

A FOUNDATIONS BIBLE READING PLAN

KANDI GALLATY

The
BIBLE
in a
YEAR

A GUIDED SCRIPTURE
READING JOURNEY
FOR WOMEN

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ABOUT THE AUTHOR



KANDI GALLATY has been investing in the lives of women for more than a decade. She believes that there are three major sources to draw from when investing in the lives of others: God's Word, God's work in one's life, and God's Spirit. She is passionate about cultivating a biblical worldview from the truths of Scripture and teaching women how to steward the life experiences and lessons God has allowed in their lives. Together Kandi and her husband, Robby, lead Replicate Ministries. Kandi loves being a pastor's wife and serving alongside her husband at Long Hollow Baptist Church. Kandi is the author of *Disciple Her: Using the Word, Work, & Wonder of God to Invest in Women* and *Foundations New Testament, A 260-Day Bible Reading Plan for Teen Girls*. Kandi and Robby are the proud and thankful parents of two boys, Rig and Ryder, and live outside of Nashville, Tennessee.



INTRODUCTION

For more than a decade now, I have been reading, studying, and creating resources to help women get into the Word until the Word gets into them. Now, more than ever, we need God's Word to speak louder than all of the voices surrounding us all day long—and that is exactly why I created this reading plan.

One of my greatest joys is helping others learn how to be intentional about putting themselves in an environment for growth. My prayer is that, through this reading plan, you will start to catch the same fire I have for disciplined, joy-filled spiritual growth, and that it would stir a passion inside of you for more: more of God, more of His Word, more of His power.

As you embark on this journey, I hope you will experience what is only the start of a lifelong pursuit of the living, breathing, active Word of God. As you begin to see Scripture for what it is, as you start applying its truth and getting to know its author, I hope this year-long commitment becomes a part of your life that lasts well beyond the next fifty-two weeks. I am thrilled for you as you enter this time of getting to know God, encounter Jesus, and deepen your relationship with the Holy Spirit.

The Spirit wants to speak to every believer, and I promise He wants to speak to you also. This resource will take the guesswork out of your daily reading and give you an opportunity to reflect on what you're hearing from God. Inside, you will find creative outlets, abiding truths, and nuggets of information that will make God's Word come alive and take root in your heart. It will teach you how to read and mine the text of Scripture for yourself so that regardless of when you are spending time in the Word, you know how to use it to create an environment to hear God speak.

Each element of this resource is meant to enhance your daily time with the Lord. I truly could not be more excited for you as you start *The Bible in a Year* reading plan. I prayed for you while I wrote this resource, and I'll be praying for you as I use it myself. May the Word of God dwell in you richly, and may you love God more passionately because of it.



Kandi Gallaty

HOW TO USE THIS STUDY

The Bible in a Year is a guided Scripture reading journey based on a Bible-reading plan my husband, Robby, and I developed, along with the help of our Replicate Ministries team. This reading plan, called the Foundational 260 (F260), is a 260-day reading plan that highlights the foundational passages of Scripture every disciple should know. **You'll find a checklist version of the full plan on pages 274–282.** As with any journey you set out on, it's helpful to know what lies ahead.

GETTING STARTED

The Bible in a Year is first and foremost a Bible-reading plan. Each week you'll be asked to read one or two chapters of Scripture a day for five days. (The two off days a week are built in so that you can catch up on days when you're unable to read.) I encourage you to begin each day in prayer, asking God to speak to you through His Word. After you pray, read that day's chapters designated at the top of the page. This plan also encourages you to keep a H.E.A.R.T. journal, memorize Bible verses, and dig deeper into the text and themes of your reading—regular disciplines that will help you digest more of the Word.

H.E.A.R.T. JOURNALING

The H.E.A.R.T. journal helps you read the Bible in a way that can change your life. No longer will you focus on checking off boxes on your daily reading schedule; instead, you'll be reading in order to understand and respond to God's Word. H.E.A.R.T. stands for Highlight, Explain, Apply, Respond, and Truth. The Spirit of God is speaking all the time; however, we often don't put ourselves in an environment in which we can hear Him. If you can commit to finding a consistent time to read Scripture and focus on what God has to say, then your heart and life will be changed.

Here's how it works. Say you're about to start 2 Timothy. Before reading the day's text, pause to ask sincerely that God speak to you. It may seem trite, but it's absolutely imperative that we seek God's guidance in order to understand His Word (see 1 Cor. 2:12-14). Every time we open our Bibles, we should pray the simple prayer David prayed:

Open my eyes so that I may contemplate
wondrous things from your instruction [Word].

PSALM 119:18

As you read, one or two verses may speak to you. After reading the passage of Scripture, **highlight each verse that speaks to you by copying it under the letter H.** Record the following:

- The name of the book
- The passage of Scripture
- The chapter and verse numbers that especially speak to you
- A title to describe the passage

Next, **fill in the E section, for explain.** Here, you'll explain what the text means. By asking some simple questions, with the help of God's Spirit, you can understand the meaning of a passage or verse. Here are a few questions to keep in mind:

- Why was this text written?
- To whom was it originally written?
- How does this text fit with the verses before and after it?
- Why did the Holy Spirit include this passage in the book?
- What does the Holy Spirit intend to communicate through this text?

At this point you're beginning the process of discovering the specific, personal word God has for you from His Word. You're engaging with the text and wrestling with its meaning—reading the Bible the way it was meant to be read.

After writing a short summary of what you think the text means, **fill in the A section, for apply.** This application is the heart of the process. Everything you've done so far culminates under this heading. Again, answer a series of questions to uncover how these verses affect your life personally, questions like:

- What does this text teach me about God?
- What does this passage mean today?
- What would the application of this passage look like in my life?
- Does the text identify an action or attitude to avoid or embrace?
- Is there a promise to cling to or a truth to proclaim over my life?
- What is God saying to me?

Challenge yourself to write between two to five sentences about how the text applies to your life. These questions are important—they bring the words to life. The Bible is a living, breathing book, meant to be woven into our day-to-day lives. This section will show you the way. And don't feel limited by the space on the pages of this book. If you're short on space, you can always use a second journal or attach a piece of paper to that day's journal page in your book.

After the first three entries, **fill in the R section, for respond.** Your response to the passage may take on many forms. You might describe how you'll be different because of what you learned. You might write a prayer to God, or the name of a person to pray for or a friend who needs to hear the gospel.

Finally, write down a Truth. When you reflect on what you just read, what truth in the text sticks out to you? It can be a truth about God or about mankind. For example, if you are reading Genesis 1, a truth from that text is that God is Creator of everything. There are truths

all throughout the Bible. Record them as you begin to see them. As you journey in your Christian life there will be many times you need to remind yourself of these truths.

You can see an example of a H.E.A.R.T. entry on page 271.

Notice that most of the words in the H.E.A.R.T. formula are action words: highlight, explain, apply, and respond. God doesn't want us to sit back and wait for Him to drop truth into our laps. He wants us to actively pursue Him. Jesus said:

Ask, and it will be given to you. Seek, and you will find. Knock, and the door will be opened to you.

MATTHEW 7:7

Think of the miracle of the Bible. The Bible is composed of sixty-six different books, forty different authors, written more than fifteen hundred years ago across three different continents and in two languages. The Holy Spirit supernaturally led His people to write down the exact words of God. These words are divine, different from anything else that has ever been written. Not only have God's people brought these sixty-six books together but they have been preserved, an act almost as miraculous as its writing. Finally, God gave His people the technological knowledge to copy and transmit the Bible so that all people could have it. All because God has something to say to you.

MEMORIZING THE WORD





There are lots of ways to memorize Scripture, but my method is simple. All you need are a pack of index cards and a committed desire to memorize God's Word. It's easy. Write the verse reference on one side of the card and the text of the verse on the other. **Turn to page 272 to see a sample memory verse card.** You'll also find **free printables available for download at lifeway.com/bibleinayear.** Focus on memorizing five verses at a time and carry your pack of Scripture cards with you. Whenever you have a few minutes during the day, pull out your pack of Scripture cards and review them. Read the reference first, then the verse. Recite the verse over and over until you get a feel for the flow of the passage. When you think you've got it, turn over the card to the reference side to test your memory.

It's important to recite the reference when you start and when you finish so that you always know where a verse originates when you need it. This is crucial. When I was a new believer, sometimes I would quote Scripture while witnessing to someone, only to have the person ask me, "Where did you get that?" I could only answer, "Um . . . somewhere in the Bible." As you can imagine, that's not a convincing answer for a non-believer. By memorizing the references, you'll speak with authority and gain the respect of your listeners when you quote Scripture.

After you master five verses, take on five more. Review all the verses you've learned at least once a week. Soon you'll have a stack of index cards in your hand—and in your head. As your pack grows, you'll experience Scripture's powerful effects in your life.

DIGGING DEEPER

In addition to the daily readings and H.E.A.R.T. journaling, Days 2–4 of each week also offer you the chance to dig deeper into your Bible study for the days when you have the time. On the side of each page, you'll find a little something extra from one of these categories:

DID YOU KNOW?	 Additional insights into the Scripture passage you read that day
THINK ABOUT IT	 Thoughts to ponder or ways to pray
DAILY CHALLENGE	 Activities and questions to help you learn more and apply what you've learned to your daily life
KEY WORD	 Definitions that bring clarity or context to what you read
READ ON	 A look at other passages of Scripture that expand on your reading

LEADING A GROUP THROUGH *THE BIBLE IN A YEAR?*

I'm so glad you've said yes to God's call to make disciples and chose *The Bible in a Year* to help you do so. Before your group year begins, make sure you have a copy of *The Bible in a Year Launch Kit*, which you can purchase at lifeway.com/bibleinayear. The Launch Kit includes:

- A video just for leaders with insight I've learned over years of leading year-long groups;
- Four videos for your group to watch during your first month together, so you have a better sense of what to expect; and
- A copy of my book *Disciple Her: Using the Word, Work, & Wonder of God to Invest in Women*.

And don't miss the helpful tools for you to use to promote your group in your church or community—such as a sample week, poster, and invitation card—at lifeway.com/bibleinayear.

Let's get started!



Guard your heart
above all else,
for it is the
source of life.

PROVERBS 4:23



DAY 1 | GENESIS 1-2

MEMORY VERSES: GENESIS 1:27; HEBREWS 11:7

The first two chapters of the Bible establish the biblical worldview all Christians should have regarding the natural world, human identity, and human relationships. These chapters affirm God as a sovereign, loving Creator, speaking the natural world into existence for His glory. He made humankind in His image, linking their identity to His own. He also made male and female as partners who complement one another and model the unity in diversity of the body of Christ.

HIGHLIGHT the verses that speak to you.

EXPLAIN what this passage means.

APPLY what God is saying in these verses to your life.

RESPOND to what you've read.

TRUTH to remember and share.

WEEK AT A GLANCE

I am so excited as we begin this journey together! We'll start "In the beginning . . ." with the creation of the world and the creation of man and woman. Sin entered the world quickly, yet we'll see that God's faithfulness never wavered. Because we're reading chronologically, we'll also begin the book of Job, which has much to teach us about what suffering looks like for the child of God.



DAY 2 | GENESIS 3-4

MEMORY VERSES: GENESIS 1:27; HEBREWS 11:7

DAILY CHALLENGE

List the consequences God relayed to the serpent, Adam, and Eve. Pay special attention to Genesis 3:15, the first glimpse of the good news of the gospel—God's saving grace through Jesus—that we see in Scripture.

In these two chapters we read how God's perfect creation was made imperfect through the cunning deceit of the serpent, or Satan, one of God's own creation who rebelled against Him. The serpent convinced Eve to doubt God's goodness, and in response she disobeyed God and convinced Adam to do the same. We know this event as the fall of man. With that single act of disobedience, sin entered the world. The negative impact of sin is felt in all of creation. Through Adam and Eve, sin became an inevitable part of human nature.

MEMORY VERSE

Pick one of the memory verse options for this week—Genesis 1:27; Hebrews 11:7—and write the verse. I suggest using the printable blank notecards available for free download at lifeway.com/bibleinayear!

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DAY 3 | GENESIS 6-7

MEMORY VERSES: GENESIS 1:27; HEBREWS 11:7

It didn't take long for sin to wreak havoc on God's perfect creation. Notice how quickly the human race spiraled in its depravity. Humanity was created to worship and obey God, and because that no longer took place, God acted in judgment against the world's sin by sending a flood to wipe out the entire human race. In as much as God is just, though, these chapters also give evidence of His mercy through the fact that Noah and his family found favor in God's eyes. He subsequently spared their lives. All of Scripture affirms that these two aspects of God's character—His justice and mercy—remain in perfect harmony at all times.

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DID YOU KNOW?

Don't miss all the examples of obedience found in the account of Noah:

- Noah obeyed;
- Nature obeyed;
- The animals obeyed;
- And all who obeyed were saved.



DAY 4 | GENESIS 8-9

MEMORY VERSES: GENESIS 1:27; HEBREWS 11:7

KEY WORD: WIND

In the Bible “wind” is often a visual depiction of the Spirit. The same Hebrew word for wind in Genesis 8:1 is used in Genesis 1:2 to describe the Spirit “hovering over the surface of the waters” and in Genesis 3:8 when we read, “The man and his wife heard the sound of the LORD God walking in the garden at the time of the evening breeze.”

MEMORY VERSE

Continue practicing the memory verse you chose. Write out as much of it as you can from memory, and then check to see how you did.

Genesis 8–9 records the aftermath of the flood. Noah and his family faithfully obeyed God, and God faithfully protected them from His judgment. We are reminded of God’s love for humans—those He created in His own image. God used Noah’s family to once again populate the earth with His people. In what is known as the Noahic covenant, God promised to never again destroy the earth and its inhabitants with a flood, a promise He has kept to this day. God sealed this promise with a rainbow, a sign that God keeps His promises.

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DAY 5 | JOB 1-2

MEMORY VERSES: GENESIS 1:27; HEBREWS 11:7

The book of Job, which is set during the patriarchal period making it a contemporary to early Genesis accounts, addresses the issue of God's allowance of suffering in the lives of His people. The early chapters of Genesis describe sin's entrance into and corruption of the world. We also realize that human suffering is an inevitable consequence of sin. Job 1-2 reminds us that even the most faithful of God's people are not exempt from suffering and sin. However, these chapters also remind us that because God is sovereign, everything—even suffering—has a purpose that ultimately leads to His glory and fulfillment of His plans. The purpose of Job's suffering was that the world would see the life-transforming power of genuine faith in God.

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WEEK IN REVIEW

Spend some time reflecting on what you have learned this week. Record a truth from each day that you want to remember, or go back and highlight portions of your journal.

DAY 1:

DAY 2:

DAY 3:

DAY 4:

DAY 5:



DAY 6 | JOB 38-39

MEMORY VERSES: HEBREWS 11:6; HEBREWS 11:8-10

Last week's reading ended with Job 1-2, which describes the suffering God allowed Job to endure as a way for God to be glorified. In chapters 3-37 Job wrestled with his despair both privately and in the company of friends. In Job 38 God finally speaks. His words to Job were a reminder that the person Job questioned was the Almighty Creator and Sustainer of the universe. Job's story reveals that God is in control, His ways are best, and everything exists to bring glory to His name.

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WEEK AT A GLANCE

Congratulations on finishing your first week of reading through the Bible in a year! This week we'll pick back up in Job, where we'll read about God's response to Job's suffering. Then we'll find ourselves back in Genesis reading about the call of Abraham.

DAY 7 | JOB 40-42

MEMORY VERSES: HEBREWS 11:6; HEBREWS 11:8-10

After being reminded of the holiness and power of God, Job could do nothing but confess his sins, turn back to God, and renew his trust in the Lord. He said, “I reject my words and am sorry for them; I am dust and ashes” (Job 42:6). In the face of God’s holiness, we are reminded that apart from Him, we are nothing but dust from the ground, and to dust we “will return” (Gen. 3:19). Yet through Job’s experience we are reminded that God gives physical life through His very breath, and He gives spiritual life through the death and resurrection of His Son. These are gifts we do not deserve, and they motivate us to mimic Job’s life of confession and repentance, continually stripping away the things that keep us from trusting God in all things.

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THINK ABOUT IT

A full understanding of God’s reasons for the events in your life is not a prerequisite for faithfulness. We don’t know if Job was ever told the reason why he suffered so horribly. However, we are told in Ezekiel (twice!) that Job was righteous (Ezek. 14:14,20).

MEMORY VERSE

Pick one of the memory verse options for this week—Hebrews 11:6; Hebrews 11:8-10—and write the verse.



DAY 8 | GENESIS 11-12

MEMORY VERSES: HEBREWS 11:6; HEBREWS 11:8-10

DAILY CHALLENGE

Consider areas of your life where you may be building a name for yourself—work, school, family, social media, and so on—and list any that come to mind. Ask yourself if you are pointing others toward God and His glory or toward you and your glory. Spend some time in prayer, confessing that to Him and asking for forgiveness. Read Ephesians 2:1-10 for a loving reminder that we have no one to boast in but God.

Through Noah's family the earth was repopulated after the flood, and Genesis 11 states that people shared a common language and a common goal—making a name for themselves. As had happened twice before in Genesis 3-10, people created by God to glorify Him put their efforts toward glorifying themselves instead. And yet again humanity's sin brought God's judgment. Yet despite the people's continued sinfulness, we see God's covenant love for humanity through the promise He made with Abram in Genesis 12—a promise to bless all the people of the earth through Himself. This promise ultimately found its fulfillment in Jesus Christ, who descended from the genealogical line of Abram, and through whom all people have access to the grace and redemption of God.

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DAY 9 | GENESIS 15

MEMORY VERSES: HEBREWS 11:6; HEBREWS 11:8-10

God promised to make Abram into a great nation, but Abram and his wife were childless. While Abram waited for God to fulfill His promise, years went by, and no children came. Then God spoke to Abram again, this time making an even more specific promise that Abram would have a son, which would then lead to offspring as numerous as the stars. Genesis 15:6 says that despite the prolonged years of barrenness, Abram believed God, and that belief made him righteous, or put him in a right relationship with God. Likewise, when we believe in the gospel—the death and resurrection of Jesus for our salvation—God considers us righteous too.

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DID YOU KNOW?

- Abraham (then Abram) was called from Ur when he was 75.
- Abraham fathered Ishmael with Hagar when he was 85 or 86.
- Abraham fathered Isaac with Sarah when he was 100.
- Sarah died when Abraham was 137.
- Abraham died when he was 175.¹

MEMORY VERSE

Continue practicing the memory verse you chose. Write out as much of it as you can from memory, and then check to see how you did.



WEEK IN REVIEW

Spend some time reflecting on what you have learned this week. Record a truth from each day that you want to remember, or go back and highlight portions of your journal.

DAY 1:

DAY 2:

DAY 3:

DAY 4:

DAY 5:

DAY 10 | GENESIS 16-17

MEMORY VERSES: HEBREWS 11:6; HEBREWS 11:8-10

In Genesis 16 the focus shifts from Abram to his wife, Sarai. All they knew of God's promise was that they would have an heir, so Sarai took the initiative to provide that heir herself by using Hagar, her servant, as a surrogate mother. Sarai's actions revealed a lack of trust in God's ability to provide. God alone was the engineer of Abram and Sarai's destiny, and their attempts to go about it alone paled in comparison to the grandeur of God's plan. Once more in Genesis 17 God reminded Abram that He would be the one to bless them, He would give them the promised son, Isaac, He would make their descendants as numerous as the stars, and He would receive all of the glory. God's faithfulness and ability to do what He says overcomes all of our flaws and uncertainties.

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