 21	Zechar 1,2	
14	tue	Proverbs 22	Zechar 3,4	
15	wed	Proverbs 23	Zechar 5,6	
16	thu	Proverbs 24	Zechar 7,8	
17	fri	Proverbs 25	Zechar 9,10	
18	sat	Proverbs 26	Zechar 11,12	
19	sun	Proverbs 27	Zechar 13,14	
20	mon	Proverbs 28	Esther 1,2	
21	tue	Proverbs 29	Esther 3,4,5	
22	wed	Proverbs 30	Esther 6,7,8	
23	thu	Proverbs 31	Esther 9,10	
24	fri	Luke 1	Nehem 1,2	
25	sat	Luke 2	Nehem 3,4	
26	sun	Ephes 1	Nehem 5,6	
27	mon	Ephes 2	Nehem 7,8	
28	tue	Ephes 3	Nehem 9,10	
29	wed	Ephes 4	Nehem 11,12,13	
30	thu	Ephes 5	Malachi 1,2	
31	fri	Ephes 6	Malachi 3,4	

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