



marriage united

SOAP JOURNAL
2026

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Discover more about Marriage United and explore a variety of resources designed to support and enrich your relationship. From devotionals, community events, premarital coaching and more - there's something for every couple. Scan the QR code to learn more.

INTRODUCTION

SOAP Bible Study for Marriage

SOAP stands for Scripture, Observation, Application, and Prayer—four steps designed to help couples engage with God's Word. This journal is created to help you and your spouse grow spiritually, strengthen your relationship with God, and deepen your connection with each other.

Through the SOAP method, you'll begin by reading a passage of scripture and determine how it speaks to marriage, love, and God's design for relationships. It will help you reflect on how scripture applies to your marriage—whether it's offering encouragement, guiding your actions, or challenging you to grow by seeking God's wisdom and strength to live out the truths you've learned together.

This journal is not only a study tool but a space for connection and transformation within your marriage. As you commit to growing together spiritually, may you become a marriage that reflects the biblical teaching that a husband and wife are to become "one flesh" (Genesis 2:24) and embodying a relationship that mirrors the unity between Christ and the Church (Ephesians 5:31-32).

When we focus our attention on Christ, our perspective changes.

When His word and example become the filter through which we see and respond to all things – we will see Jesus through our spouse and our spouse through Jesus.

This is the pathway to a Marriage United.

*A man leaves his father and mother and is joined to his wife,
and the two are UNITED into one. This is a great mystery,
but it is an illustration of the way Christ and the church are one.*

Ephesians 5:31-32 (NLT)

DIRECTIONS

SOAP Bible Study for Marriage

1. Start by reading the weekly Bible passage as a group.
2. Break out as couples so each can privately discuss what God is speaking to them and journal using the **SOAP method as outlined below**.

S **SCRIPTURE:** Write the verse that God spoke to you, resonates with you, challenges you, or makes you feel good (try to see the commonalities if you each picked a different verse).

O **OBSERVATION:** Write what prompted you to select this verse(s). Ask yourself any or all of the following questions:

- Is there a command to obey?
- A promise to claim?
- A sin to avoid?
- Is there something new you've just learned about God/Jesus/marriage/yourself?

A **APPLICATION/ACTION:** Write about how the verse(s) apply to your marriage and your walk with God together? How will you each live out that verse(s)?

P **PRAYER:** Write a short prayer that agrees with what God spoke to you, and ask Him to help you live out that verse.

3. At the conclusion of couples SOAP, come back together **as a group** to openly discuss the God/Marriage question.

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

In what areas of marriage do we need to guard against believing lies (about love, success, or each other) and instead hold onto God's truth?

Memory Verse - Romans 1:16 (NIV)

For I am not ashamed of the gospel, because it is the power of God
that brings salvation to everyone who believes ...

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

How can we reflect God's fairness and humility toward each other—and also extend that same spirit of respect and equality in the way we treat others?

Memory Verse - Romans 2:11 (NIV)

For God does not show favoritism.

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

How can acknowledging our own weaknesses help us stop holding grudges in our marriage, and how might it influence the way we respond to the shortcomings of other people?

Memory Verse - Romans 3:23 (NIV)

For all have sinned and fall short of the glory of God.

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

How can we encourage each other to trust God fully, even when circumstances seem impossible?

Memory Verse - Romans 4:20-21 (NIV)

Yet he did not waver through unbelief regarding the promise of God, but was strengthened in his faith and gave glory to God, being fully persuaded that God had power to do what he had promised.

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

Looking back, what struggles or difficult seasons in our marriage have significantly shaped the way we relate to God and each other today?

Memory Verse - Romans 5:3-4 (NIV)

We also glory in our sufferings, because we know that suffering produces perseverance;
perseverance, character; and character, hope.

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

Are there any "default settings" in our marriage that need a spiritual reset?

Memory Verse - Romans 6:6 (NIV)

For we know that our old self was crucified with him so that the body ruled by sin might be done away with, that we should no longer be slaves to sin.

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

What "I don't understand what I do" moments have we experienced in our relationship, and what do they reveal about our need for grace?

Memory Verse - Romans 7:24-25

Who will rescue me from this body of death? Thanks be to God, who delivers me through Jesus Christ our Lord!

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

In what specific, practical ways do we actively work for the good of each other in our marriage, reflecting how God works for the good of those who love Him?

Memory Verse - Romans 8:28 (NIV)

And we know that in all things God works for the good of those who love him,
who have been called according to his purpose.

Scripture:**Observation:****Application/Action:****Prayer:****God/Marriage Question:**

Can we identify specific words, actions, or attitudes that reflected God's mercy in our marriage this past week? If you withheld any positive thoughts toward your spouse recently, share those thoughts with them now.

Memory Verse - Romans 9:16 (NIV)

It does not, therefore, depend on human desire or effort, but on God's mercy.

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

What regular practices can help us stay grounded in Scripture as a couple, and how might God use that foundation to equip us to pour into others?

Memory Verse - Romans 10:17 (NIV)

Faith comes from hearing the message, and the message is heard through the word about Christ.

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

What are the God-given strengths we see in each other, and how can we intentionally celebrate and grow those gifts together?

Memory Verse - Romans 11:29 (NIV)

For God's gifts and his call are irrevocable.

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

When conflict arises between us, what intentional steps can we take to protect peace in our marriage and stay emotionally and spiritually connected, even when we disagree?

Memory Verse - Romans 12:18

If it is possible, as far as it depends on you, live at peace with everyone.

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

How can you “wake up” in your marriage—shaking off passivity or distraction—to live with greater intentional love, grace, and purpose toward each other today, not someday?

Memory Verse - Romans 13:11 (NIV)

And do this, understanding the present time: The hour has already come for you to wake up from your slumber, because our salvation is nearer now than when we first believed.

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

Since Jesus gave everything for us, how can we reflect His lordship in the way we relate to each other daily?

Memory Verse - Romans 14:9 (NIV)

For this very reason, Christ died and returned to life so that he might be the Lord
of both the dead and the living.

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

Do we intentionally affirm and encourage each other through words or actions, even during disagreements or conflict? If not, what makes it challenging to do so, and how can we overcome those barriers?

Memory Verse - Romans 15:7 (NLT)

Therefore, accept each other just as Christ has accepted you so that God will be given glory.

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

Are there friends or family members who, whether intentionally or unintentionally, create tension or division in our marriage? What practical steps can we take to safeguard our relationship and maintain unity?

Memory Verse - Romans 16:17 (NIV)

I urge you, brothers and sisters, to watch out for those who cause divisions and put obstacles in your way that are contrary to the teaching you have learned.

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

What intentional steps can we take to make our marriage a refuge of truth, tenderness, and renewal?

Memory Verse - 1 Timothy 1:15 (NIV)

Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners—of whom I am the worst.

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

When tension arises between us, do we turn to prayer as a way to reconnect? If not, what holds us back? And how might we begin weaving prayer into those moments as a healing habit?

Memory Verse - 1 Timothy 2:8 (NLT)

In every place of worship, I want men to pray with holy hands lifted up to God, free from anger and controversy.

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

How can we serve each other well in this season of our marriage—and what does 'excellent standing' look like in our relationship?

Memory Verse - 1 Timothy 3:13 (NIV)

Those who have served well gain an excellent standing and great assurance in their faith in Christ Jesus.

Scripture:**Observation:****Application/Action:****Prayer:****God/Marriage Question:**

How are we caring for both our physical health (exercise/rest) and our spiritual health (prayer/reading the bible) –and are we giving godliness the priority it deserves in shaping our habits, attitudes, and connection?

Memory Verse - 1 Timothy 4:8 (NIV)

For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

Scripture:**Observation:****Application/Action:****Prayer:****God/Marriage Question:**

What quiet, unseen acts of love do we offer—not just to each other, but to our family and community—and how can we nurture a marriage that inspires goodness beyond our home, even when no one is watching?

Memory Verse - 1 Timothy 5:25 (NLT)

In the same way, the good deeds of some people are obvious. And the good deeds done in secret will someday come to light.

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

How are we using our resources—time, money, talents—to bless others and build a legacy of generosity?

Memory Verse - 1 Timothy 6:7 (NIV)

We brought nothing with us when we came into the world,
and we can't take anything with us when we leave it.

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

Can we identify any times that we let fear or hesitation creep into our marriage—and how can we lean into the Spirit's power, love, and self-discipline to move forward during those times with courage?

Memory Verse - 2 Timothy 1:7 (NLT)

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

Can we identify times where we struggled to stay spiritually connected in our marriage—and how did God's unwavering faithfulness carry us through those moments?

Memory Verse - 2 Timothy 2:13 (NLT)

If we are unfaithful, he remains faithful, for he cannot deny who he is.

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

Can we identify one worldly influence (media, habit, mindset) that's been subtly shaping our marriage. How can we commit to replacing it with a Christ-centered practice?

Memory Verse - 2 Timothy 3:16 (NIV)

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness.

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

What season is our marriage in right now – growth, flourishing, rebuilding? When was the last time we invested in a marriage focused event, class, or activity – and what is our next step?

Memory Verse - 2 Timothy 4:7 (NIV)

I have fought the good fight, I have finished the race, I have kept the faith.

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

What is one way we can open our home or hearts this month by inviting another couple over, supporting a neighbor, or offer prayer to someone in need?

Memory Verse - Titus 1:4 (MSG)

Legitimate son/daughter in the faith: Receive everything God our Father and Jesus our Savior give you!

Scripture:**Observation:****Application/Action:****Prayer:****God/Marriage Question:**

Is there an older couple whose marriage we admire—and what qualities in their relationship inspire us to grow in our own? How might God be preparing us to one day offer that same kind of encouragement and example to a couple coming after us?

Memory Verse - Titus 2:11-12 (NASB)

For the grace of God has appeared, bringing salvation to all people, instructing us to deny ungodliness and worldly desires and to live sensibly, righteously, and in a godly manner in the present age.

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

What does it look like for our marriage to reflect the grace we've received in Christ, and how might that witness encourage others?

Memory Verse - Titus 3:7 (NIV)

So that, having been justified by his grace, we might become heirs having the hope of eternal life.

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

What does it look like to appeal to one another in love, not demand, and to let gospel eyes guide our tone, timing, and tenderness?

Memory Verse - Philemon 1:4 (NIV)

I always thank my God as I remember you in my prayers.

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

What is one specific way we can show faith to each other, one way we can speak hope into our marriage, and one way we can demonstrate love in action? (Feel free to share individual actions toward each category: faith, hope, and love). Commit to completing these this week.

Memory Verse - 1 Corinthians 13:13 (NIV)

And now these three remain: faith, hope and love. But the greatest of these is love.

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

What kind of example are we setting for others by how we love, serve, and share Jesus together? Where could we grow in these areas?

Memory Verse - John 1:14 (NIV)

The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth.

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

What “choice wine” has God brought forth in our relationship recently—something we didn’t expect, but now treasure deeply?

Memory Verse - John 2:10 (NIV)

“Everyone brings out the choice wine first and then the cheaper wine after the guests have had too much to drink; but you have saved the best till now.”

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

What's one area in our marriage where we need to let Jesus lead more fully—and how can we take a step this week to make Him greater in that space?

Memory Verse - John 3:30 (NIV)

He must become greater; I must become less.

Scripture:**Observation:****Application/Action:****Prayer:****God/Marriage Question:**

Jesus 'had to go through Samaria'—a divine appointment. What unexpected moments in our marriage have turned out to be sacred opportunities for growth?

Memory Verse - John 4:14 (NLT)

"But those who drink the water I give will never be thirsty again. It becomes a fresh, bubbling spring within them, giving them eternal life."

Scripture:**Observation:****Application/Action:****Prayer:****God/Marriage Question:**

Jesus spoke of the works that testify to who He is. What does our marriage testify about Christ—and how can we be more intentional in reflecting His love to others?

Memory Verse - John 5:25 (NIV)

Very truly I tell you, a time is coming and has now come when the dead will hear the voice of the Son of God and those who hear will live.

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

When challenges arise in our marriage, do we focus on what we lack or on how Jesus might provide? Can you share any examples?

Memory Verse - John 6:35 (NIV)

Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty."

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

How do we respond to outside opinions or pressures about our relationship, faith, or choices? What gives us strength in these situations?

Memory Verse - John 7:38 (NIV)

"Whoever believes in me, as Scripture has said, rivers of living water will flow from within them."

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

What generational patterns/curses are we breaking—and what legacy of freedom are we building for those who come after us?

Memory Verse - John 8:36 (NIV)

So if the Son sets you free, you will be free indeed.

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

How do we respond when others don't understand the way God is working in our marriage? Are we willing to stand firm in our testimony like the man in John 9?

Memory Verse - John 9:25 (NIV)

"Whether he is a sinner or not, I don't know. One thing I do know. I was blind but now I see!"

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

What does "life to the full" look like in our marriage—not just in joy, but in purpose, peace, and spiritual depth?

Memory Verse - John 10:10 (NIV)

The thief comes only to steal and kill and destroy;
I have come that they may have life, and have it to the full.

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

How often do we thank God for hearing us before we see the answer—and this week, how will we practice gratitude in advance for what we're believing God will restore?

Memory Verse - John 11:25-26 (NIV)

"I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?"

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

Jesus taught that true life comes through surrender. What's one area in our marriage where we need to "die to self" so that something more fruitful can grow? How can we take a practical step toward that?

Memory Verse - John 12:24 (NIV)

Very truly I tell you, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

How can we create a culture of mutual foot-washing—where no act of love is beneath us, and every moment is an opportunity to reflect Christ?

Memory Verse - John 13:34-35 (NIV)

"A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another."

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

What does it mean for Jesus to be the center of our marriage—and how can we align our decisions, dreams, and daily rhythms with His way?

Memory Verse - John 14:6 (NIV)

Jesus answered, "I am the way and the truth and the life.
No one comes to the Father except through me."

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

What areas of our marriage might God be pruning right now, and how can we embrace that process with trust instead of resistance?

Memory Verse - John 15:5 (NIV)

"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."

Scripture:**Observation:****Application/Action:****Prayer:****God/Marriage Question:**

How have we found peace in Christ during a season of trouble, and what did that experience reveal about our emotional and spiritual bond?

Memory Verse - John 16:33 (NIV)

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

What's one area of our life we've been handling separately that we could begin approaching as a team? Can we simplify or restructure something in our home or schedule to reflect more unity?

Memory Verse - John 17:22 (NIV)

"I have given them the glory that you gave me, that they may be one as we are one."

Scripture:**Observation:****Application/Action:****Prayer:****God/Marriage Question:**

As we celebrate the gift of Christ this December, how can we protect and nurture our marriage in ways that reflect God's faithfulness? What specific action can we take together this month to strengthen our relationship?

Memory Verse - John 18:9 (NIV)

This happened so that the words he had spoken would be fulfilled:
"I have not lost one of those you gave me."

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

As we wait in hope for Christ's coming, how can we prepare room in our marriage—not just in our schedule, but in our hearts—for His presence, peace, and purpose?

Memory Verse - John 19:30 (NIV)

"It is finished."

How John 20 Relates to Christmas Week

- **From Birth to Resurrection:** Christmas marks Jesus' arrival; John 20 celebrates His victory. Together, they reveal the full story—He came to die and rose to reign.
- **Peace and Presence:** Jesus says, “Peace be with you”—echoing “Peace on earth.” Christmas invites us to receive His peace deeply and personally.
- **Sent with Purpose:** Jesus was sent into the world; now He sends us. Christmas begins the mission, John 20 continues it.
- **Seeing with Faith:** Thomas is invited to believe without seeing. Christmas calls us to trust that the child in the manger is also the risen Lord.

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

As we celebrate Christ's birth, how can we also embrace the fullness of His mission—receiving His peace, walking in His presence, and living out our purpose together as a couple sent by Him?

Memory Verse - John 20:31 (NIV)

But these are written that you may believe that Jesus is the Messiah, the Son of God, and that by believing you may have life in his name.

Dec 27-Jan 2, 2026

John 21

Scripture:

Observation:

Application/Action:

Prayer:

God/Marriage Question:

How can we embrace the new year as a time of refreshing, renewal and recommitment in our marriage? What practical steps can we take together to support, restore, and encourage each other to step forward with purpose in the year ahead?

Memory Verse - John 21:15 (NLT)

Jesus asked Simon Peter, "Simon son of John, do you love me more than these?"

"Yes, Lord," Peter replied, "you know I love you."

"Then feed my lambs," Jesus told him.

1-Year Daily Bible Reading Plan

It is important to understand the fullness of God's message to the churches, and a great way of doing this is reading the Old and New Testaments simultaneously. This 1-Year reading plan does just that.

January 2026

<u>DAY</u>	<u>OLD TESTAMENT</u>	<u>NEW TESTAMENT</u>
• January 1	Genesis 1-3	Matthew 1
• January 2	Genesis 4-6	Matthew 2
• January 3	Genesis 7-9	Matthew 3
• January 4	Genesis 10-12	Matthew 4:1-11
• January 5	Genesis 13-15	Matthew 4:12-25
• January 6	Genesis 16-17	Matthew 5
• January 7	Genesis 18-19	Matthew 6:1-18
• January 8	Genesis 20-22	Matthew 6:19-33
• January 9	Genesis 23-24	Matthew 7:1-12
• January 10	Genesis 25-26	Matthew 7:13-28
• January 11	Genesis 27-28	Matthew 8
• January 12	Genesis 29-30	Matthew 9:1-17
• January 13	Genesis 31-32	Matthew 9:18-38
• January 14	Genesis 33-35	Matthew 10:1-20
• January 15	Genesis 36-38	Matthew 10:21-42
• January 16	Genesis 39-40	Matthew 11
• January 17	Genesis 41-42	Matthew 12:1-12
• January 18	Genesis 43-45	Matthew 12:13-27
• January 19	Genesis 46-48	Matthew 12:28-50
• January 20	Genesis 49-50	Matthew 13
• January 21	Exodus 1-3	Matthew 14:1-21
• January 22	Exodus 4-6	Matthew 14:22-36
• January 23	Exodus 7-8	Matthew 15:1-20
• January 24	Exodus 9-11	Matthew 15:21-39
• January 25	Exodus 12-13	Matthew 16
• January 26	Exodus 14-15	Matthew 17:1-13
• January 27	Exodus 16-18	Matthew 17:14-27
• January 28	Exodus 19-20	Matthew 18
• January 29	Exodus 21-22	Matthew 19
• January 30	Exodus 23-24	Matthew 20:1-19
• January 31	Exodus 25-26	Matthew 20:20-34

1-Year Daily Bible Reading Plan

February 2026

<u>DAY</u>	<u>OLD TESTAMENT</u>	<u>NEW TESTAMENT</u>
• February 1	Exodus 27-28	Matthew 21:1-7
• February 2	Exodus 29-30	Matthew 21:18-27
• February 3	Exodus 31-33	Matthew 21:28-46
• February 4	Exodus 34-35	Matthew 22:1-22
• February 5	Exodus 36-38	Matthew 22:23-46
• February 6	Exodus 39-40	Matthew 23:1-14
• February 7	Leviticus 1-3	Matthew 23:15-39
• February 8	Leviticus 4-5	Matthew 24
• February 9	Leviticus 6-7	Matthew 25:1-13
• February 10	Leviticus 8-10	Matthew 25:14-30
• February 11	Leviticus 11-12	Matthew 25:31-46
• February 12	Leviticus 13	Matthew 26:1-16
• February 13	Leviticus 14	Matthew 26:17-46
• February 14	Leviticus 15-16	Matthew 26:47-75
• February 15	Leviticus 17-18	Matthew 27:1-31
• February 16	Leviticus 19-20	Matthew 27:32-66
• February 17	Leviticus 21-22	Matthew 28:1-10
• February 18	Leviticus 23-24	Matthew 28:11-20
• February 19	Leviticus 25	Mark 1
• February 20	Leviticus 26-27	Mark 2
• February 21	Numbers 1-2	Mark 3:1-18
• February 22	Numbers 3-4	Mark 3:19-35
• February 23	Numbers 5-6	Mark 4:1-20
• February 24	Numbers 7-8	Mark 4:21-29
• February 25	Numbers 9-11	Mark 4:30-41
• February 26	Numbers 12-14	Mark 5
• February 27	Numbers 15-16	Mark 6:1-12
• February 28	Numbers 17-19	Mark 6:13-29

1-Year Daily Bible Reading Plan

March 2026

<u>DAY</u>	<u>OLD TESTAMENT</u>	<u>NEW TESTAMENT</u>
• March 1	Numbers 20-22	Mark 6:30-56
• March 2	Numbers 23-25	Mark 7
• March 3	Numbers 26-28	Mark 8
• March 4	Numbers 29-31	Mark 9:1-32
• March 5	Numbers 32-34	Mark 9:33-50
• March 6	Numbers 35-36	Mark 10:1-31
• March 7	Deuteronomy 1-3	Mark 10:32-52
• March 8	Deuteronomy 4-6	Mark 11:1-19
• March 9	Deuteronomy 7-9	Mark 11:20-33
• March 10	Deuteronomy 10-12	Mark 12:1-27
• March 11	Deuteronomy 13-15	Mark 12:28-44
• March 12	Deuteronomy 16-18	Mark 13:1-13
• March 13	Deuteronomy 19-21	Mark 13:14-25
• March 14	Deuteronomy 22-24	Mark 13:24-37
• March 15	Deuteronomy 25-27	Mark 14:1-31
• March 16	Deuteronomy 28-29	Mark 14:32-72
• March 17	Deuteronomy 30-31	Mark 15:1-20
• March 18	Deuteronomy 32-34	Mark 15:21-47
• March 19	Joshua 1-3	Mark 16:1-5
• March 20	Joshua 4-7	Mark 16:6-8
• March 21	Joshua 8-10	Mark 16:9-14
• March 22	Joshua 11-13	Mark 16:15-20
• March 23	Joshua 14-15	Luke 1
• March 24	Joshua 16-18	Luke 2:1-26
• March 25	Joshua 19-21	Luke 2:27-52
• March 26	Joshua 22-24	Luke 3
• March 27	Joshua 1-3	Luke 4:1-30
• March 28	Joshua 4-6	Luke 4:31-44
• March 29	Joshua 7-8	Luke 5:1-26
• March 30	Joshua 9-10	Luke 5:27-39
• March 31	Joshua 11-12	Luke 6:1-26

1-Year Daily Bible Reading Plan

April 2026

<u>DAY</u>	<u>OLD TESTAMENT</u>	<u>NEW TESTAMENT</u>
• April 1	Judges 13-15	Luke 6:27-49
• April 2	Judges 16-18	Luke 7:1-17
• April 3	Judges 19-21	Luke 7:18-35
• April 4	Ruth	Luke 7:36-50
• April 5	1 Samuel 1-3	Luke 8:1-21
• April 6	1 Samuel 4-7	Luke 8:22-25
• April 7	1 Samuel 8-10	Luke 8:26-56
• April 8	1 Samuel 11-12	Luke 9:1-36
• April 9	1 Samuel 13-14	Luke 9:37-62
• April 10	1 Samuel 15-16	Luke 10
• April 11	1 Samuel 17-18	Luke 11:1-28
• April 12	1 Samuel 19-21	Luke 11:29-36
• April 13	1 Samuel 22-24	Luke 11:37-54
• April 14	1 Samuel 26-26	Luke 12:1-34
• April 15	1 Samuel 27-29	Luke 12:35-54
• April 16	1 Samuel 30-31	Luke 13
• April 17	2 Samuel 1-2	Luke 14:1-14
• April 18	2 Samuel 3-5	Luke 14:15-24
• April 19	2 Samuel 6-8	Luke 14:25-35
• April 20	2 Samuel 9-11	Luke 15
• April 21	2 Samuel 12-13	Luke 16
• April 22	2 Samuel 14-15	Luke 17:1-19
• April 23	2 Samuel 16-18	Luke 17:20-37
• April 24	2 Samuel 19-20	Luke 18:1-14
• April 25	2 Samuel 21-22	Luke 18:15-42
• April 26	2 Samuel 23-24	Luke 19:1-27
• April 27	1 Kings 1-2	Luke 19:28-48
• April 28	1 Kings 3-5	Luke 20:1-19
• April 29	1 Kings 6-7	Luke 20:20-40
• April 30	1 Kings 8-9	Luke 20:40-47

1-Year Daily Bible Reading Plan

May 2026

<u>DAY</u>	<u>OLD TESTAMENT</u>	<u>NEW TESTAMENT</u>
• May 1	1 Kings 10-11	Luke 21:1-19
• May 2	1 Kings 12-13	Luke 21:20-38
• May 3	1 Kings 14-15	Luke 22:1-38
• May 4	1 Kings 16-18	Luke 22:39-71
• May 5	1 Kings 19-20	Luke 23:1-25
• May 6	1 Kings 21-22	Luke 23:26-43
• May 7	2 Kings 1-3	Luke 23:44-56
• May 8	2 Kings 4-6	Luke 24:1-12
• May 9	2 Kings 7-9	Luke 24:13-53
• May 10	2 Kings 10-12	John 1
• May 11	2 Kings 13-14	John 2:1-11
• May 12	2 Kings 15-16	John 2:12-25
• May 13	2 Kings 17-18	John 3:1-21
• May 14	2 Kings 19-21	John 3:22-36
• May 15	2 Kings 22-23	John 4:1-26
• May 16	2 Kings 24-25	John 4:27-54
• May 17	1 Chronicles 1-3	John 5:1-15
• May 18	1 Chronicles 4-7	John 5:16-30
• May 19	1 Chronicles 8-10	John 5:31-47
• May 20	1 Chronicles 11-12	John 6
• May 21	1 Chronicles 13-15	John 7:1-24
• May 22	1 Chronicles 16-18	John 7:25-53
• May 23	1 Chronicles 19-21	John 8:1-11
• May 24	1 Chronicles 22-24	John 8:12-41
• May 25	1 Chronicles 25-27	John 8:42-59
• May 26	1 Chronicles 28-29	John 9
• May 27	2 Chronicles 1-3	John 10:1-21
• May 28	2 Chronicles 4-6	John 10:22-33
• May 29	2 Chronicles 7-9	John 10:34-42
• May 30	2 Chronicles 1-12	John 11:1-37
• May 31	2 Chronicles 13-14	John 11:38-57

1-Year Daily Bible Reading Plan

June 2026

<u>DAY</u>	<u>OLD TESTAMENT</u>	<u>NEW TESTAMENT</u>
• June 1	2 Chronicles 15-16	John 12
• June 2	2 Chronicles 17-18	John 13:1-17
• June 3	2 Chronicles 19-20	John 13:18-38
• June 4	2 Chronicles 21-22	John 14
• June 5	2 Chronicles 23-24	John 15
• June 6	2 Chronicles 25-27	John 16
• June 7	2 Chronicles 28-29	John 17
• June 8	2 Chronicles 30-31	John 18:1-27
• June 9	2 Chronicles 32-33	John 18:28-40
• June 10	2 Chronicles 34-36	John 19:1-27
• June 11	Ezra 1-2	John 19:28-42
• June 12	Ezra 3-5	John 20
• June 13	Ezra 6-8	John 21
• June 14	Ezra 9-10	Acts 1:1-11
• June 15	Nehemiah 1-3	Acts 1:12-26
• June 16	Nehemiah 4-6	Acts 2
• June 17	Nehemiah 7-9	Acts 3
• June 18	Nehemiah 10-11	Acts 4:1-22
• June 19	Nehemiah 12-13	Acts 4:23-37
• June 20	Esther 1-2	Acts 5:1-16
• June 21	Esther 3-5	Acts 5:17-42
• June 22	Esther 6-8	Acts 6
• June 23	Esther 9-10	Acts 7:1-20
• June 24	Job 1-2	Acts 7:21-40
• June 25	Job 3-4	Acts 7:41-60
• June 26	Job 5-7	Acts 8:1-25
• June 27	Job 8-10	Acts 8:26-40
• June 28	Job 11-13	Acts 9:1-19
• June 29	Job 14-16	Acts 9:20-31
• June 30	Job 17-19	Acts 9:32-43

1-Year Daily Bible Reading Plan

July 2026

<u>DAY</u>	<u>OLD TESTAMENT</u>	<u>NEW TESTAMENT</u>
• July 1	Job 20-21	Acts 10
• July 2	Job 22-24	Acts 11
• July 3	Job 25-27	Acts 12
• July 4	Job 28-29	Acts 13:1-12
• July 5	Job 30-31	Acts 13:13-52
• July 6	Job 32-33	Acts 14
• July 7	Job 34-35	Acts 15:1-20
• July 8	Job 36-37	Acts 15:21-35
• July 9	Job 38-40	Acts 15:36-41
• July 10	Job 41-42	Acts 16
• July 11	Psalms 1-3	Acts 17:1-15
• July 12	Psalms 4-6	Acts 17:16-34
• July 13	Psalms 7-9	Acts 18:1-17
• July 14	Psalms 10-12	Acts 18:18-28
• July 15	Psalms 13-15	Acts 19
• July 16	Psalms 16-17	Acts 20:1-6
• July 17	Psalms 18-29	Acts 20:7-12
• July 18	Psalms 20-22	Acts 20:13-38
• July 19	Psalms 23-25	Acts 21
• July 20	Psalms 26-28	Acts 22
• July 21	Psalms 29-30	Acts 23:1-11
• July 22	Psalms 31-32	Acts 23:12-35
• July 23	Psalms 33-34	Acts 24
• July 24	Psalms 35-36	Acts 25
• July 25	Psalms 37-39	Acts 26
• July 26	Psalms 40-42	Acts 27:1-26
• July 27	Psalms 43-45	Acts 27:27-44
• July 28	Psalms 46-48	Acts 28
• July 29	Psalms 49-50	Romans 1
• July 30	Psalms 51-53	Romans 2
• July 31	Psalms 54-56	Romans 3

1-Year Daily Bible Reading Plan

August 2026

<u>DAY</u>	<u>OLD TESTAMENT</u>	<u>NEW TESTAMENT</u>
• August 1	Psalms 57-59	Romans 4
• August 2	Psalms 60-62	Romans 5
• August 3	Psalms 63-65	Romans 6
• August 4	Psalms 66-67	Romans 7:1-6
• August 5	Psalms 68-69	Romans 7:7-25
• August 6	Psalms 70-71	Romans 8
• August 7	Psalms 72-73	Romans 9:1-21
• August 8	Psalms 74-76	Romans 9:22-23
• August 9	Psalms 77-78	Romans 10
• August 10	Psalms 79-80	Romans 11:1-24
• August 11	Psalms 81-83	Romans 11:25-36
• August 12	Psalms 84-86	Romans 12
• August 13	Psalms 87-88	Romans 13
• August 14	Psalms 89-90	Romans 14
• August 15	Psalms 91-93	Romans 15:1-13
• August 16	Psalms 94-96	Romans 15:14-33
• August 17	Psalms 97-99	Romans 16
• August 18	Psalms 100-102	1 Corinthians 1
• August 19	Psalms 103-104	1 Corinthians 2
• August 20	Psalms 105-106	1 Corinthians 3
• August 21	Psalms 107-109	1 Corinthians 4
• August 22	Psalms 110-112	1 Corinthians 5
• August 23	Psalms 113-115	1 Corinthians 6
• August 24	Psalms 116-118	1 Corinthians 7:1-20
• August 25	Psalms 119	1 Corinthians 7:21-40
• August 26	Psalms 120	1 Corinthians 8
• August 27	Psalms 121-122	1 Corinthians 9
• August 28	Psalms 123-125	1 Corinthians 10:1-13
• August 29	Psalms 126-128	1 Corinthians 10:14-22
• August 30	Psalms 129-131	1 Corinthians 11:1-16
• August 31	Psalms 132-134	1 Corinthians 11:17-33

1-Year Daily Bible Reading Plan

September 2026

<u>DAY</u>	<u>OLD TESTAMENT</u>	<u>NEW TESTAMENT</u>
• September 1	Psalms 135-136	1 Corinthians 12
• September 2	Psalms 137-139	1 Corinthians 13:1-3
• September 3	Psalms 140-142	1 Corinthians 13:4-13
• September 4	Psalms 143-145	1 Corinthians 14
• September 5	Psalms 146-147	1 Corinthians 15:1-11
• September 6	Psalms 148-150	1 Corinthians 15:12-58
• September 7	Proverbs 1-2	1 Corinthians 16
• September 8	Proverbs 3-5	2 Corinthians 1
• September 9	Proverbs 6-7	2 Corinthians 2
• September 10	Proverbs 8-9	2 Corinthians 3
• September 11	Proverbs 10-12	2 Corinthians 4
• September 12	Proverbs 13-15	2 Corinthians 5
• September 13	Proverbs 16-18	2 Corinthians 6
• September 14	Proverbs 19-21	2 Corinthians 7
• September 15	Proverbs 22-24	2 Corinthians 8
• September 16	Proverbs 25-26	2 Corinthians 9
• September 17	Proverbs 27-29	2 Corinthians 10
• September 18	Proverbs 30-31	2 Corinthians 11:1-15
• September 19	Ecclesiastes 1-3	2 Corinthians 11:16-33
• September 20	Ecclesiastes 4-6	2 Corinthians 12
• September 21	Ecclesiastes 7-9	2 Corinthians 13
• September 22	Ecclesiastes 10-12	Galatians 1
• September 23	Song of Songs 1-3	Galatians 2
• September 24	Song of Songs 4-5	Galatians 3
• September 25	Song of Songs 6-8	Galatians 4
• September 26	Isaiah 1-2	Galatians 5
• September 27	Isaiah 3-4	Galatians 6
• September 28	Isaiah 5-6	Ephesians 1
• September 29	Isaiah 7-8	Ephesians 2
• September 30	Isaiah 9-10	Ephesians 3

1-Year Daily Bible Reading Plan

October 2026

<u>DAY</u>	<u>OLD TESTAMENT</u>	<u>NEW TESTAMENT</u>
• October 1	Isaiah 11-13	Ephesians 4:1-16
• October 2	Isaiah 14-16	Ephesians 4:17-32
• October 3	Isaiah 17-19	Ephesians 5
• October 4	Isaiah 20-22	Ephesians 6
• October 5	Isaiah 23-25	Philippians 1
• October 6	Isaiah 26-27	Philippians 2
• October 7	Isaiah 28-29	Philippians 3
• October 8	Isaiah 30-31	Philippians 4
• October 9	Isaiah 32-33	Colossians 1
• October 10	Isaiah 34-36	Colossians 2
• October 11	Isaiah 37-38	Colossians 3
• October 12	Isaiah 39-40	Colossians 4
• October 13	Isaiah 41-42	1 Thessalonians 1
• October 14	Isaiah 43-44	1 Thessalonians 2
• October 15	Isaiah 45-46	1 Thessalonians 3
• October 16	Isaiah 47-49	1 Thessalonians 4
• October 17	Isaiah 50-52	1 Thessalonians 5
• October 18	Isaiah 53-55	2 Thessalonians 1
• October 19	Isaiah 56-58	2 Thessalonians 2
• October 20	Isaiah 59-61	2 Thessalonians 3
• October 21	Isaiah 62-64	1 Timothy 1
• October 22	Isaiah 65-66	1 Timothy 2
• October 23	Jeremiah 1-2	1 Timothy 3
• October 24	Jeremiah 3-5	1 Timothy 4
• October 25	Jeremiah 6-8	1 Timothy 5
• October 26	Jeremiah 9-11	1 Timothy 6
• October 27	Jeremiah 12-14	2 Timothy 1
• October 28	Jeremiah 15-17	2 Timothy 2
• October 29	Jeremiah 18-19	2 Timothy 3
• October 30	Jeremiah 20-21	2 Timothy 4
• October 31	Jeremiah 22-23	Titus 1

1-Year Daily Bible Reading Plan

November 2026

<u>DAY</u>	<u>OLD TESTAMENT</u>	<u>NEW TESTAMENT</u>
• November 1	Jeremiah 24-26	Titus 2
• November 2	Jeremiah 27-29	Titus 3
• November 3	Jeremiah 30-31	Philemon 1
• November 4	Jeremiah 32-33	Hebrews 1
• November 5	Jeremiah 34-36	Hebrews 2
• November 6	Jeremiah 37-39	Hebrews 3
• November 7	Jeremiah 40-42	Hebrews 4
• November 8	Jeremiah 43-45	Hebrews 5
• November 9	Jeremiah 46-47	Hebrews 6
• November 10	Jeremiah 48-49	Hebrews 7
• November 11	Jeremiah 50	Hebrews 8
• November 12	Jeremiah 51-52	Hebrews 9
• November 13	Lamentations 1-2	Hebrews 10:1-17
• November 14	Lamentations 3-5	Hebrews 10:18-31
• November 15	Ezekiel 1-2	Hebrews 10:32-39
• November 16	Ezekiel 3-4	Hebrews 11
• November 17	Ezekiel 5-7	Hebrews 12
• November 18	Ezekiel 8-10	Hebrews 13
• November 19	Ezekiel 11-13	James 1
• November 20	Ezekiel 14-15	James 2
• November 21	Ezekiel 16-17	James 3
• November 22	Ezekiel 18-19	James 4
• November 23	Ezekiel 20-21	James 5
• November 24	Ezekiel 22-23	1 Peter 1
• November 25	Ezekiel 24-26	1 Peter 2
• November 26	Ezekiel 27-29	1 Peter 3
• November 27	Ezekiel 30-32	1 Peter 4
• November 28	Ezekiel 33-34	1 Peter 5
• November 29	Ezekiel 35-36	2 Peter 1
• November 30	Ezekiel 37-39	2 Peter 2

1-Year Daily Bible Reading Plan

December 2026

<u>DAY</u>	<u>OLD TESTAMENT</u>	<u>NEW TESTAMENT</u>
• December 1	Ezekiel 40-41	2 Peter 3
• December 2	Ezekiel 42-44	1 John 1
• December 3	Ezekiel 45-46	1 John 2
• December 4	Ezekiel 47-48	1 John 3
• December 5	Daniel 1-2	1 John 4
• December 6	Daniel 3-4	1 John 5
• December 7	Daniel 5-7	2 John 1
• December 8	Daniel 8-10	3 John 1
• December 9	Daniel 11-12	Jude 1
• December 10	Hosea 1-4	Revelation 1
• December 11	Hosea 5-8	Revelation 2
• December 12	Hosea 9-11	Revelation 3
• December 13	Hosea 12-14	Revelation 4
• December 14	Joel	Revelation 5
• December 15	Amos 1-3	Revelation 6
• December 16	Amos 4-6	Revelation 7
• December 17	Amos 7-9	Revelation 8
• December 18	Obadiah	Revelation 9
• December 19	Jonah	Revelation 10
• December 20	Micah 1-3	Revelation 11
• December 21	Micah 4-5	Revelation 12
• December 22	Micah 6-7	Revelation 13
• December 23	Nahum	Revelation 14
• December 24	Habakkuk	Revelation 15
• December 25	Zephaniah	Revelation 16
• December 26	Haggai	Revelation 17
• December 27	Zechariah 1-4	Revelation 18
• December 28	Zechariah 5-8	Revelation 19
• December 29	Zechariah 9-12	Revelation 20
• December 30	Zechariah 13-14	Revelation 21
• December 31	Malachi 1-4	Revelation 22

RESOURCES

Counseling & Mental Health

The support services information is for **recommendation only**.
It is not meant to imply an endorsement.

Christian Counselors Network | 719-533-6718

www.focusonthefamily.com/christian-counselors-network/

Find a Christian Counselor near you with searches by client focus, specialties, treatment preferences, insurance, keyword, or provider name.

Christian Care Connect | 800-526-8673

www.christiancareconnect.com

Christian Care Connect (CCC) offers a search database to connect with local Christian professionals who can provide the support you need. CCC also provides free online mental health assessments and self-help resources. CCC is powered by the American Association of Christian Counselors (AACC) which is the world's largest faith-based mental health organization.

Focus on the Family Counseling Department | **FREE**

To request a conversation with Focus on the Family's Counseling Department, call 1-855-771-HELP (4357) weekdays from 6:00 a.m. to 8:00 p.m. (Mountain Time), or complete their online Counseling Consultation Request Form. The consultation is available at no cost and will be with one of their licensed or pastoral counseling specialists.

Frederick Christian Counseling | 301-841-6862

www.frederickchristiancounseling.com

CentrePointe Counseling | 800-491-5369

www.centrepointecounseling.org

Vital Sources Psychological Services | 301-620-8700

www.vitalsources.org

Frederick County Mental Health Association | 301.663.0011

www.fcmha.org

Walk-In Crisis Care Center (24/7 availability)

340 Montevue Ln., Frederick, MD 21702

RESOURCES

Marriage Enhancement

The Bible App

Go deeper in your study of the Bible, and complete daily marriage devotionals with your spouse. Download from your app store or learn more at <https://www.youversion.com/the-bible-app/>

Love Languages Website | <https://5lovelanguages.com/>

When we sense a disconnect from our loved ones, life can feel isolating. The 5 Love Languages® offers a powerful approach to deepen your bonds and find balance in relationships. Free quizzes available to discover your Love Language and your Apology Language. A premium assessment is available for a fee which provides customized insights into your love languages with a downloadable report and a "video-unpack" that walks you through each page.

Love Nudge (The Love Language) App

A fun, habit-forming app that helps you express love in ways that resonate with your partner. Based on Dr. Gary Chapman's *The 5 Love Languages®*, it allows you to learn each other's love languages, send playful nudges, set/track goals, and monitor the level of each other's love tanks to improve communication. Think of it as a personal assistant for your relationship. Download from your app store or learn more at <https://5lovelanguages.com/resources/app/>

Focus on the Family App

Focus on the Family provides you with audio programs and resources to equip you for your parenting journey, to strengthen your marriage, and to grow your faith. Download from your app store or learn more at <https://www.focusonthefamily.com/focus-on-the-family-app/>

Focus on Marriage Podcast by Family Life

Host John Fuller and marriage experts Dr. Greg and Erin Smalley discuss down-to-earth insights based on God's design for marriage. Find answers and inspiration in every short episode of this Christian marriage podcast. Available on Apple Podcasts & Spotify, or online at focusonthefamily.com/marriagepodcast

[Loveology.org](https://www.loveology.org) (website)

A free relationship resource - dedicated to answering your questions from today's top relationship experts like Gary Thomas, Drs. Les & Leslie Parrott, Dr. John Townsend, Shaunti Feldhahn, and more.

National Marriage Week USA | www.marriageweek.org

National Marriage Week occurs annually from February 7-14. Sign up to access the Marriage Week livestreams. There are a variety of other free marriage resources available on their website.

Consider downloading a prayer app to help you pray consistently for your spouse, your family, and other people and causes you care about.