

New Life's

1 Year

Prayer and Bible Reading Plan

# PRAYER

Prayer means communicating with God. ***Daily prayer offers us a powerful anchor for all of life's storms.*** The Apostle Paul challenged us to "pray without ceasing." (1 Thessalonians 5:17) That reminds us over time prayer becomes second nature to us as we grow deeper in our relationship with God the Father, in the name of Jesus, and in the power of the Holy Spirit. As with any discipline, prayer doesn't come naturally for most of us. If we're new followers of Jesus, we might find it challenging to pray for five minutes at a time, while those who have trusted Jesus as Savior and Lord for decades might pray for an hour or two at a time, and then be praying through the daily joys and challenges of life.

This much is sure: ***Prayer only becomes an anchor for us as we engage it intentionally!*** Here are two potential "frameworks" for your intentional prayer times. I have used both over the years and each has helped me to pray more intentionally, with greater discipline, and helped me grow closer to God:

**"ACTS + I"** The acronym ACTS + I stands for the words:

Adoration  
Confession  
Thanksgiving  
Supplication  
Intercession.

If you plan to pray for five minutes, invest one minute in adoration or praising God for who He is. Then invest one minute in confessing your sins to God. (That means to admit them to God, and includes asking Him to forgive your sins and give you the strength overcome them.) Next, thank God for your blessings, and every good thing He has provided you. Supplication means asking God to provide your needs and the needs of your family and friends. Intercession means praying for the lost, and praying for those who have special needs for healing prayer or deliverance from evil. This framework expands as you increase your time in prayer. If you have ten minutes, increase each area by a minute, and if you have an hour you invest more time proportionately in each area.

**"The Hour That Changes The World"** Dick Eastman wrote a book by this name, which has transformed my prayer life over the past couple years. Dr. Eastman's model assumes an hour of prayer, which he divides into twelve, five-minute segments. While similar to "ACTS + I," you invest the allotted time in twelve areas instead of five. The twelve areas are:

- |               |                        |
|---------------|------------------------|
| 1. Praise     | 2. Waiting on the Lord |
| 3. Confession | 4. Praying Scripture   |
| 5. Watching   | 6. Intercession        |
| 7. Petitions  | 8. Thanksgiving        |
| 9. Song       | 10. Meditation         |
| 11. Listening | 12. Praise             |

Some overlap exists between Dr. Eastman's model and the ACTS + I model. Praise and adoration are the same. Confession, intercession, and thanksgiving are the same in both. Petitions are the same as supplication. The areas that differ are: Waiting on the Lord, which is simply waiting and telling God you are available to Him. Praying Scripture is selecting a passage of Scripture and praying through it by asking God to grant you its blessings, or strengthen you to meet its challenges. Watching is a time of spiritual observation, when you ask God to equip you for any spiritual battles you might be facing. Song is singing to God. Meditation means reflecting on a passage of Scripture in God's presence. Listening means waiting on God with open ears to hear anything He wants to tell you.

If you don't have an hour to pray, start with twelve minutes. I found my intentional daily prayer time increased from about forty-five minutes each day to about an hour and a half when I started using this model for prayer. (I change the order a bit, and include an intentional time of asking God to fill me with the Holy Spirit. I also extend the times of intercession, supplication, and listening.) The goal is not simply to pray longer, but to experience deeper relationship with God. Investing time with Him daily and throughout the day, helps us grow deeper in our walk with Him. Because we are combining Prayer and Daily Bible Reading, if you use Dr. Eastman's model, you will have a specific passage of Scripture you can pray through each day!

I pray each of us will know God better, love Him more fully and serve Him more faithfully as we invest time in prayer and Bible reading each day. You will likely pursue these disciplines on your own, but you might want to do them as a family, or with an accountability partner. In addition, all of us who engage this effort will be working “together,” because of our common reading plan. God’s richest blessings as you anchor your life deeper in God, and grow in faith, hope and love as you pray and read God’s word daily!

Serving Jesus Together!  
Pastor Chris

## DAILY BIBLE READING

Below are 366 daily readings, which will deepen your knowledge and understanding of the entirety of God’s word in the Bible, as well as Jesus’ life, teaching, death and resurrection. While we will read through the Bible from start to finish, we will also invest time in the Gospels—the records of Jesus’ time on earth—every day. As we read, let’s give the Holy Spirit permission to apply what we read each day to transform us from the inside out. Then we will become the “Bibles” others “read” as they see us living more and more like Jesus.

The readings are self-explanatory. Simply read the passages assigned for each day, and check off each one as you complete it. The most important day for you will be the day *after* you miss a daily reading. The tendency of human nature is to say, “I missed a day, so I might as well quit.” This will be even truer if you miss two or three days. I suggest if you miss a day or two or ten, you pick up on the date for the reading, and proceed from there. You can pick up the missed readings later, or leave them unread. Better to miss a few days and then continue forward, than to miss a few days and give up! (If you want to go a little deeper with each day’s readings, Pastor Chris has provided a brief commentary on each chapter we read on his blog: [chrismarshallresources.com](http://chrismarshallresources.com).)

Day 1 Genesis 1-4 Mark 1  
Day 2 Genesis (5)\* 6-9 Mark 2

\* Notes the content is genealogy, and you may want to skim rather than read thoroughly!

Day 3	Genesis (10)* 11-13	Mark 3
Day 4	Genesis 14-16	Mark 4
Day 5	Genesis 17-20	Mark 5
Day 6	Genesis 21-23	Mark 6
Day 7	Genesis 24-26	Mark 7
Day 8	Genesis 27-30	Mark 8
Day 9	Genesis 31-33	Mark 9
Day 10	Genesis 34-35 (36)*	Mark 10
Day 11	Genesis 37-40	Mark 11
Day 12	Genesis 41-44	Mark 12
Day 13	Genesis 45-47	Mark 13
Day 14	Genesis 48-50	Mark 14
Day 15	Exodus 1-4	Mark 15
Day 16	Exodus 5-7	Mark 16
Day 17	Exodus 8-11	Mark 1
Day 18	Exodus 12-14	Mark 2
Day 19	Exodus 15-17	Mark 3
Day 20	Exodus 18-20	Mark 4
Day 21	Exodus 21-23	Mark 5
Day 22	Exodus 24-27	Mark 6
Day 23	Exodus 28-30	Mark 7
Day 24	Exodus 31-33	Mark 8
Day 25	Exodus 34-36	Mark 9
Day 26	Exodus 37-40	Mark 10
Day 27	Leviticus 1-4	Mark 11
Day 28	Leviticus 5-7	Mark 12
Day 29	Leviticus 8-10	Mark 13
Day 30	Leviticus 11-13	Mark 14
Day 31	Leviticus 14-15	Mark 15
Day 32	Leviticus 16-18	Mark 16
Day 33	Leviticus 19-22	John 1
Day 34	Leviticus 23-25	John 2
Day 35	Leviticus 26-27	John 3
Day 36	Numbers 1-3	John 4
Day 37	Numbers 4-6	John 5
Day 38	Numbers 7-9	John 6
Day 39	Number 10-13	John 7
Day 40	Numbers 14-17	John 8
Day 41	Numbers 18-20	John 9
Day 42	Numbers 21-24	John 10
Day 43	Numbers 25-27	John 11
Day 44	Numbers 28-30	John 12

Day 45	Numbers 31-34	John 13
Day 46	Numbers 35-36	John 14
Day 47	Deuteronomy 1-3	John 15
Day 48	Deuteronomy 4-6	John 16
Day 49	Deuteronomy 7-9	John 17
Day 50	Deuteronomy 10-12	John 18
Day 51	Deuteronomy 13-15	John 19
Day 52	Deuteronomy 16-18	John 20
Day 53	Deuteronomy 19-22	John 21
Day 54	Deuteronomy 23-26	John 1
Day 55	Deuteronomy 27-29	John 2
Day 56	Deuteronomy 30-32	John 3
Day 57	Deuteronomy 33-34	John 4
Day 58	Joshua 1-3	John 5
Day 59	Joshua 4-6	John 6
Day 60	Joshua 7-9	John 7
Day 61	Joshua 10-13	John 8
Day 62	Joshua 14-17	John 9
Day 63	Joshua 18-20	John 10
Day 64	Joshua 21-24	John 11
Day 65	Judges 1-3	John 12
Day 66	Judges 4-6	John 13
Day 67	Judges 7-9	John 14
Day 68	Judges 10-12	John 15
Day 69	Judges 13-16	John 16
Day 70	Judges 17-19	John 17
Day 71	Judges 20-21	John 18
Day 72	Ruth 1-4	John 19
Day 73	1 Samuel 1-3	John 20
Day 74	1 Samuel 4-7	John 21
Day 75	1 Samuel 8-11	Mark 1
Day 76	1 Samuel 12-14	Mark 2
Day 77	1 Samuel 15-17	Mark 3
Day 78	1 Samuel 18-21	Mark 4
Day 79	1 Samuel 22-25	Mark 5
Day 80	1 Samuel 26-28	Mark 6
Day 81	1 Samuel 29-31	Mark 7

*"I believe the Bible is the best gift God has ever given to man. All the good from The Savior of the world is communicated to us through this Book."*— **Abraham Lincoln**

Day 82	2 Samuel 1-4	Mark 8
Day 83	2 Samuel 5-8	Mark 9
Day 84	2 Samuel 9-12	Mark 10
Day 85	2 Samuel 13-15	Mark 11
Day 86	2 Samuel 16-18	Mark 12
Day 87	2 Samuel 19-21	Mark 13
Day 88	2 Samuel 22-24	Mark 14
Day 89	1 Kings 1-3	Mark 15
Day 90	1 Kings 4-7	Mark 16
Day 91	1 Kings 8-10	Matthew 1
Day 92	1 Kings 11-14	Matthew 2
Day 93	1 Kings 15-17	Matthew 3
Day 94	1 Kings 18-20	Matthew 4
Day 95	1 Kings 21-22	Matthew 5
Day 96	2 Kings 1-3	Matthew 6
Day 97	2 Kings 4-7	Matthew 7
Day 98	2 Kings 8-10	Matthew 8
Day 99	2 Kings 11-14	Matthew 9
Day 100	2 Kings 15-17	Matthew 10
Day 101	2 Kings 18-21	Matthew 11
Day 102	2 Kings 22-25	Matthew 12
Day 103	1 Chronicles (1-9)*	Matthew 13
Day 104	1 Chronicles 10-12	Matthew 14
Day 105	1 Chronicles 13-16	Matthew 15
Day 106	1 Chronicles 17-19	Matthew 16
Day 107	1 Chronicles 20-22	Matthew 17
Day 108	1 Chronicles 23-25	Matthew 18
Day 109	1 Chronicles 26-29	Matthew 19
Day 110	2 Chronicles 1-3	Matthew 20
Day 111	2 Chronicles 4-7	Matthew 21
Day 112	2 Chronicles 8-11	Matthew 22
Day 113	2 Chronicles 12-14	Matthew 23
Day 114	2 Chronicles 15-18	Matthew 24
Day 115	2 Chronicles 19-21	Matthew 25
Day 116	2 Chronicles 22-24	Matthew 26
Day 117	2 Chronicles 25-28	Matthew 27
Day 118	2 Chronicles 29-31	Matthew 28
Day 119	2 Chronicles 32-34	Matthew 1
Day 120	2 Chronicles 36-37	Matthew 2
Day 121	Ezra 1-4	Matthew 3
Day 122	Ezra 5-7	Matthew 4
Day 123	Ezra 8-10	Matthew 5



Day 124	Nehemiah 1-3	Matthew 6
Day 125	Nehemiah 4-7	Matthew 7
Day 126	Nehemiah 8-10	Matthew 8
Day 127	Nehemiah 11-13	Matthew 9
Day 128	Esther 1-3	Matthew 10
Day 129	Esther 4-7	Matthew 11
Day 130	Esther 8-10	Matthew 12
Day 131	Job 1-3	Matthew 13
Day 132	Job 4-7	Matthew 14
Day 133	Job 8-10	Matthew 15
Day 134	Job 11-14	Matthew 16
Day 135	Job 15-17	Matthew 17
Day 136	Job 18-21	Matthew 18
Day 137	Job 22-25	Matthew 19
Day 138	Job 26-29	Matthew 20
Day 139	Job 30-33	Matthew 21
Day 140	Job 34-37	Matthew 22
Day 141	Job 38-40	Matthew 23
Day 142	Job 41-42	Matthew 24
Day 143	Psalms 1-4	Matthew 25
Day 144	Psalms 5-8	Matthew 26
Day 145	Psalms 9-12	Matthew 27
Day 146	Psalms 13-16	Matthew 28
Day 147	Psalms 17-20	Luke 1
Day 148	Psalms 21-24	Luke 2
Day 149	Psalms 25-28	Luke 3
Day 150	Psalms 29-32	Luke 4
Day 151	Psalms 33-35	Luke 5
Day 152	Psalms 36-39	Luke 6
Day 153	Psalms 40-43	Luke 7
Day 154	Psalms 44-47	Luke 8
Day 155	Psalms 48-51	Luke 9
Day 156	Psalms 52-55	Luke 10
Day 157	Psalms 56-59	Luke 11

*“The Bible was not given for our information but for our transformation.”— Dwight Lyman Moody*

Day 158	Psalms 60-64	Luke 12
Day 159	Psalms 65-68	Luke 13
Day 160	Psalms 69-71	Luke 14
Day 161	Psalms 72-75	Luke 15
Day 162	Psalms 76-78	Luke 16
Day 163	Psalms 79-81	Luke 17
Day 164	Psalms 82-85	Luke 18
Day 165	Psalms 86-89	Luke 19
Day 166	Psalms 90-94	Luke 20
Day 167	Psalms 95-98	Luke 21
Day 168	Psalms 99-102	Luke 22
Day 169	Psalms 103-105	Luke 23
Day 170	Psalms 106-107	Luke 24
Day 171	Psalms 108-110	Luke 1
Day 172	Psalms 111-115	Luke 2
Day 173	Psalms 116-118	Luke 3
Day 174	Psalms 119	Luke 4
Day 175	Psalms 120-124	Luke 5
Day 176	Psalms 125-129	Luke 6
Day 177	Psalms 130-135	Luke 7
Day 178	Psalms 136-139	Luke 8
Day 179	Psalms 140-143	Luke 9
Day 180	Psalms 144-147	Luke 10
Day 181	Psalms 148-150	Luke 11
Day 182	Proverbs 1-3	Luke 12
Day 183	Proverbs 4-6	Luke 13
Day 184	Proverbs 7-9	Luke 14
Day 185	Proverbs 10-12	Luke 15
Day 186	Proverbs 13-15	Luke 16
Day 187	Proverbs 16-18	Luke 17
Day 188	Proverbs 19-21	Luke 18
Day 189	Proverbs 22-24	Luke 19
Day 190	Proverbs 25-26	Luke 20
Day 191	Proverbs 27-28	Luke 21
Day 192	Proverbs 29-31	Luke 22
Day 193	Ecclesiastes 1-3	Luke 23
Day 194	Ecclesiastes 4-6	Luke 24

Day 195	Ecclesiastes 7-9	Mark 1
Day 196	Ecclesiastes 10-12	Mark 2
Day 197	Song of Songs 1-3	Mark 3
Day 198	Song of Songs 4-6	Mark 4
Day 199	Song of Songs 7-8	Mark 5
Day 200	Isaiah 1-3	Mark 6
Day 201	Isaiah 4-6	Mark 7
Day 202	Isaiah 7-9	Mark 8
Day 203	Isaiah 10-11	Mark 9
Day 204	Isaiah 12-14	Mark 10
Day 205	Isaiah 15-17	Mark 11
Day 206	Isaiah 18-20	Mark 12
Day 207	Isaiah 21-23	Mark 13
Day 208	Isaiah 24-25	Mark 14
Day 209	Isaiah 26-28	Mark 15
Day 210	Isaiah 29-30	Mark 16
Day 211	Isaiah 31-33	John 1
Day 212	Isaiah 34-36	John 2
Day 213	Isaiah 37-38	John 3
Day 214	Isaiah 39-40	John 4
Day 215	Isaiah 41-42	John 5
Day 216	Isaiah 43-44	John 6
Day 217	Isaiah 45-47	John 7
Day 218	Isaiah 48-49	John 8
Day 219	Isaiah 50-51	John 9
Day 220	Isaiah 52-54	John 10
Day 221	Isaiah 55-57	John 11
Day 222	Isaiah 58-60	John 12
Day 223	Isaiah 61-63	John 13
Day 224	Isaiah 64-66	John 14
Day 225	Jeremiah 1-2	John 15
Day 226	Jeremiah 3-4	John 16
Day 227	Jeremiah 5-7	John 17
Day 228	Jeremiah 8-10	John 18
Day 229	Jeremiah 11-13	John 19
Day 230	Jeremiah 14-16	John 20
Day 231	Jeremiah 17-19	John 21

Day 232	Jeremiah 20-22	Matthew 1
Day 233	Jeremiah 23-25	Matthew 2
Day 234	Jeremiah 26-28	Matthew 3
Day 235	Jeremiah 29-30	Matthew 4
Day 236	Jeremiah 31-32	Matthew 5
Day 237	Jeremiah 33-35	Matthew 6
Day 238	Jeremiah 36-37	Matthew 7
Day 239	Jeremiah 38-40	Matthew 8
Day 240	Jeremiah 41-43	Matthew 9
Day 241	Jeremiah 44-46	Matthew 10
Day 242	Jeremiah 47-49	Matthew 11
Day 243	Jeremiah 50	Matthew 12
Day 244	Jeremiah 51-52	Matthew 13
Day 245	Lamentations 1-3	Matthew 14
Day 246	Lamentations 4-5	Matthew 15
Day 247	Ezekiel 1-4	Matthew 16
Day 248	Ezekiel 5-7	Matthew 17
Day 249	Ezekiel 8-11	Matthew 18
Day 250	Ezekiel 12-14	Matthew 19
Day 251	Ezekiel 15-17	Matthew 20
Day 252	Ezekiel 18-20	Matthew 21
Day 253	Ezekiel 21-23	Matthew 22
Day 254	Ezekiel 24-26	Matthew 23
Day 255	Ezekiel 27-29	Matthew 24
Day 256	Ezekiel 30-32	Matthew 25
Day 257	Ezekiel 33-35	Matthew 26
Day 258	Ezekiel 36-38	Matthew 27
Day 259	Ezekiel 39-41	Matthew 28
Day 260	Ezekiel 42-44	Mark 1
Day 261	Ezekiel 45-46	Mark 2
Day 262	Ezekiel 47-48	Mark 3

*“You Christians look after a document containing enough dynamite to blow all civilization to pieces, turn the world upside down and bring peace to a battle-torn planet. But you treat it as though it is nothing more than a piece of literature.”— Mahatma Gandhi*

Day 263	Daniel 1-3	Mark 4
Day 264	Daniel 4-6	Mark 5
Day 265	Daniel 7-9	Mark 6
Day 266	Daniel 10-12	Mark 7
Day 267	Hosea 1-4	Mark 8
Day 268	Hosea 5-8	Mark 9
Day 269	Hosea 9-11	Mark 10
Day 270	Hosea 12-14	Mark 11
Day 271	Joel 1-3	Mark 12
Day 272	Amos 1-3	Mark 13
Day 273	Amos 4-6	Mark 14
Day 274	Amos 7-9	Mark 15
Day 275	Obadiah 1	Mark 16
Day 276	Jonah 1-4	John 1
Day 277	Micah 1-3	John 2
Day 278	Micah 4-7	John 3
Day 279	Nahum 1-3	John 4
Day 280	Habakkuk 1-3	John 5
Day 281	Zephaniah 1-3	John 6
Day 282	Haggai 1-2	John 7
Day 283	Zechariah 1-4	John 8
Day 284	Zechariah 5-8	John 9
Day 285	Zechariah 9-11	John 10
Day 286	Zechariah 12-14	John 11
Day 287	Malachi 1-4	John 12
Day 288	Matthew 1-4	John 13
Day 289	Matthew 5-7	John 14
Day 290	Matthew 8-10	John 15
Day 291	Matthew 11-13	John 16
Day 292	Matthew 14-17	John 17
Day 293	Matthew 18-20	John 18
Day 294	Matthew 21-23	John 19
Day 295	Matthew 24-25	John 20
Day 296	Matthew 26-28	John 21
Day 297	Mark 1-4	
Day 298	Mark 5-8	
Day 299	Mark 9-12	

Day 300	Mark 13-16	
Day 301	Luke 1-4	
Day 302	Luke 5-8	
Day 303	Luke 9-12	
Day 304	Luke 13-16	
Day 305	Luke 17-20	
Day 306	Luke 21-24	
Day 307	John 1-3	
Day 308	John 4-6	
Day 309	John 7-9	
Day 310	John 10-12	
Day 311	John 13-15	
Day 312	John 16-18	
Day 313	John 19-21	
Day 314	Acts 1-3	Matthew 1
Day 315	Acts 4-6	Matthew 2
Day 316	Acts 7-8	Matthew 3
Day 317	Acts 9-11	Matthew 4
Day 318	Acts 12-13	Matthew 5
Day 319	Acts 14-16	Matthew 6
Day 320	Acts 17-19	Matthew 7
Day 321	Acts 20-23	Matthew 8
Day 322	Acts 24-26	Matthew 9
Day 323	Acts 27-28	Matthew 10
Day 324	Romans 1-3	Matthew 11
Day 325	Romans 4-7	Matthew 12
Day 326	Romans 8-11	Matthew 13
Day 327	Romans 12-14	Matthew 14
Day 328	Romans 15-16	Matthew 15
Day 329	1 Corinthians 1-3	Matthew 16
Day 330	1 Corinthians 4-6	Matthew 17
Day 331	1 Corinthians 7-9	Matthew 18
Day 332	1 Corinthians 10-11	Matthew 19
Day 333	1 Corinthians 12-14	Matthew 20
Day 334	1 Corinthians 15-16	Matthew 21
Day 335	2 Corinthians 1-3	Matthew 22
Day 336	2 Corinthians 4-7	Matthew 23



Day 337	2 Corinthians 8-11	Matthew 24
Day 338	2 Corinthians 12-13	Matthew 25
Day 339	Galatians 1-3	Matthew 26
Day 340	Galatians 4-6	Matthew 27
Day 341	Ephesians 1-3	Matthew 28
Day 342	Ephesians 4-6	Luke 1
Day 343	Philippians 1-4	Luke 2
Day 344	Colossians 1-4	Luke 3
Day 345	1 Thessalonians 1-5	Luke 4
Day 346	2 Thessalonians 1-3	Luke 5
Day 347	1 Timothy 1-3	Luke 6
Day 348	1 Timothy 4-6	Luke 7
Day 349	2 Timothy 1-4	Luke 8
Day 350	Titus 1-3	Luke 9
Day 351	Philemon	Luke 10
Day 352	Hebrews 1-4	Luke 11
Day 353	Hebrews 5-8	Luke 12
Day 354	Hebrews 9-11	Luke 13
Day 355	Hebrews 12-13	Luke 14
Day 356	James 1-5	Luke 15
Day 357	1 Peter 1-5	Luke 16
Day 358	2 Peter 1-3	Luke 17
Day 359	1 John 1-5	Luke 18
Day 360	2 John; 3 John; Jude	Luke 19
Day 361	Revelation 1-4	Luke 20
Day 362	Revelation 5-8	Luke 21
Day 363	Revelation 9-12	Luke 22
Day 364	Revelation 13-16	Luke 23
Day 365	Revelation 17-19	Luke 24
Day 366	Revelation 20-22	Challenge: Read Mark 1-16!

Date Completed: \_\_\_\_\_

When you read God's Word, you must constantly be saying to yourself,  
 "It is talking to me, and about me." --Soren Kierkegaard

## NOTES:

*"There are times when solitude is better than society, and silence is wiser than speech. We should be better Christians if we were more alone, waiting upon God, and gathering through meditation on His Word spiritual strength for labor in His service. We ought to muse upon the things of God, because we thus get the real nutriment out of them. . . Why is it that some Christians, although they hear many sermons, make but slow advances in the divine life? Because they neglect their closets, and do not thoughtfully meditate on God's Word. They love the wheat, but they do not grind it; they would have the corn, but they will not go forth into the fields to gather it; the fruit hangs upon the tree, but they will not pluck it; the water flows at their feet, but they will not stoop to drink it. From such folly deliver us, O Lord. . . ."— Charles H. Spurgeon*