



Read the New Testament, Psalms and Proverbs in a Year

-By the Rev. Marek P. Zabriskie, Rector of Christ Church
Greenwich in Greenwich, CT and Founder of The Center
for Biblical Studies and The Bible Challenge

www.thecenterforbiblicalstudies.org



Dear Friend:

The Center for Biblical Studies has designed a one-year reading schedule to help individuals, groups, churches, schools and dioceses to read successfully through the entire New Testament, the Book of Proverbs and Psalms in a year. The Center for Biblical Studies intentionally focuses on reading the books of the Bible in sequence and omitting no verses.

You can start this schedule on January 1 or any day of the year that you like. This schedule works ideally if you begin on a Monday because we encourage readers to read portions of the Bible Monday through Saturday and assume that on Sunday our readers will be in church hearing the Scriptures read aloud. The Bible is best understood in the context of a faith community and by persons who are committed to following the teachings of Jesus and obeying the Word of God in their daily lives. Merely hearing the Scriptures read aloud on Sunday, however, is not enough to know and experience the life-transforming Word of God.

We encourage you always to put yourself in the presence of God before you begin reading the Scriptures. You can do this by saying a simple prayer and asking God to open the Word to you and allow you to find something significant for your own life's journey as you read the Bible on this day. Bear in mind that sometimes God gives you a special word from God's Word, but it is a word that you are meant to share with someone else whom you shall see that day or week.

Ask God to prepare your heart and to help you clear your mind of distractions so that you might give yourself to the Word of God. Then read with a desire to understand and follow the teachings of Scripture so that your life might be transformed by the Holy Spirit working within you as God's Word is revealed to you. We wish you every blessing in your faithful daily Bible reading.

We offer this prayer written by Archbishop Thomas Cranmer in 1549 *The Book of Common Prayer* as you begin your spiritual journey and The Bible Challenge and encourage you to pray it each time that you read the Bible:

“Blessed Lord, who caused all holy Scriptures to be written for our learning: Grant us so to hear them, read, mark, learn, and inwardly digest them, that we may embrace and ever hold fast the blessed hope of everlasting life, which you have given us in our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.”

Day 1 – Psalm 1; Matthew 1

Day 2 – Psalm 2; Matthew 2

Day 3 – Psalm 3; Matthew 3

Day 4 – Psalm 4; Matthew 4

Day 5 – Psalm 5; Matthew 5

Day 6 – Psalm 6; Matthew 6

Day 7 – Enjoy hearing the Scriptures read aloud in church

Day 8 – Psalm 7; Matthew 7

Day 9 – Psalm 8; Matthew 8

Day 10 – Psalm 9; Matthew 9

Day 11 – Psalm 10; Matthew 10

Day 12 – Psalm 11; Matthew 11

Day 13 – Psalm 12; Matthew 12

Day 14 – Enjoy hearing the Scriptures read aloud in church

Day 15 – Psalm 13; Matthew 13

Day 16 – Psalm 14; Matthew 14

Day 17 – Psalm 15; Matthew 15

Day 18 – Psalm 16; Matthew 16

Day 19 – Psalm 17; Matthew 17

Day 20 – Psalm 18:1-20; Matthew 18

Day 21 – Enjoy hearing the Scriptures read aloud in church

Day 22 – Psalm 18:21-50; Matthew 19

Day 23 – Psalm 19; Matthew 20

Day 24 – Psalm 20; Matthew 21

Day 25 – Psalm 21; Matthew 22

Day 26 – Psalm 22; Matthew 23

Day 27 – Psalm 23; Matthew 24

Day 28 – Enjoy hearing the Scriptures read aloud in church

Day 29 – Psalm 24, Matthew 25

Day 30 – Psalm 25, Matthew 26

Day 31 – Psalm 26, Matthew 27

Day 32 – Psalm 27, Matthew 28

Day 33 – Psalm 28, Mark 1

Day 34 – Psalm 29, Mark 2

Day 35 – Enjoy hearing the Scriptures read aloud in church

Day 36 – Psalm 30, Mark 3

Day 37 – Psalm 31, Mark 4

Day 38 – Psalm 32, Mark 5
Day 39 – Psalm 33, Mark 6
Day 40 – Psalm 34, Mark 7
Day 41 – Psalm 35, Mark 8
Day 42 – Enjoy hearing the Scriptures read aloud in church
Day 43 – Psalm 36, Mark 9
Day 44 – Psalm 37:1-18, Mark 10
Day 45 – Psalm 37:19-42, Mark 11
Day 46 – Psalm 38, Mark 12
Day 47 – Psalm 39, Mark 13
Day 48 – Psalm 40, Mark 14
Day 49 – Enjoy hearing the Scriptures read aloud in church
Day 50 – Psalm 41, Mark 15
Day 51 – Psalm 42, Mark 16
Day 52 – Psalm 43, Luke 1
Day 53 – Psalm 44, Luke 2
Day 54 – Psalm 45, Luke 3
Day 55 – Psalm 46, Luke 4
Day 56 – Enjoy hearing the Scriptures read aloud in church
Day 57 – Psalm 47, Luke 5
Day 58 – Psalm 48, Luke 6
Day 59 – Psalm 49, Luke 7
Day 60 – Psalm 50, Luke 8
Day 61 – Psalm 51, Luke 9
Day 62 – Psalm 52, Luke 10
Day 63 – Enjoy hearing the Scriptures read aloud in church
Day 64 – Psalm 53, Luke 11
Day 65 – Psalm 54, Luke 12
Day 66 – Psalm 55, Luke 13
Day 67 – Psalm 56, Luke 14
Day 68 – Psalm 57, Luke 15
Day 69 – Psalm 58, Luke 16
Day 70 – Enjoy hearing the Scriptures read aloud in church
Day 71 – Psalm 59, Luke 17
Day 72 – Psalm 60, Luke 18
Day 73 – Psalm 61, Luke 19
Day 74 – Psalm 62, Luke 20
Day 75 – Psalm 63, Luke 21
Day 76 – Psalm 64, Luke 22
Day 77 – Enjoy hearing the Scriptures read aloud in church
Day 78 – Psalm 65, Luke 23
Day 79 – Psalm 66, Luke 24

Day 80 – Psalm 67, John 1
Day 81 – Psalm 68, John 2
Day 82 – Psalm 69, John 3
Day 83 – Psalm 70, John 4
Day 84 – Enjoy hearing the Scriptures read aloud in church
Day 85 – Psalm 71, John 5
Day 86 – Psalm 72, John 6
Day 87 – Psalm 73, John 7
Day 88 – Psalm 74, John 8
Day 89 – Psalm 75, John 9
Day 90 – Psalm 76, John 10
Day 91 – Enjoy hearing the Scriptures read aloud in church
Day 92 – Psalm 77, John 11
Day 93 – Psalm 78:1-39, John 12
Day 94 – Psalm 78:40-72, John 13
Day 95 – Psalm 79, John 14
Day 96 – Psalm 80, John 15
Day 97 – Psalm 81, John 16
Day 98 – Enjoy hearing the Scriptures read aloud in church
Day 99 – Psalm 82, John 17
Day 100 – Psalm 83, John 18
Day 101 – Psalm 84, John 19
Day 102 – Psalm 85, John 20
Day 103 – Psalm 86, John 21
Day 104 – Psalm 87, Acts 1
Day 105 – Enjoy hearing the Scriptures read aloud in church
Day 106 – Psalm 88, Acts 2
Day 107 – Psalm 89:1-18, Acts 3
Day 108 – Psalm 89:19-52, Acts 4
Day 109 – Psalm 90, Acts 5
Day 110 – Psalm 91, Acts 6
Day 111 – Psalm 92, Acts 7
Day 112 – Enjoy hearing the Scriptures read aloud in church
Day 113 – Psalm 93, Acts 8
Day 114 – Psalm 94, Acts 9
Day 115 – Psalm 95, Acts 10
Day 116 – Psalm 96, Acts 11
Day 117 – Psalm 97, Acts 12
Day 118 – Psalm 98, Acts 13
Day 119 – Enjoy hearing the Scriptures read aloud in church
Day 120 – Psalm 99, Acts 14
Day 121 – Psalm 100, Acts 15

Day 122 – Psalm 101, Acts 16
Day 123 – Psalm 102, Acts 17
Day 124 – Psalm 103, Acts 18
Day 125 – Psalm 104, Acts 19
Day 126 – Enjoy hearing the Scriptures read aloud in church
Day 127 – Psalm 105, Acts 20
Day 128 – Psalm 106, Acts 21
Day 129 – Psalm 107, Acts 22

Day 130 – Psalm 108, Acts 23
Day 131 – Psalm 109, Acts 24
Day 132 – Psalm 110, Acts 25
Day 133 – Enjoy hearing the Scriptures read aloud in church
Day 134 – Psalm 111, Acts 26
Day 135 – Psalm 112, Acts 27
Day 136 – Psalm 113, Acts 28
Day 137 – Psalm 114, Romans 1
Day 138 – Psalm 115, Romans 2
Day 139 – Psalm 116, Romans 3
Day 140 – Enjoy hearing the Scriptures read aloud in church
Day 141 – Psalm 117, Romans 4
Day 142 – Psalm 118, Romans 5
Day 143 – Psalm 119:1-32, Romans 6
Day 144 – Psalm 119:33-72, Romans 7
Day 145 – Psalm 119:73-112, Romans 8
Day 146 – Psalm 119:113-144, Romans 9
Day 147 – Enjoy hearing the Scriptures read aloud in church
Day 148 – Psalm 119:145-176, Romans 10
Day 149 – Psalm 120, Romans 11
Day 150 – Psalm 121, Romans 12
Day 151 – Psalm 122, Romans 13
Day 152 – Psalm 123, Romans 14
Day 153 – Psalm 124, Romans 15
Day 154 – Enjoy hearing the Scriptures read aloud in church
Day 155 – Psalm 125, Romans 16
Day 156 – Psalm 125, Romans 16
Day 157 – Psalm 127, I Corinthians 2
Day 158 – Psalm 128, I Corinthians 3
Day 159 – Psalm 129, I Corinthians 4
Day 160 – Psalm 130, I Corinthians 5
Day 161 – Enjoy hearing the Scriptures read aloud in church
Day 162 – Psalm 131, I Corinthians 6

Day 163 – Psalm 132, I Corinthians 7
Day 164 – Psalm 133, I Corinthians 8
Day 165 – Psalm 134, I Corinthians 9
Day 166 – Psalm 135, I Corinthians 10
Day 167 – Psalm 136, I Corinthians 11
Day 168– Enjoy hearing the Scriptures read aloud in church
Day 169 – Psalm 137, I Corinthians 12
Day 170 – Psalm 138, I Corinthians 13
Day 171 – Psalm 139, I Corinthians 14
Day 172 – Psalm 140, I Corinthians 15
Day 173 – Psalm 141, I Corinthians 16
Day 174 – Psalm 142, II Corinthians 1
Day 175– Enjoy hearing the Scriptures read aloud in church
Day 176 – Psalm 143, II Corinthians 2
Day 177 – Psalm 144, II Corinthians 3
Day 178 – Psalm 145, II Corinthians 4
Day 179 – Psalm 146, II Corinthians 5
Day 180 – Psalm 147, II Corinthians 6
Day 181 – Psalm 148, II Corinthians 7
Day 182– Enjoy hearing the Scriptures read aloud in church
Day 183 – Psalm 149, II Corinthians 8
Day 184 – Psalm 150, II Corinthians 9
Day 185 – Psalm 1, II Corinthians 10
Day 186 – Psalm 2, II Corinthians 11
Day 187 – Psalm 3, II Corinthians 12
Day 188 – Psalm 4, II Corinthians 13
Day 189– Enjoy hearing the Scriptures read aloud in church
Day 190 – Psalm 5, Galatians 1
Day 191 – Psalm 6, Galatians 2
Day 192 – Psalm 7, Galatians 3
Day 193 – Psalm 8, Galatians 4
Day 194 – Psalm 9, Galatians 5
Day 195 – Psalm 10, Galatians 6
Day 196– Enjoy hearing the Scriptures read aloud in church
Day 197 – Psalm 11, Ephesians 1
Day 198 – Psalm 12, Ephesians 2
Day 199 – Psalm 13, Ephesians 3
Day 200 – Psalm 14, Ephesians 4
Day 201 – Psalm 15, Ephesians 5
Day 202 – Psalm 16, Ephesians 6
Day 203– Enjoy hearing the Scriptures read aloud in church
Day 204 – Psalm 17, Philippians 1

Day 205 – Psalm 18:1-20, Philippians 2
Day 206 – Psalm 18:21-50, Philippians 3
Day 207 – Psalm 19, Philippians 4
Day 208 – Psalm 20, Colossians 1
Day 209 – Psalm 21, Colossians 2
Day 210 – Enjoy hearing the Scriptures read aloud in church
Day 211 – Psalm 22, Colossians 3
Day 212 – Psalm 23, Colossians 4
Day 213 – Psalm 24, I Thessalonians 1
Day 214 – Psalm 25, I Thessalonians 2
Day 215 – Psalm 26, I Thessalonians 3
Day 216 – Psalm 27, I Thessalonians 4
Day 217– Enjoy hearing the Scriptures read aloud in church
Day 218 – Psalm 28, I Thessalonians 5
Day 219 – Psalm 29, II Thessalonians 1
Day 220 – Psalm 30, II Thessalonians 2
Day 221 – Psalm 31, II Thessalonians 3
Day 222 – Psalm 32, I Timothy 1
Day 223 – Psalm 33, I Timothy 2
Day 224– Enjoy hearing the Scriptures read aloud in church
Day 225 – Psalm 34, I Timothy 3
Day 226 – Psalm 35, I Timothy 4
Day 227 – Psalm 36, I Timothy 5
Day 228 – Psalm 37:1-18, I Timothy 6
Day 229 – Psalm 37:19-42, II Timothy 1
Day 230 – Psalm 38, II Timothy 2
Day 231– Enjoy hearing the Scriptures read aloud in church
Day 232 – Psalm 39, II Timothy 3
Day 233 – Psalm 40, II Timothy 4
Day 234 – Psalm 41, Titus 1
Day 235 – Psalm 42, Titus 2
Day 236 – Psalm 43, Titus 3
Day 237 – Psalm 44, Philemon
Day 238– Enjoy hearing the Scriptures read aloud in church
Day 239 – Psalm 45, Hebrews 1
Day 240 – Psalm 46, Hebrews 2
Day 241 – Psalm 47, Hebrews 3
Day 242 – Psalm 48, Hebrews 4
Day 243 – Psalm 49, Hebrews 5
Day 244 – Psalm 50, Hebrews 6
Day 245– Enjoy hearing the Scriptures read aloud in church
Day 246 – Psalm 51, Hebrews 7

Day 247 – Psalm 52, Hebrews 8
Day 248 – Psalm 53, Hebrews 9
Day 249 – Psalm 54, Hebrews 10
Day 250 – Psalm 55, Hebrews 11
Day 251 – Psalm 56, Hebrews 12
Day 252– Enjoy hearing the Scriptures read aloud in church
Day 253 – Psalm 57, Hebrews 13
Day 254 – Psalm 58, James 1
Day 255 – Psalm 59, James 2
Day 256 – Psalm 60, James 3
Day 257 – Psalm 61, James 4
Day 258 – Psalm 62, James 5
Day 259 – Enjoy hearing the Scriptures read aloud in church
Day 260 – Psalm 63, I Peter 1
Day 261 – Psalm 64, I Peter 2
Day 262 – Psalm 65, I Peter 3
Day 263 – Psalm 66, I Peter 4
Day 264 – Psalm 67, I Peter 5
Day 265 – Psalm 68, II Peter 1
Day 266– Enjoy hearing the Scriptures read aloud in church
Day 267 – Psalm 69, II Peter 2
Day 268 – Psalm 70, II Peter 3
Day 269 – Psalm 71, I John 1
Day 270 – Psalm 72, I John 2
Day 271 – Psalm 73, I John 3
Day 272 – Psalm 74, I John 4
Day 273– Enjoy hearing the Scriptures read aloud in church
Day 274 – Psalm 75, I John 5
Day 275 – Psalm 76, II John
Day 276 – Psalm 77, III John
Day 277 – Psalm 78:1-39, Jude
Day 278 – Psalm 78:40-72, Revelation 1
Day 279 – Psalm 79, Revelation 2
Day 280– Enjoy hearing the Scriptures read aloud in church
Day 281 – Psalm 80, Revelation 3
Day 282 – Psalm 81, Revelation 4
Day 283 – Psalm 82, Revelation 5
Day 284 – Psalm 83, Revelation 6
Day 285 – Psalm 84, Revelation 7
Day 286 – Psalm 85, Revelation 8
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Day 289 – Psalm 87, Revelation 10
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Day 291 – Psalm 89:1-18, Revelation 12
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Day 293 – Psalm 90, Revelation 14
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Day 295 – Psalm 91, Revelation 15
Day 296 – Psalm 92, Revelation 16
Day 297 – Psalm 93, Revelation 17
Day 298 – Psalm 94, Revelation 18
Day 299 – Psalm 95, Revelation 19
Day 300 – Psalm 96, Revelation 20
Day 301– Enjoy hearing the Scriptures read aloud in church
Day 302 – Psalm 97, Revelation 21
Day 303 – Psalm 98, Revelation 22
Day 304 – Psalm 99, Proverbs 1
Day 305 – Psalm 100, Proverbs 2
Day 306 – Psalm 101, Proverbs 3
Day 307 – Psalm 102, Proverbs 4
Day 308– Enjoy hearing the Scriptures read aloud in church
Day 309 – Psalm 103, Proverbs 5
Day 310 – Psalm 104, Proverbs 6
Day 311 – Psalm 105, Proverbs 7
Day 312 – Psalm 106, Proverbs 8
Day 313 – Psalm 107, Proverbs 9
Day 314 – Psalm 108, Proverbs 10
Day 315– Enjoy hearing the Scriptures read aloud in church
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Day 317 – Psalm 110, Proverbs 12
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Day 319 – Psalm 112, Proverbs 14
Day 320 – Psalm 113, Proverbs 15
Day 321 – Psalm 114, Proverbs 16
Day 322– Enjoy hearing the Scriptures read aloud in church
Day 323 – Psalm 115, Proverbs 17
Day 324 – Psalm 116, Proverbs 18
Day 325 – Psalm 117, Proverbs 19
Day 326 – Psalm 118, Proverbs 20
Day 327 – Psalm 119:1-32, Proverbs 21
Day 328 – Psalm 119:33-72, Proverbs 22
Day 329– Enjoy hearing the Scriptures read aloud in church
Day 330 – Psalm 119:73-112, Proverbs 23

Day 331 – Psalm 119:113-144, Proverbs 24
Day 332 – Psalm 119:145-176, Proverbs 25
Day 333 – Psalm 120, Proverbs 26
Day 334 – Psalm 121, Proverbs 27
Day 335 – Psalm 122, Proverbs 28
Day 336– Enjoy hearing the Scriptures read aloud in church
Day 337 – Psalm 123, Proverbs 29
Day 338 – Psalm 124, Proverbs 30
Day 339 – Psalm 125, Proverbs 31
Day 340 – Psalm 126, Luke 1
Day 341 – Psalm 127, Luke 2
Day 342 – Psalm 128, Luke 3
Day 343– Enjoy hearing the Scriptures read aloud in church
Day 344 – Psalm 129, Luke 4
Day 345 – Psalm 130, Luke 5
Day 346 – Psalm 131, Luke 6
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Day 355 – Psalm 139, Luke 14

Day 356 – Psalm 140, Luke 15
Day 357– Enjoy hearing the Scriptures read aloud in church
Day 358 – Psalm 141, Luke 16
Day 359 – Psalm 142, Luke 17
Day 360 – Psalm 143, Luke 18
Day 361 – Psalm 144, Luke 19
Day 362 – Psalm 145-146, Luke 20
Day 363 – Psalm 147-148, Luke 21-22
Day 364– Enjoy hearing the Scriptures read aloud in church
Day 365 – Psalm 149-150, Luke 23-24

Congratulations! You have finished and have done something truly memorable and spiritual rewarding that has transformed your life. The Lord will honor the effort you have made.

Rather than rest upon your laurels, we strongly encourage you to begin reading the Bible again. This time consider reading the entire Bible using our Read the Bible in a Year reading plan. You are ready for it. You may also wish to read a different translation this time so that when you re-read passages that you have already read you will see slight differences that will reveal deeper meanings and more truths to you. As always, we encourage you to put yourself in the presence of God before you read the Bible.

Once again, congratulations on achieving a major spiritual goal in your life. You can build greatly on the important spiritual work that you have done.

If this experience has touched your heart and nourished your soul, we invite you to contribute to the Center for Biblical Studies to help us promote The Bible Challenge globally so that others may benefit from the daily reading of God's Word and participate in The Bible Challenge. Your gift can be made out to Christ Church Greenwich, with a memo for "The CBS" and sent to Christ Church Greenwich 254 E. Putnam Avenue, Greenwich, CT 06830.

With blessings upon what you have accomplished and prayers for your continued reading of God's Word each day,

A handwritten signature in black ink that reads "Marek" followed by a plus sign "+".

The Rev. Marek P. Zabriskie
Rector of Christ Church Greenwich in Greenwich, Connecticut and
Founder of The Bible Challenge and the Center for Biblical Studies.
To join The Parent Child Bible Challenge, please
e-mail: mzabriskie@christchurchgreenwich.org.

