

# 45 MIN SESSIONS



This schedule is built on the Word of Promise™ Bible. Session times 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	Total Time	
	1	Psalms 1	1 Samuel 1-5	Matthew 1-3	Psalms 100	41:25
	2	Psalms 19	1 Samuel 6-10	Matthew 4-5	Psalms 99	42:54
	3	Psalms 84	1 Samuel 11-14	Matthew 6-7	Psalms 8	40:56
	4	Psalms 10	1 Samuel 15-17	Matthew 8-9	Psalms 9	42:03
	5	Psalms 11	1 Samuel 18-22	Matthew 10-11	Psalms 111	42:20
	6	Psalms 13	1 Samuel 23-25	Matthew 12-13	Psalms 65	40:21
	7	Psalms 62	1 Samuel 26-31	Matthew 14-15	Psalms 142	42:08
	8	Psalms 34	2 Samuel 1-3	Matthew 16-18	Psalms 36	39:45
	9	Psalms 86	2 Samuel 4-8	Matthew 19-21	Psalms 133	43:56
	10	Psalms 30	2 Samuel 9-12	Matthew 22-23	Psalms 89	40:09
	11	Psalms 51	2 Samuel 13-15	Matthew 24-25	Psalms 132	43:05
	12	Psalms 100	2 Samuel 16-18	Matthew 26-26	Psalms 18	40:34
	13	Psalms 3	2 Samuel 19-21	Matthew 27-28	Psalms 131	40:24
	14	Psalms 92	2 Samuel 22-24	Acts 1-3	Psalms 40	43:25
	15	Psalms 121	Proverbs 1-6	Acts 4-5	Psalms 75	41:14
	16	Psalms 2	Proverbs 7-11	Acts 6-8	Psalms 118	44:00
	17	Psalms 29	Proverbs 12-16	Acts 9-11	Psalms 12	43:46
	18	Psalms 31	Proverbs 17-20	Acts 12-14	Psalms 62	40:47
	19	Psalms 57	Proverbs 21-25	Acts 15-17	Psalms 67	44:02
	20	Psalms 61	Proverbs 26-31	Acts 18-20	Psalms 47	44:50
	21	Psalms 108	Ezekiel 1-4	Acts 21-23	Psalms 45	43:04
	22	Psalms 24	Ezekiel 5-9	Acts 24-26	Psalms 33	43:20
	23	Psalms 1	Ezekiel 10-14	Acts 27-28	Psalms 23	44:26
	24	Psalms 37	Ezekiel 15-17	Galatians 1-3	Psalms 68	42:49
	25	Psalms 21	Ezekiel 18-21	Galatians 4-6	Psalms 20	43:33

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26	Psalm 112	Ezekiel 22-26	1 Timothy 1-3	Psalm 28	42:31
27	Psalm 24	Ezekiel 27-31	1 Timothy 4-6	Psalm 25	43:02
28	Psalm 87	Ezekiel 32-35	2 Timothy 1-4	Psalm 42	41:07
29	Psalm 27	Ezekiel 36-39	Titus 1-3	Psalm 143	41:11
30	Psalm 134	Ezekiel 40-44	John 1-2	Psalm 15	45:18
31	Psalm 135	Ezekiel 45-48	John 3-4	Psalm 96	41:49
32	Psalm 46	Daniel 1-3	John 5-6	Psalm 144	43:05
33	Psalm 5	Daniel 4-6	John 7-8	Psalm 147	44:35
34	Psalm 4	Daniel 7-9	John 9-11	Psalm 26	44:33
35	Psalm 85	Daniel 10-12	John 12-14	Psalm 130	44:04
36	Psalm 113	Esther 1-4	John 15-18	Psalm 129	44:35
37	Psalms 72-73	Esther 5-7	John 19-21	Psalm 90	38:25
38	Psalm 63	Esther 8-10	Luke 1-3	Psalm 14	40:02
39	Psalm 115	Joel 1-3	Luke 4-6	Psalm 81	41:25
40	Psalm 121	Malachi 1-4	Luke 7-9	Psalm 73	43:55
41	Psalms 42-43	Jonah 1-4	Luke 10-12	Psalms 125-126	43:14
42	Psalm 28	Amos 1-5	Luke 13-16	Psalm 127	43:09
43	Psalm 102	Amos 6-9	Luke 17-20	Psalm 128	43:14
44	Psalm 74	Hosea 1-7	Luke 21-22	Psalm 146	43:28
45	Psalm 75	Hosea 8-14	Luke 23-24	Psalm 145	41:30
46	Psalm 22	Micah 1-4	Philippians 1-4	Psalm 136	37:04
47	Psalm 44	Micah 5-7	Romans 1-4	Psalms 137-138	39:07
48	Psalm 29	Haggai 1-2; Obadiah	Romans 5-10	Psalm 139	43:46
49	Psalm 30	Nahum 1-3	Romans 11-13	Psalm 119	42:50
50	Psalm 31	Habakkuk 1-3; Zephaniah 1-3	Romans 14-16	Psalm 140	42:59
51	Psalm 98	Zechariah 1-8	Hebrews 1-6	Psalm 6	43:52
52	Psalm 59	Zechariah 9-14	Hebrews 7-10	Psalm 141	43:38
53	Psalm 34	Ezra 1-4	Hebrews 11-13	Psalm 150	40:33

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54	Psalm 36	Ezra 5-7	Ephesians 1-6	Psalm 143	40:49
55	Psalm 37	Ezra 8-10	Colossians 1-2	Psalm 148	36:41
56	Psalm 35	Nehemiah 1-6	Colossians 3-4	Psalm 149	39:05
57	Psalm 33	Nehemiah 7-10	Philemon	Psalms 10-11	38:45
58	Psalms 48-49	Nehemiah 11-13	1 Thessalonians 1-5	Psalm 142	38:26
59	Psalm 53	Ecclesiastes 1-7	2 Thessalonians 1-3	Psalm 7	39:29
60	Psalm 39	Ecclesiastes 8-12	1 John 1-5	Psalm 41	38:33
61	Psalm 50	Song of Solomon	2 John; 3 John	Psalm 78	40:10
62	Psalm 64	Genesis 1-5	Revelation 1-2	Psalm 76	39:55
63	Psalm 56	Genesis 6-10	Revelation 3-4	Psalm 101	36:33
64	Psalm 58	Genesis 11-16	Revelation 5-7	Psalm 77	38:49
65	Psalm 32	Genesis 17-21	Revelation 8-10	Psalm 70	40:43
66	Psalm 60	Genesis 22-25	Revelation 11-12	Psalm 74	39:19
67	Psalm 52	Genesis 26-29	Revelation 13-15	Psalm 72	39:15
68	Psalm 90	Genesis 30-33	Revelation 16-17	Psalm 80	38:59
69	Psalm 61	Genesis 34-37	Revelation 18-20	Psalm 82	40:52
70	Psalm 97	Genesis 38-41	Revelation 21-22	Psalm 104	38:37
71	Psalm 95	Genesis 42-46	Jude	Psalm 83	39:11
72	Psalm 47	Genesis 47-50	Mark 1-2	Psalm 107	40:43
73	Psalm 93	Exodus 1-5	Mark 3-4	Psalm 63	38:26
74	Psalm 91	Exodus 6-9	Mark 5	Psalm 37	39:21
75	Psalm 110	Exodus 10-12	Mark 6-7	Psalm 105	39:51
76	Psalm 66	Exodus 13-15	Mark 8-9	Psalm 87	37:19
77	Psalm 89	Exodus 16-18	Mark 10-11	Psalm 120	37:36
78	Psalm 94	Exodus 19-22	Mark 12-13	Psalm 103	39:34
79	Psalm 69	Exodus 23-26	Mark 14	Psalm 122	40:39
80	Psalm 116	Exodus 27-29	Mark 15-16	Psalm 88	36:43
81	Psalm 117	Exodus 30-33	Hebrews 1-4	Psalm 108	40:06

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82	Psalm 55	Exodus 34-36	Hebrews 5-6	Psalm 106	35:53
83	Psalm 114	Exodus 37-40	Hebrews 7-9	Psalm 34	39:11
84	Psalm 48	Leviticus 1-6	Hebrews 10	Psalm 35	39:24
85	Psalm 14	Leviticus 7-11	Hebrews 11	Psalm 124	40:24
86	Psalm 12	Leviticus 12-15	Hebrews 12-13	Psalm 15	41:08
87	Psalm 17	Leviticus 16-20	1 Corinthians 1-2	Psalm 57	39:55
88	Psalm 49	Leviticus 21-24	1 Corinthians 3-5	Psalm 109	38:43
89	Psalm 19	Leviticus 25-27	1 Corinthians 6-7	Psalm 86	40:58
90	Psalm 149	Numbers 1-4	1 Corinthians 8-9	Psalm 79	40:03
91	Psalm 62	Numbers 5-7	1 Corinthians 10-12	Psalm 1	40:50
92	Psalm 150	Numbers 8-13	1 Corinthians 13-14	Psalm 4	40:35
93	Psalm 148	Numbers 14-16	1 Corinthians 15-16	Psalm 3	39:46
94	Psalm 147	Numbers 17-21	Romans 1-2	Psalm 2	40:26
95	Psalm 145	Numbers 22-25	Romans 3-5	Psalm 5	38:48
96	Psalm 144	Numbers 26-29	Romans 6-7	Psalm 23	38:29
97	Psalm 140	Numbers 30-32	Romans 8-9	Psalm 7	36:50
98	Psalm 136	Numbers 33-36	Romans 10-11	Psalm 10	35:37
99	Psalm 142	Deuteronomy 1-3	Romans 12-14	Psalm 111	40:27
100	Psalm 141	Deuteronomy 4-6	Romans 15-16	Psalm 8	40:38
101	Psalm 139	Deuteronomy 7-9	2 Corinthians 1-3	Psalm 9	40:25
102	Psalm 146	Deuteronomy 10-12	2 Corinthians 4-7	Psalm 11	40:48
103	Psalm 138	Deuteronomy 13-16	2 Corinthians 8-10	Psalm 6	39:24
104	Psalm 137	Deuteronomy 17-20	2 Corinthians 11-13	Psalm 19	40:18
105	Psalm 143	Deuteronomy 21-23	Galatians 1-3	Psalm 17	37:42
106	Psalm 135	Deuteronomy 24-27	Galatians 4-6	Psalm 16	40:57
107	Psalm 134	Deuteronomy 28-29	Ephesians 1-3	Psalm 14	40:24
108	Psalm 132	Deuteronomy 30-31	Ephesians 4-6	Psalm 18	37:52
109	Psalm 109	Deuteronomy 32-34	Titus 1-3	Psalm 26	38:32

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110	Psalm 130	Joshua 1-5	Colossians 1-4	Psalm 21	40:58
111	Psalm 129	Joshua 6-8	James 1-5	Psalm 20	39:08
112	Psalm 131	Joshua 9-12	1 Thessalonians 1-5	Psalm 29	39:09
113	Psalm 104	Joshua 13-16	2 Thesalonians 1-3	Psalm 22	36:04
114	Psalm 125	Joshua 17-21	1 Timothy 1-3	Psalm 25	38:57
115	Psalm 126	Joshua 22-24	1 Timothy 4-6	Psalm 33	39:22
116	Psalm 133	Judges 1-4	2 Timothy 1-4	Psalm 24	39:45
117	Psalm 117	Judges 5-7	Luke 1-2	Psalm 47	40:52
118	Psalm 124	Judges 8-10	Luke 3-4	Psalm 27	40:10
119	Psalm 122	Judges 11-14	Luke 5-6	Psalm 32	39:56
120	Psalm 128	Judges 15-18	Luke 7-8	Psalm 13	41:05
121	Psalm 121	Judges 19-21	Luke 9-10	Psalm 28	40:46
122	Psalm 116	Ruth 1-4	Luke 11=12	Psalm 30	40:50
123	Psalm 118	1 Kings 1-2	Luke 13-14	Psalm 134	40:38
124	Psalm 123	1 Kings 3-6	Luke 15-16	Psalm 31	39:30
125	Psalm 111	1 Kings 7-8	Luke 17-18	Psalm 94	39:19
126	Psalm 110	1 Kings 9-11	Luke 19-20	Psalm 38	39:15
127	Psalm 107	1 Kings 12-13	Luke 21-22	Psalm 44	40:35
128	Psalm 120	1 Kings 14-16	Luke 23-24	Psalm 70	40:58
129	Psalm 114	1 Kings 17-19	1 Peter 1-3	Psalm 37	39:03
130	Psalm 91	1 Kings 20-22	1 Peter 4-5	Psalm 39	38:59
131	Psalm 113	2 Kings 1-4	2 Peter 1-3	Psalm 36	39:52
132	Psalm 106	2 Kings 5-8	Jude	Psalm 35	40:12
133	Psalm 112	2 Kings 9-11	1 Corinthians 1-4	Psalm 46	39:55
134	Psalm 115	2 Kings 12-14	1 Corinthians 5-9	Psalm 43	39:16
135	Psalm 102	2 Kings 15-17	1 Corinthians 10-12	Psalm 45	40:45
136	Psalm 103	2 Kings 18-21	1 Corinthians 13-14	Psalm 49	40:38
137	Psalm 93	2 Kings 22-25	1 Corinthians 15-16	Psalm 48	38:47

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138	Psalms 127	1 Chronicles 1-3	John 1-3	Psalms 50	40:10
139	Psalms 101	1 Chronicles 4-6	John 4-5	Psalms 93	40:48
140	Psalms 100	1 Chronicles 7-9	John 6-7	Psalms 51	40:34
141	Psalms 99	1 Chronicles 10-12	John 8-9	Psalms 55	37:00
142	Psalms 95	1 Chronicles 13-16	John 10-11	Psalms 72	38:24
143	Psalms 97	1 Chronicles 17-21	John 12-13	Psalms 52	39:21
144	Psalms 105	1 Chronicles 22-26	John 14-15	Psalms 54	38:24
145	Psalms 77	1 Chronicles 27-29	John 16-17	Psalms 56	40:01
146	Psalms 89	2 Chronicles 1-5	John 18-19	Psalms 62	38:47
147	Psalms 94	2 Chronicles 6-9	John 20-21	Psalms 58	37:37
148	Psalms 92	2 Chronicles 10-14	Acts 1-2	Psalms 59	39:00
149	Psalms 90	2 Chronicles 15-19	Acts 3-4	Psalms 60	39:34
150	Psalms 88	2 Chronicles 20-22	Acts 5-7	Psalms 66	37:46
151	Psalms 8	2 Chronicles 23-25	Acts 8-9	Psalms 61	40:12
152	Psalms 108	2 Chronicles 26-29	Acts 10-11	Psalms 53	39:27
153	Psalms 85	2 Chronicles 30-32	Acts 12-13	Psalms 67	36:48
154	Psalms 98	2 Chronicles 33-36	Acts 14-15	Psalms 57	36:45
155	Psalms 86	Job 1-7	Acts 16-17	Psalms 63	36:32
156	Psalms 26	Job 8-14	Acts 18-19	Psalms 68	40:39
157	Psalms 83	Job 15-21	Acts 20-21	Psalms 17	39:39
158	Psalms 82	Job 22-30	Acts 22-23	Psalms 117	40:17
159	Psalms 81	Job 31-36	Acts 24-26	Psalms 71	40:57
160	Psalms 79	Job 37-42	Acts 27-28	Psalms 53	40:02
161	Psalms 80	Jeremiah 1-3	James 1-5	Psalms 73	40:24
162	Psalms 75	Jeremiah 4-7	Matthew 1-3	Psalms 87	40:57
163	Psalms 6	Jeremiah 8-10	Matthew 4-6	Psalms 29	38:48
164	Psalms 76	Jeremiah 11-13	Matthew 7-9	Psalms 69	40:29
165	Psalms 96	Jeremiah 14-17	Matthew 10-11	Psalms 74	38:53

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166	Psalms 38	Jeremiah 18-21	Matthew 12-13	Psalms 64	39:22
167	Psalms 60	Jeremiah 22-24	Matthew 14-16	Psalms 41	38:27
168	Psalms 40	Jeremiah 25-28	Matthew 17-18	Psalms 102	37:31
169	Psalms 36	Jeremiah 29-31	Matthew 19-21	Psalms 123	37:11
170	Psalms 48	Jeremiah 32-34	Matthew 22-23	Psalms 135	39:03
171	Psalms 16	Jeremiah 35-38	Matthew 24-25	Psalms 116	40:59
172	Psalms 24	Jeremiah 39-43	Matthew 26	Psalms 114	37:34
173	Psalms 12	Jeremiah 44-47	Matthew 27-28	Psalms 105	40:51
174	Psalms 54	Jeremiah 48-50	Philemon	Psalms 115	36:29
175	Psalms 7	Jeremiah 51-52	Colossians 1-4	Psalms 84	36:54
176	Psalms 9	Lamentations 1-2	Philippians 1-4	Psalms 91	34:57
177	Psalms 18	Lamentations 3-5	Mark 1-2	Psalms 85	39:28
178	Psalms 15	Isaiah 1-5	Mark 3-5	Psalms 128	36:23
179	Psalms 45	Isaiah 6-9	Mark 6-7	Psalms 95	35:41
180	Psalms 20	Isaiah 10-14	Mark 8-9	Psalms 97	40:18
181	Psalms 23	Isaiah 15-21	Mark 10-11	Psalms 98	34:03
182	Psalms 25	Isaiah 22-26	Mark 12-13	Psalms 77	37:19
183	Psalms 72	Isaiah 27-31	Mark 14	Psalms 110	34:27
184	Psalms 41-42	Isaiah 32-36	Mark 15-16	Psalms 103	37:36
185	Psalms 65	Isaiah 37-40	1 John 1-5	Psalms 120	38:55
186	Psalms 78	Isaiah 41-43	2 John (2:10); 3 John (2:6)	Psalms 112	35:51
187	Psalms 71	Isaiah 44-46	1 Peter 1-5	Psalms 113	40:28
188	Psalms 70	Isaiah 47-52	2 Peter 1-3	Psalms 122	34:02
189	Psalms 76	Isaiah 53-57	2 Corinthians 1-5	Psalms 126	39:26
190	Psalms 145	Isaiah 63-66	2 Corinthians 10-13	Psalms 132	39:46