

ELEVATED WELLNESS TRAVEL



TRACKING MY YEAR
THROUGH THE BIBLE

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Jan 1-3

- 1. Genesis 1-3
- 2. Genesis 4-7
- 3. Genesis 8-11

Weekly Study Activity:

None

Week of Jan 4

- 4. Genesis 12-15
- 5. Genesis 16-18
- 6. Genesis 19-21
- 7. Genesis 22-24
- 8. Genesis 25-26
- 9. Genesis 27-29
- 10. Genesis 30-31

Weekly Study Activity:

- Complete a Chapter Summary on Genesis 12

Week of Jan 11

- 11. Genesis 32-34
- 12. Genesis 35-37
- 13. Genesis 38-40
- 14. Genesis 41-42
- 15. Genesis 43-45
- 16. Genesis 46-47
- 17. Genesis 48-50

Weekly Study Activity:

- Complete a Verse Map on Genesis 35:1

Week of Jan 18

- 18. Exodus 1-3
- 19. Exodus 4-6
- 20. Exodus 7-9
- 21. Exodus 10-12
- 22. Exodus 13-15
- 23. Exodus 16-18
- 24. Exodus 19-21

Weekly Study Activity:

- Complete a Character Study on Jethro from Exodus 3:1

Week of Jan 25

- 25. Exodus 22-24
- 26. Exodus 25-27
- 27. Exodus 28-29
- 28. Exodus 30-32
- 29. Exodus 33-35
- 30. Exodus 36-38
- 31. Exodus 39-40

Weekly Study Activity:

- Complete a word study on "lampstand" from Exodus 25:31

Week of Feb 1

- 1. Leviticus 1-4
- 2. Leviticus 5-7
- 3. Leviticus 8-10
- 4. Leviticus 11-13
- 5. Leviticus 14-15
- 6. Leviticus 16-18
- 7. Leviticus 19-21

Weekly Study Activity:

- Complete a Book Summary on Leviticus

Week of Feb 8

- 8. Leviticus 22-23
- 9. Leviticus 24-25
- 10. Leviticus 26-27
- 11. Numbers 1-2
- 12. Numbers 3-4
- 13. Numbers 5-6
- 14. Numbers 7

Weekly Study Activity:

- Complete a Verse Map on Leviticus 22:31-32

Week of Feb 15

- 15. Numbers 8-10
- 16. Numbers 11-13
- 17. Numbers 14-15
- 18. Numbers 16-17
- 19. Numbers 18-20
- 20. Numbers 21-22
- 21. Numbers 23-25

Weekly study Activity:

- Complete a Character Study on Hobab (Numbers 10:29)

Week of Feb 22

- 22. Numbers 26-27
- 23. Numbers 28-30
- 24. Numbers 31-32
- 25. Numbers 33-34
- 26. Numbers 35-36
- 27. Deuteronomy 1-2
- 28. Deuteronomy 3-4

Weekly Study Activity:

- Complete a Chapter Summary Sheet on Numbers 28

Week of Mar 1

- 1. Deuteronomy 5-7
- 2. Deuteronomy 8-10
- 3. Deuteronomy 11-13
- 4. Deuteronomy 14-16
- 5. Deuteronomy 17-20
- 6. Deuteronomy 21-23
- 7. Deuteronomy 24-27

Weekly Study Activity:

- Complete a Word Study on "possess" from Dt. 6:1.

Week of Mar 8

- 8. Deuteronomy 28-29
- 9. Deuteronomy 30-31
- 10. Deuteronomy 32-34
- 11. Joshua 1-4
- 12. Joshua 5-8
- 13. Joshua 9-11
- 14. Joshua 12-15

Weekly Study Activity:

- Complete a Verse Map of Deuteronomy 28:1

Week of Mar 15

- 15. Joshua 16-18
- 16. Joshua 19-21
- 16. Joshua 22-24
- 17. Judges 1-2
- 18. Judges 3-5
- 19. Judges 6-7
- 20. Judges 8-9

Weekly Study Activity:

- Complete a Book Summary on Joshua

Week of Mar 22

- 22. Judges 10-12
- 23. Judges 13-15
- 24. Judges 16-18
- 25. Judges 19-21
- 26. 1 Samuel 1-3
- 27. 1 Samuel 4-8
- 28. 1 Samuel 9-12

Weekly Study Activity:

- Complete a Character Study on Jephthah from Judges 11:1

Mar 29- April 4

- 29 1 Samuel 13-14
- 30. 1 Samuel 15-17
- 31. 1 Samuel 18-20
- 1. 1 Samuel 21-24
- 2. 1 Samuel 25-27
- 3. 1 Samuel 28-31
- 4. 2 Samuel 1-3

Weekly Study Activity:

- Complete a Word Study on "transgressed" from 1 Samuel 15:24

Week of April 5

- 5. 2 Samuel 4-7
- 6. 2 Samuel 8-12
- 7. 2 Samuel 13-15
- 8. 2 Samuel 16-18
- 9. 2 Samuel 19-21
- 10. 2 Samuel 22-24
- 11. 1 Kings 1-2

Weekly Study Activity:

- Complete a Verse Map on 2 Samuel 7:13

Week of April 12

- 12. 1 Kings 3-5
- 13. 1 Kings 6-7
- 14. 1 Kings 8-9
- 15. 1 Kings 10-11
- 16. 1 Kings 12-14
- 17. 1 Kings 15-17
- 18. 1 Kings 18-20

Weekly Study Activity:

- Complete a Chapter Summary of 1 Kings 3

Week of April 19

- 19. 1 Kings 21-22
- 20. 2 Kings 1-3
- 21. 2 Kings 4-5
- 22. 2 Kings 6-8
- 23. 2 Kings 9-11
- 24. 2 Kings 12-14
- 25. 2 Kings 15-17

Weekly Study Activity:

- Complete a Book Summary on 2 Kings

April 26-May 2

- 26. 2 Kings 18-19
- 27. 2 Kings 20-22
- 28. 2 Kings 23-25
- 29. Isaiah 1-4
- 30. Isaiah 5-8
- 1. Isaiah 9-12
- 2. Isaiah 13-17

Weekly Study Activity:

- Complete a Character Study on Ahaz from 2 Kings 18:1

Week of May 3

- 3. Isaiah 18-22
- 4. Isaiah 23-27
- 5. Isaiah 28-30
- 6. Isaiah 31-35
- 7. Isaiah 36-41
- 8. Isaiah 42-44
- 9. Isaiah 45-48

Weekly Study Activity:

- Complete a Word Study on "swallow" from Isaiah 25:8

Week of May 10

- 10. Isaiah 49-53
- 11. Isaiah 54-58
- 12. Isaiah 59-63
- 13. Isaiah 64-66
- 14. Jeremiah 1-3
- 15. Jeremiah 4-6
- 16. Jeremiah 7-9

Weekly Study Activity:

- Complete a Verse Map on Isaiah 49:2

Week of May 17

- 17. Jeremiah 10-13
- 18. Jeremiah 14-17
- 19. Jeremiah 18-22
- 20. Jeremiah 23-25
- 21. Jeremiah 26-29
- 22. Jeremiah 30-31
- 23. Jeremiah 32-34

Weekly Study Activity:

- Complete a Book Summary on Jeremiah

Week of May 24

- 24. Jeremiah 35-37
- 25. Jeremiah 38-41
- 26. Jeremiah 42-45
- 27. Jeremiah 46-48
- 28. Jeremiah 49-50
- 29. Jeremiah 51-52
- 30. Ezekiel 1-4

Weekly Study Activity:

- Complete a Chapter Summary on Jeremiah 39

May 31-June 6

- 31. Ezekiel 5-8
- 1. Ezekiel 9-12
- 2. Ezekiel 13-15
- 3. Ezekiel 16-17
- 4. Ezekiel 18-20
- 5. Ezekiel 21-22
- 6. Ezekiel 23-24

Weekly Study Activity:

- Complete a Character Study on Pelatiah from Ezekiel 11:1

Week of June 7

- 7. Ezekiel 25-27
- 8. Ezekiel 28-30
- 9. Ezekiel 31-33
- 10. Ezekiel 34-36
- 11. Ezekiel 37-39
- 12. Ezekiel 40-42
- 13. Ezekiel 43-45

Weekly Study Activity:

- Complete a Word Study on "sackcloth" from Ezekiel 27:13

Week of June 14

- 14. Ezekiel 46-48
- 15. Hosea 1-7
- 16. Hosea 8-14
- 17. Joel
- 18. Amos 1-5
- 19. Amos 6-9
- 20. Obadiah, Jonah

Weekly Study Activity:

- Complete a Verse Map on Hosea 2:14

Week of June 15

- 21. Micah
- 22. Nahum, Habakkuk
- 23. Zephaniah, Haggai
- 24. Zechariah 1-7
- 25. Zechariah 8-14
- 26. Malachi
- 27. Psalms 1-8

Weekly Study Activity:

- Complete a Book Summary on Nahum

June 28-July 4

- 28. Psalms 9-16
- 29. Psalms 17-20
- 30. Psalms 21-25
- 1. Psalms 26-31
- 2. Psalms 32-35
- 3. Psalms 36-39
- 4. Psalms 40-45

Weekly Study Activity:

- Complete a Chapter Summary on Psalm 15

Week of July 5

- 5. Psalms 46-50
- 6. Psalms 51-57
- 7. Psalms 58-65
- 8. Psalms 66-69
- 9. Psalms 70-73
- 10. Psalms 74-77
- 11. Psalms 78-79

Weekly Study Activity:

- Complete a Word Study on "refuge" from Psalm 46:1

Week of July 12

- 12. Psalms 80-85
- 13. Psalms 86-89
- 14. Psalms 90-95
- 15. Psalms 96-102
- 16. Psalms 103-105
- 17. Psalms 106-10
- 18. Psalms 108-114

Weekly Study Activity:

- Complete a Character Study on Asaph, from Psalm 83

Week of July 19

- 19. Psalms 115-118
- 20. Psalm 119
- 21. Psalms 120-125
- 22. Psalms 126-132
- 23. Psalms 133-139
- 24. Psalms 140-145
- 25. Psalms 146-150

Weekly Study Activity:

- Complete a Verse Map on Psalm 119:41

July 26-Aug 1

- 26. Proverbs 1-3
- 27. Proverbs 4-6
- 28. Proverbs 7-9
- 29. Proverbs 10-12
- 30. Proverbs 13-15
- 31. Proverbs 16-18
- 1. Proverbs 19-21

Weekly Study Activity:

- Complete a Book Summary of Proverbs

Week of Aug 2

- 2. Proverbs 22-23
- 3. Proverbs 24-26
- 4. Proverbs 27-29
- 5. Proverbs 30-31
- 6. Job 1-4
- 7. Job 5-7
- 8. Job 8-10

Weekly Study Activity:

- Complete a Chapter Summary on Proverbs 25

Week of Aug 9

- 9. Job 11-13
- 10. Job 14-16
- 11. Job 17-20
- 12. Job 21-23
- 13. Job 24-28
- 14. Job 29-31
- 15. Job 32-34

Weekly Study Activity:

- Complete a Word Study on "laughingstock" from Job 12:4

Week of Aug 16

- 16. Job 35-38
- 17. Job 39-42
- 18. Song of Solomon
- 19. Ruth
- 20. Lamentations 1-2
- 21. Lamentations 3-5
- 22. Ecclesiastes 1-3

Weekly Study Activity:

- Complete a Character Study on Job

Week of Aug 23

- 23. Ecclesiastes 4-6
- 24. Ecclesiastes 7-9
- 25. Ecclesiastes 10-12
- 26. Esther 1-5
- 27. Esther 6-10
- 28. Daniel 1-2
- 29. Daniel 3-4

Weekly Study Activity:

- Complete a Verse Map on Ecclesiastes 4:6

Aug 30-Sept 5

- 30. Daniel 5-6
- 31. Daniel 7-8
- 1. Daniel 9-10
- 2. Daniel 11-12
- 3. Ezra 1-3
- 4. Ezra 4-7
- 5. Ezra 8-10

Weekly Study Activity:

- Complete a Book Summary of Daniel

Week of Sept 6

- 6. Nehemiah 1-3
- 7. Nehemiah 4-6
- 8. Nehemiah 7
- 9. Nehemiah 8-9
- 10. Nehemiah 10-11
- 11. Nehemiah 12-13
- 12. 1 Chronicles 1-2

Weekly Study Activity:

- Complete a Chapter Summary of Nehemiah 5

Week of Sept 13

- 13. 1 Chronicles 3-5
- 14. 1 Chronicles 6
- 15. 1 Chronicles 7-8
- 16. 1 Chronicles 9-10
- 17. 1 Chronicles 11-12
- 18. 1 Chronicles 13-15
- 19. 1 Chronicles 16-17

Weekly Study Activity:

- Complete a Word Study on "ministered" from 1 Chronicles 6:32

Week of Sept 20

- 20. 1 Chronicles 18-20
- 21. 1 Chronicles 21-23
- 22. 1 Chronicles 24-25
- 23. 1 Chronicles 26-27
- 24. 1 Chronicles 28-29
- 25. 2 Chronicles 1-4
- 26. 2 Chronicles 5-7

Weekly Study Activity:

- Complete a Character Study on Joab from 1 Chronicles 19:8

Sept 27-Oct 3

- 27. 2 Chronicles 8-10
- 28. 2 Chronicles 11-14
- 29. 2 Chronicles 15-18
- 30. 2 Chronicles 19-21
- 1. 2 Chronicles 22-24
- 2. 2 Chronicles 25-27
- 3. 2 Chronicles 28-29

Weekly Study Activity:

- Complete a Verse Map on 2 Chronicles 14:11

Week of Oct 4

- 4. 2 Chronicles 30-32
- 5. 2 Chronicles 33-34
- 6. 2 Chronicles 35-36
- 7. James
- 8. Galatians 1-3
- 9. Galatians 4-6
- 10. 1 Thessalonians

Weekly Study Activity:

- Complete a Book Summary of 2 Chronicles

Week of Oct 11

- 11. 2 Thessalonians
- 12. 1 Corinthians 1-4
- 13. 1 Corinthians 5-8
- 14. 1 Corinthians 9-11
- 15. 1 Corinthians 12-14
- 16. 1 Corinthians 15-16
- 17. 2 Corinthians 1-4

Weekly Study Activity:

- Complete a Chapter Summary on 2 Thessalonians 3

Week of Oct 18

- 18. 2 Corinthians 5-9
- 19. 2 Corinthians 10-13
- 20. Romans 1-3
- 21. Romans 4-7
- 22. Romans 8-10
- 23. Romans 11-13
- 24. Romans 14-16

Weekly Study Activity:

- Complete a Word Study on "reconciled" from 2 Corinthians 5:18

Week of Oct 25

- 25. Mark 1-3
- 26. Mark 4-5
- 27. Mark 6-7
- 28. Mark 8-9
- 29. Mark 10-11
- 30. Mark 12-13
- 31. Mark 14

Weekly Study Activity:

- Complete a Verse Map on Mark 2:17

Week of Nov 1 *

- 1. Mark 15-16
- 2. Matthew 1-4
- 3. Matthew 5-7
- 4. Matthew 8-9
- 5. Matthew 10-12
- 6. Matthew 13-14
- 7. Matthew 15-17

Weekly Study Activity:

- Complete a Character Study on Mary Magdalene from Mark 16:1

Week of Nov 8

- 8. Matthew 18-20
- 9. Matthew 21-22
- 10. Matthew 23-24
- 11. Matthew 25-26
- 12. Matthew 27-28
- 13. Luke 1
- 14. Luke 2-3

Weekly Study Activity:

- Complete a Book Summary on Matthew

Week of Nov 15

- 15. Luke 4-5
- 16. Luke 6-7
- 17. Luke 8-9
- 18. Luke 10-11
- 19. Luke 12-13
- 20. Luke 14-16
- 21. Luke 17-18

Weekly Study Activity:

- Complete a Chapter Summary on Luke 7

Week of Nov 22

- 22. Luke 19-20
- 23. Luke 21-22
- 24. Luke 23-24
- 25. Ephesians 1-3
- 26. Ephesians 4-6
- 27. Colossians, Philemon
- 28. Philippians

Weekly Study Activity:

- Complete a Word Study on "drive out" from Luke 19:45

Nov 29-Dec 5

- 29. Acts 1-3
- 30. Acts 4-6
- 1. Acts 7-8
- 2. Acts 9-10
- 3. Acts 11-13
- 4. Acts 14-15
- 5. Acts 16-17

Weekly Study Activity:

- Complete a Verse Map on Acts 1:8

Week of Dec 6

- 6. Acts 18-20
- 7. Acts 21-23
- 8. Acts 24-26
- 9. Acts 27-28
- 10. 1 Timothy
- 11. Titus, 1 Peter
- 12. Hebrews 1-6

Weekly Study Activity:

- Complete a Character Study on Apollos, from Acts 18:24

Week of Dec 13

- 13. Hebrews 7-10
- 14. Hebrews 11-13
- 15. 2 Timothy
- 16. 2 Peter, Jude
- 17. John 1-2
- 18. John 3-4
- 19. John 5-6

Weekly Study Activity:

- Complete a Book Summary on Hebrews

Week of Dec 20

- 20. John 7-8
- 21. John 9-10
- 22. John 11-12
- 23. John 13-15
- 24. John 16-18
- 25. John 19-21
- 26. 1 John

Weekly Study Activity:

- Complete a Chapter Summary on John 8

Week of Dec 27

- 27. 2, 3 John
- 28. Revelation 1-5
- 29. Revelation 6-11
- 30. Revelation 12-18
- 31. Revelation 19-22
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Weekly Study Activity:

- Complete a Word Study on "worthy" from Revelation 4:11