

45 MIN CANONICAL PLAN



Session times do not 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
<input type="checkbox"/>	1 Psalm 1	Genesis 1-6	Matthew 1-2	Psalm 2
<input type="checkbox"/>	2 Psalm 3	Genesis 7-13	Matthew 3-4	Psalm 4
<input type="checkbox"/>	3 Psalm 5	Genesis 14-18	Matthew 5-6	Psalm 6
<input type="checkbox"/>	4 Psalm 7	Genesis 19-23	Matthew 7-8	Psalm 8
<input type="checkbox"/>	5 Psalm 9	Genesis 24-26	Matthew 9-10	Psalm 10
<input type="checkbox"/>	6 Psalm 11	Genesis 27-30	Matthew 11-12	Psalm 12
<input type="checkbox"/>	7 Psalm 13	Genesis 31-34	Matthew 13-14	Psalm 14
<input type="checkbox"/>	8 Psalm 15	Genesis 35-38	Matthew 15-16	Psalm 16
<input type="checkbox"/>	9 Psalm 17	Genesis 39-42	Matthew 17-18	Psalm 18
<input type="checkbox"/>	10 Psalm 19	Genesis 43-47	Matthew 19-20	Psalm 20
<input type="checkbox"/>	11 Psalm 21	Genesis 48-50	Matthew 21-23	Psalm 22
<input type="checkbox"/>	12 Psalm 23	Exodus 1-3	Matthew 24-26	Psalm 24
<input type="checkbox"/>	13 Psalm 25	Exodus 4-7	Matthew 27-28	Psalm 26
<input type="checkbox"/>	14 Psalm 27	Exodus 8-11	Mark 1-2	Psalm 28
<input type="checkbox"/>	15 Psalm 29	Exodus 12-15	Mark 3-4	Psalm 30
<input type="checkbox"/>	16 Psalm 31	Exodus 16-19	Mark 5-6	Psalm 32
<input type="checkbox"/>	17 Psalm 33	Exodus 20-24	Mark 7-8	Psalm 34
<input type="checkbox"/>	18 Psalm 35	Exodus 25-27	Mark 9-11	Psalm 36
<input type="checkbox"/>	19 Psalm 37	Exodus 28-30	Mark 12-13	Psalm 38
<input type="checkbox"/>	20 Psalm 39	Exodus 31-32	Mark 14-16	Psalm 40
<input type="checkbox"/>	21 Psalm 41	Exodus 33-34	Luke 1-3	Psalm 42
<input type="checkbox"/>	22 Psalm 43	Exodus 35-38	Luke 4-6	Psalm 44
<input type="checkbox"/>	23 Psalm 45	Exodus 39-40	Luke 7-9	Psalm 46
<input type="checkbox"/>	24 Psalm 47	Leviticus 1-6	Luke 10-11	Psalm 48
<input type="checkbox"/>	25 Psalm 49	Leviticus 7-9	Luke 12-13	Psalm 50

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	#	Opening Prayer	Old Testament	New Testament	Closing Prayer
	26	Psalm 51	Leviticus 10-13	Luke 14-15	Psalm 52
	27	Psalm 53	Leviticus 14-17	Luke 16-17	Psalm 54
	28	Psalm 55	Leviticus 18-20	Luke 18-20	Psalm 56
	29	Psalm 57	Leviticus 21-23	Luke 21-22	Psalm 58
	30	Psalm 59	Leviticus 24-26	Luke 23-24	Psalm 60
	31	Psalm 61	Leviticus 27; Numbers 1-3	John 1-2	Psalm 62
	32	Psalm 63	Numbers 4-6	John 3-5	Psalm 64
	33	Psalm 65	Numbers 7-9	John 6-7	Psalm 66
	34	Psalm 67	Numbers 10-13	John 8-9	Psalm 68
	35	Psalm 69	Numbers 14-15	John 10-12	Psalm 70
	36	Psalm 71	Numbers 16-19	John 13-14	Psalm 72
	37	Psalm 73	Numbers 20-23	John 15-16	Psalm 74
	38	Psalm 75	Numbers 24-28	John 17-18	Psalm 76
	39	Psalm 77	Numbers 29-30	John 19-21	Psalm 78
	40	Psalm 79	Numbers 31-34	Acts 1-2	Psalm 80
	41	Psalm 81	Numbers 35-36; Deuteronomy 1-2	Acts 3-4	Psalm 82
	42	Psalm 83	Deuteronomy 3-4	Acts 5-6	Psalm 84
	43	Psalm 85	Deuteronomy 5-7	Acts 7-8	Psalm 86
	44	Psalm 87	Deuteronomy 8-10	Acts 9-10	Psalm 88
	45	Psalm 89	Deuteronomy 11-12	Acts 11-12	Psalm 90
	46	Psalm 91	Deuteronomy 13-15	Acts 13-15	Psalm 92
	47	Psalm 93	Deuteronomy 16-19	Acts 16-17	Psalm 94
	48	Psalm 95	Deuteronomy 20-23	Acts 18-19	Psalm 96
	49	Psalm 97	Deuteronomy 24-27	Acts 20-21	Psalm 98
	50	Psalm 99	Deuteronomy 28-29	Acts 22-23	Psalm 100
	51	Psalm 101	Deuteronomy 30-32	Acts 24-25	Psalm 102
	52	Psalm 103	Deuteronomy 33-34; Joshua 1	Acts 26-28	Psalm 104
	53	Psalm 105	Joshua 2-6	Romans 1-2	Psalm 106

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	#	Opening Prayer	Old Testament	New Testament	Closing Prayer
	54	Psalm 107	Joshua 7-10	Romans 3-4	Psalm 108
	55	Psalm 109	Joshua 11-16	Romans 5-6	Psalm 110
	56	Psalm 111	Joshua 17-21	Romans 7-8	Psalm 112
	57	Psalm 113	Joshua 22-24	Romans 9-11	Psalm 114
	58	Psalm 115	Judges 1-4	Romans 12-14	Psalm 116
	59	Psalm 117	Judges 5-8	Romans 15-16	Psalm 118
	60	Psalm 119	Judges 9-10	1 Corinthians 1-2	Psalm 120
	61	Psalm 121	Judges 11-15	1 Corinthians 3-6	Psalm 122
	62	Psalm 123	Judges 16-19	1 Corinthians 7-10	Psalm 124
	63	Psalm 125	Judges 20-21	1 Corinthians 11-16	Psalm 126
	64	Psalm 127	Ruth 1-4; 1 Samuel 1-2	2 Corinthians 1-3	Psalm 128
	65	Psalm 129	1 Samuel 3-9	2 Corinthians 4-6	Psalm 130
	66	Psalm 131	1 Samuel 10-14	2 Corinthians 7-9	Psalm 132
	67	Psalm 133	1 Samuel 15-18	2 Corinthians 10-13	Psalm 134
	68	Psalm 135	1 Samuel 19-22	Galatians 1-3	Psalm 136
	69	Psalm 137	1 Samuel 23-27	Galatians 4-6	Psalm 138
	70	Psalm 139	1 Samuel 28-31	Ephesians 1-6	Psalm 140
	71	Psalm 141	2 Samuel 1-4	Philippians 1-4	Psalm 142
	72	Psalm 143	2 Samuel 5-9	Colossians 1-4	Psalm 144
	73	Psalm 145	2 Samuel 10-13	1 Thessalonians 1-5	Psalm 146
	74	Psalm 147	2 Samuel 14-17	2 Thessalonians 1-3	Psalm 148
	75	Psalm 149	2 Samuel 18-22	1 Timothy 1-3	Psalm 150
	76	Psalm 1	2 Samuel 23-24	1 Timothy 4-6; 2 Timothy 1-4	Psalm 2
	77	Psalm 3	1 Kings 1-3	Titus 1-3; Philemon	Psalm 4
	78	Psalm 5	1 Kings 4-7	Hebrews 1-4	Psalm 6
	79	Psalm 7	1 Kings 8-10	Hebrews 5-7	Psalm 8
	80	Psalm 9	1 Kings 11-13	Hebrews 8-10	Psalm 10
	81	Psalm 11	1 Kings 14-16	Hebrews 11-13	Psalm 12

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	#	Opening Prayer	Old Testament	New Testament	Closing Prayer
	82	Psalm 13	1 Kings 17-19	James 1-5	Psalm 14
	83	Psalm 15	1 Kings 20-22	1 Peter 1-3	Psalm 16
	84	Psalm 17	2 Kings 1-3	1 Peter 4-5; 2 Peter 1-3	Psalm 18
	85	Psalm 19	2 Kings 4-6	1 John 1-5	Psalm 20
	86	Psalm 21	2 Kings 7-10	2 John; 3 John; Jude	Psalm 22
	87	Psalm 23	2 Kings 11-15	Revelation 1-2	Psalm 24
	88	Psalm 25	2 Kings 16-19	Revelation 3-4	Psalm 26
	89	Psalm 27	2 Kings 20-23	Revelation 5-9	Psalm 28
	90	Psalm 29	2 Kings 24-25; 1 Chronicles 1-2	Revelation 10-13	Psalm 30
	91	Psalm 31	1 Chronicles 3-6	Revelation 14-16	Psalm 32
	92	Psalm 33	1 Chronicles 7-10	Revelation 17-19	Psalm 34
	93	Psalm 35	1 Chronicles 11-15	Revelation 20-22	Psalm 36
	94	Psalm 37	1 Chronicles 16-20	Matthew 1-3	Psalm 38
	95	Psalm 39	1 Chronicles 21-25	Matthew 4-5	Psalm 40
	96	Psalm 41	1 Chronicles 26-29	Matthew 6-7	Psalm 42
	97	Psalm 43	2 Chronicles 1-5	Matthew 8-10	Psalm 44
	98	Psalm 45	2 Chronicles 6-9	Matthew 11-12	Psalm 46
	99	Psalm 47	2 Chronicles 10-15	Matthew 13-14	Psalm 48
	100	Psalm 49	2 Chronicles 16-20	Matthew 15-16	Psalm 50
	101	Psalm 51	2 Chronicles 21-25	Matthew 17-18	Psalm 52
	102	Psalm 53	2 Chronicles 26-30	Matthew 19-20	Psalm 54
	103	Psalm 55	2 Chronicles 31-33	Matthew 21-23	Psalm 56
	104	Psalm 57	2 Chronicles 34-36	Matthew 24-25	Psalm 58
	105	Psalm 59	Ezra 1-2	Matthew 26-28	Psalm 60
	106	Psalm 61	Ezra 3-7	Mark 1-3	Psalm 62
	107	Psalm 63	Ezra 8-10; Nehemiah 1-2	Mark 4-5	Psalm 64
	108	Psalm 65	Nehemiah 3-6	Mark 6-8	Psalm 66

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#	Opening Prayer	Old Testament	New Testament	Closing Prayer
109	Psalm 67	Nehemiah 6-8	Mark 9-10	Psalm 68
110	Psalm 69	Nehemiah 9-11	Mark 11-12	Psalm 70
111	Psalm 71	Nehemiah 12-13	Mark 13-14	Psalm 72
112	Psalm 73	Esther 1-6	Mark 15-16	Psalm 74
113	Psalm 75	Esther 7-10	Luke 1-3	Psalm 76
114	Psalm 77	Job 1-5	Luke 4-5	Psalm 78
115	Psalm 79	Job 6-12	Luke 6-7	Psalm 80
116	Psalm 81	Job 13-19	Luke 8-9	Psalm 82
117	Psalm 83	Job 20-27	Luke 10-11	Psalm 84
118	Psalm 85	Job 28-33	Luke 12-13	Psalm 86
119	Psalm 87	Job 34-40	Luke 14-15	Psalm 88
120	Psalm 89	Job 41-42; Proverbs 1-4	Luke 16-17	Psalm 90
121	Psalm 91	Proverbs 5-11	Luke 18-19	Psalm 92
122	Psalm 93	Proverbs 12-18	Luke 20-21	Psalm 94
123	Psalm 95	Proverbs 19-21	Luke 22-24	Psalm 96
124	Psalm 97	Proverbs 22-28	John 1-2	Psalm 98
125	Psalm 99	Proverbs 29-31; Ecclesiastes 1-4	John 3-4	Psalm 100
126	Psalm 101	Ecclesiastes 5-9	John 5-6	Psalm 102
127	Psalm 103	Ecclesiastes 10-12; Song of Solomon 1-4	John 7-8	Psalm 104
128	Psalm 105	Song of Solomon 5-8	John 9-11	Psalm 106
129	Psalm 107	Isaiah 1-5	John 12-13	Psalm 108
130	Psalm 109	Isaiah 6-12	John 14-15	Psalm 110
131	Psalm 111	Isaiah 13-21	John 16-17	Psalm 112
132	Psalm 113	Isaiah 22-28	John 18-19	Psalm 114
133	Psalm 115	Isaiah 29-35	John 20-21	Psalm 116
134	Psalm 117	Isaiah 36-40	Acts 1-2	Psalm 118
135	Psalm 119	Isaiah 41-42	Acts 3-4	Psalm 120

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	#	Opening Prayer	Old Testament	New Testament	Closing Prayer
	136	Psalm 121	Isaiah 43-47	Acts 5-6	Psalm 122
	137	Psalm 123	Isaiah 48-53	Acts 7-8	Psalm 124
	138	Psalm 125	Isaiah 54-60	Acts 9-10	Psalm 126
	139	Psalm 127	Isaiah 61-66	Acts 11-13	Psalm 128
	140	Psalm 129	Jeremiah 1-5	Acts 14-15	Psalm 130
	141	Psalm 131	Jeremiah 6-9	Acts 16-17	Psalm 132
	142	Psalm 133	Jeremiah 10-15	Acts 18-19	Psalm 134
	143	Psalm 135	Jeremiah 16-20	Acts 20-21	Psalm 136
	144	Psalm 137	Jeremiah 21-25	Acts 22-23	Psalm 138
	145	Psalm 139	Jeremiah 26-30	Acts 24-25	Psalm 140
	146	Psalm 141	Jeremiah 31-32	Acts 26-28	Psalm 142
	147	Psalm 143	Jeremiah 33-37	Romans 1-2	Psalm 144
	148	Psalm 145	Jeremiah 38-43	Romans 3-4	Psalm 146
	149	Psalm 147	Jeremiah 44-48	Romans 5-7	Psalm 148
	150	Psalm 149	Jeremiah 49-50	Romans 8-11	Psalm 150
	151	Psalm 1	Jeremiah 51-52	Romans 12-16	Psalm 2
	152	Psalm 3	Lamentations 1-5	1 Corinthians 1-2	Psalm 4
	153	Psalm 5	Ezekiel 1-6	1 Corinthians 3-5	Psalm 6
	154	Psalm 7	Ezekiel 7-11	1 Corinthians 6-7	Psalm 8
	155	Psalm 9	Ezekiel 12-16	1 Corinthians 8-9	Psalm 10
	156	Psalm 11	Ezekiel 17-20	1 Corinthians 10-11	Psalm 12
	157	Psalm 13	Ezekiel 21-24	1 Corinthians 12-13	Psalm 14
	158	Psalm 15	Ezekiel 25-28	1 Corinthians 14-16	Psalm 16
	159	Psalm 17	Ezekiel 29-32	2 Corinthians 1-3	Psalm 18
	160	Psalm 19	Ezekiel 33-36	2 Corinthians 4-6	Psalm 20
	161	Psalm 21	Ezekiel 37-39	2 Corinthians 7-11	Psalm 22
	162	Psalm 23	Ezekiel 40-44	2 Corinthians 12-13	Psalm 24
	163	Psalm 25	Ezekiel 45-48	Galatians 1-3	Psalm 26

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#	Opening Prayer	Old Testament	New Testament	Closing Prayer
164	Psalm 27	Daniel 1-3	Galatians 4-6	Psalm 28
165	Psalm 29	Daniel 4-7	Ephesians 1-2	Psalm 30
166	Psalm 31	Daniel 8-10	Ephesians 3-6	Psalm 32
167	Psalm 33	Daniel 11-12; Hosea 1-2	Philippians 1-4	Psalm 34
168	Psalm 35	Hosea 3-10	Colossians 1-4	Psalm 36
169	Psalm 37	Hosea 11-14	1 Thessalonians 1-5; 2 Thessalonians 1-3	Psalm 38
170	Psalm 39	Joel 1-3; Amos 1-4	1 Timothy 1-3	Psalm 40
171	Psalm 41	Amos 5-9; Obadiah	1 Timothy 4-6	Psalm 42
172	Psalm 43	Jonah 1-4	2 Timothy 1-4; Titus 1-3; Philemon	Psalm 44
173	Psalm 45	Micah 1-7	Hebrews 1-3	Psalm 46
174	Psalm 47	Nahum 1-3; Habakkuk 1-3	Hebrews 4-8	Psalm 48
175	Psalm 49	Zephaniah 1-3; Haggai 1-2	Hebrews 9-10	Psalm 50
176	Psalm 51	Zechariah 1-7	Hebrews 11-13	Psalm 52
177	Psalm 53	Zechariah 8-14	James 1-5	Psalm 54
178	Psalm 55	Malachi 1-4	1 Peter 1-5	Psalm 56