

“Taste and see that
the Lord is good” (Psalm 34.8)



Something tasty from God’s Word for every day of the year
to make us spiritually fitter and healthier.

DECEMBER

Day	Old Testament	Psalm
1	Daniel 9-10	Psalm 119:73-96
2	Daniel 11-12	Psalm 119:97-120
3	Hosea 1-3	Psalm 119:121-144
4	Hosea 4-5	Psalm 119:145-176
5	Hosea 6-7	Psalm 120
6	Hosea 8-9	Psalm 121
7	Hosea 10-11	Psalm 122
8	Hosea 12-13	Psalm 123
9	Hosea 14; Joel 1	Psalm 124
10	Joel 2-3; Amos 1	Psalms 125-126
11	Amos 2-3	Psalm 127
12	Amos 4-5	Psalm 128
13	Amos 6-7	Psalm 129
14	Amos 8-9	Psalm 130
15	Obadiah; Jonah 1	Psalm 131
16	Jonah 2-3	Psalm 132
17	Jonah 4; Micah 1-2	Psalms 133-134
18	Micah 3-4	Psalm 135
19	Micah 5-6	Psalm 136
20	Micah 7; Nahum 1-3	Psalm 137
21	Habakkuk 1-3	Psalm 138
22	Zephaniah 1-3	Psalm 139
23	Haggai 1-2	Psalm 140
24	Zechariah 1-3	Psalms 141-142
25	Zechariah 4-5	Psalm 143
26	Zechariah 6-7	Psalm 144
27	Zechariah 8-9	Psalm 145
28	Zechariah 10-11	Psalm 146
29	Zechariah 12-13	Psalm 147
30	Zechariah 14; Malachi 1	Psalm 148
31	Malachi 2-4	Psalms 149-150

JANUARY

Day	Old Testament	New Testament
1	Genesis 1-3	Matthew 1-2
2	Genesis 4-5	Matthew 3
3	Genesis 6-7	Matthew 4
4	Genesis 8-9	Matthew 5
5	Genesis 10-11	Matthew 6
6	Genesis 12-13	Matthew 7
7	Genesis 14-15	Matthew 8
8	Genesis 16-18	Matthew 9-10
9	Genesis 19-20	Matthew 11
10	Genesis 21-22	Matthew 12
11	Genesis 23-24	Matthew 13
12	Genesis 25-26	Matthew 14
13	Genesis 27-28	Matthew 15
14	Genesis 29-30	Matthew 16
15	Genesis 31-33	Matthew 17-18
16	Genesis 34-35	Matthew 19
17	Genesis 36-37	Matthew 20
18	Genesis 38-39	Matthew 21
19	Genesis 40-41	Matthew 22
20	Genesis 42-43	Matthew 23
21	Genesis 44-45	Matthew 24
22	Genesis 46-48	Matthew 25-26
23	Genesis 49-50	Matthew 27
24	Exodus 1-2	Matthew 28
25	Exodus 3-4	Mark 1
26	Exodus 5-6	Mark 2
27	Exodus 7-8	Mark 3
28	Exodus 9-10	Mark 4
29	Exodus 11-13	Mark 5-6
30	Exodus 14-15	Mark 7
31	Exodus 16-17	Mark 8

FEBRUARY

Day	Old Testament	New Testament
1	Exodus 18-19	Mark 9
2	Exodus 20-21	Mark 10
3	Exodus 22-23	Mark 11
4	Exodus 24-25	Mark 12
5	Exodus 26-28	Mark 13-14
6	Exodus 29-30	Mark 15
7	Exodus 31-32	Mark 16
8	Exodus 33-34	Luke 1
9	Exodus 35-36	Luke 2
10	Exodus 37-38	Luke 3
11	Exodus 39-40	Luke 4
12	Leviticus 1-3	Luke 5-6
13	Leviticus 4-5	Luke 7
14	Leviticus 6-7	Luke 8
15	Leviticus 8-9	Luke 9
16	Leviticus 10-11	Luke 10
17	Leviticus 12-13	Luke 11
18	Leviticus 14-15	Luke 12
19	Leviticus 16-18	Luke 13-14
20	Leviticus 19-20	Luke 15
21	Leviticus 21-22	Luke 16
22	Leviticus 23-24	Luke 17
23	Leviticus 25-26	Luke 18
24	Leviticus 27; Numbers 1	Luke 19
25	Numbers 2-3	Luke 20
26	Numbers 4-6	Luke 21-22
27	Numbers 7:1-48	Luke 23
28	Numbers 7:49-78	Luke 24

NOVEMBER

Day	Old Testament	Psalms
1	Jeremiah 50-51	Psalms 88
2	Jeremiah 52; Lamentations 1	Psalms 89
3	Lamentations 2-3	Psalms 90
4	Lamentations 4-5	Psalms 91
5	Ezekiel 1-3	Psalms 92-93
6	Ezekiel 4-5	Psalms 94
7	Ezekiel 6-7	Psalms 95
8	Ezekiel 8-9	Psalms 96
9	Ezekiel 10-11	Psalms 97
10	Ezekiel 12-13	Psalms 98
11	Ezekiel 14-15	Psalms 99
12	Ezekiel 16-18	Psalms 100-101
13	Ezekiel 19-20	Psalms 102
14	Ezekiel 21-22	Psalms 103
15	Ezekiel 23-24	Psalms 104
16	Ezekiel 25-26	Psalms 105
17	Ezekiel 27-28	Psalms 106
18	Ezekiel 29-30	Psalms 107
19	Ezekiel 31-33	Psalms 108-109
20	Ezekiel 34-35	Psalms 110
21	Ezekiel 36-37	Psalms 111
22	Ezekiel 38-39	Psalms 112
23	Ezekiel 40-41	Psalms 113
24	Ezekiel 42-43	Psalms 114
25	Ezekiel 44-45	Psalms 115
26	Ezekiel 46-48	Psalms 116-117
27	Daniel 1-2	Psalms 118
28	Daniel 3-4	Psalms 119:1-24
29	Daniel 5-6	Psalms 119:25-49
30	Daniel 7-8	Psalms 119:50-72

OCTOBER

Day	Old Testament	Psalm
1	Isaiah 49-51	Psalm 52-53
2	Isaiah 52-53	Psalm 54
3	Isaiah 54-55	Psalm 55
4	Isaiah 56-57	Psalm 56
5	Isaiah 58-59	Psalm 57
6	Isaiah 60-61	Psalm 58
7	Isaiah 62-63	Psalm 59
8	Isaiah 64-66	Psalms 60-61
9	Jeremiah 1-2	Psalm 62
10	Jeremiah 3-4	Psalm 63
11	Jeremiah 5-6	Psalm 64
12	Jeremiah 7-8	Psalm 65
13	Jeremiah 9-10	Psalm 66
14	Jeremiah 11-12	Psalm 67
15	Jeremiah 13-15	Psalms 68-69
16	Jeremiah 16-17	Psalm 70
17	Jeremiah 18-19	Psalm 71
18	Jeremiah 20-21	Psalm 72
19	Jeremiah 22-23	Psalm 73
20	Jeremiah 24-25	Psalm 74
21	Jeremiah 26-27	Psalm 75
22	Jeremiah 28-30	Psalms 76-77
23	Jeremiah 31-32	Psalm 78
24	Jeremiah 33-34	Psalm 79
25	Jeremiah 35-36	Psalm 80
26	Jeremiah 37-38	Psalm 81
27	Jeremiah 39-40	Psalm 82
28	Jeremiah 41-42	Psalm 83
29	Jeremiah 43-45	Psalms 84-85
30	Jeremiah 46-47	Psalm 86
31	Jeremiah 48-49	Psalm 87

MARCH

Day	Old Testament	New Testament
1	Numbers 7:79-89; 8	John 1
2	Numbers 9-10	John 2
3	Numbers 11-12	John 3
4	Numbers 13-14	John 4
5	Numbers 15-17	John 5-6
6	Numbers 18-19	John 7
7	Numbers 20-21	John 8
8	Numbers 22-23	John 9
9	Numbers 24-25	John 10
10	Numbers 26	John 11
11	Numbers 27-28	John 12
12	Numbers 29-31:1-24	John 13-14
13	Numbers 31:25-54; 32	John 15
14	Numbers 33	John 16
15	Numbers 34-35	John 17
16	Numbers 36; Deuteronomy 1	John 18
17	Deuteronomy 2-3	John 19
18	Deuteronomy 4-5	John 20
19	Deuteronomy 6-8	John 21; Acts 1
20	Deuteronomy 9-10	Acts 2
21	Deuteronomy 11-12	Acts 3
22	Deuteronomy 13-14	Acts 4
23	Deuteronomy 15-16	Acts 5
24	Deuteronomy 17-18	Acts 6
25	Deuteronomy 19-20	Acts 7
26	Deuteronomy 21-23	Acts 8-9
27	Deuteronomy 24-25	Acts 10
28	Deuteronomy 26-27	Acts 11
29	Deuteronomy 28-29	Acts 12
30	Deuteronomy 30-31	Acts 13
31	Deuteronomy 32-33	Acts 14

APRIL

Day	Old Testament	New Testament
1	Deuteronomy 34; Joshua 1	Acts 15
2	Joshua 2-4	Acts 16-17
3	Joshua 5-6	Acts 18
4	Joshua 7-8	Acts 19
5	Joshua 9-10	Acts 20
6	Joshua 11-12	Acts 21
7	Joshua 13-14	Acts 22
8	Joshua 15	Acts 23
9	Joshua 16-18	Acts 24-25
10	Joshua 19-20	Acts 26
11	Joshua 21-22	Acts 27
12	Joshua 23-24	Acts 28
13	Judges 1-2	Romans 1
14	Judges 3-4	Romans 2
15	Judges 5-6	Romans 3
16	Judges 7-9	Romans 4-5
17	Judges 10-11	Romans 6
18	Judges 12-13	Romans 7
19	Judges 14-15	Romans 8
20	Judges 16-17	Romans 9
21	Judges 18-19	Romans 10
22	Judges 20-21	Romans 11
23	Ruth 1-3	Romans 12-13
24	Ruth 4; 1 Samuel 1	Romans 14
25	1 Samuel 2-3	Romans 15
26	1 Samuel 4-5	Romans 16
27	1 Samuel 6-7	1 Corinthians 1
28	1 Samuel 8-9	1 Corinthians 2
29	1 Samuel 10-11	1 Corinthians 3
30	1 Samuel 12-14	1 Corinthians 4-5

SEPTEMBER

Day	Old Testament	Psalms
1	Ecclesiastes 5-6	Psalm 18
2	Ecclesiastes 7-8	Psalm 19
3	Ecclesiastes 9-11	Psalms 20-21
4	Ecc 12; Song of Solomon 1	Psalm 22
5	Song of Solomon 2-3	Psalm 23
6	Song of Solomon 4-5	Psalm 24
7	Song of Solomon 6-7	Psalm 25
8	Song of Solomon 8; Isaiah 1	Psalm 26
9	Isaiah 2-3	Psalm 27
10	Isaiah 4-6	Psalms 28-29
11	Isaiah 7-8	Psalm 30
12	Isaiah 9-10	Psalm 31
13	Isaiah 11-12	Psalm 32
14	Isaiah 13-14	Psalm 33
15	Isaiah 15-16	Psalm 34
16	Isaiah 17-18	Psalm 35
17	Isaiah 19-21	Psalms 36-37
18	Isaiah 22-23	Psalm 38
19	Isaiah 24-25	Psalm 39
20	Isaiah 26-27	Psalm 40
21	Isaiah 28-29	Psalm 41
22	Isaiah 30-31	Psalm 42
23	Isaiah 32-33	Psalm 43
24	Isaiah 34-36	Psalms 44-45
25	Isaiah 37-38	Psalm 46
26	Isaiah 39-40	Psalm 47
27	Isaiah 41-42	Psalm 48
28	Isaiah 43-44	Psalm 49
29	Isaiah 45-46	Psalm 50
30	Isaiah 47-48	Psalm 51

AUGUST

Day	Old Testament	New Testament - Psalm
1	Job 12-13	Revelation 5
2	Job 14-15	Revelation 6
3	Job 16-17	Revelation 7
4	Job 18-19	Revelation 8
5	Job 20-21	Revelation 9
6	Job 22-24	Revelation 10-11
7	Job 25-26	Revelation 12
8	Job 27-28	Revelation 13
9	Job 29-30	Revelation 14
10	Job 31-32	Revelation 15
11	Job 33-34	Revelation 16
12	Job 35-36	Revelation 17
13	Job 37-39	Revelation 18-19
14	Job 40-41	Revelation 20
15	Job 42; Proverbs 1	Revelation 21
16	Proverbs 2-3	Revelation 22
17	Proverbs 4-5	Psalm 1
18	Proverbs 6-7	Psalm 2
19	Proverbs 8-9	Psalm 3
20	Proverbs 10-12	Psalms 4-5
21	Proverbs 13-14	Psalm 6
22	Proverbs 15-16	Psalm 7
23	Proverbs 17-18	Psalm 8
24	Proverbs 19-20	Psalm 9
25	Proverbs 21-22	Psalm 10
26	Proverbs 23-24	Psalm 11
27	Proverbs 25-27	Psalms 12-13
28	Proverbs 28-29	Psalm 14
29	Proverbs 30-31	Psalm 15
30	Ecclesiastes 1-2	Psalm 16
31	Ecclesiastes 3-4	Psalm 17

MAY

Day	Old Testament	New Testament
1	1 Samuel 15-16	1 Corinthians 6
2	1 Samuel 17-18	1 Corinthians 7
3	1 Samuel 19-20	1 Corinthians 8
4	1 Samuel 21-22	1 Corinthians 9
5	1 Samuel 23-24	1 Corinthians 10
6	1 Samuel 25-26	1 Corinthians 11
7	1 Samuel 27-29	1 Corinthians 12-13
8	1 Samuel 30-31	1 Corinthians 14
9	2 Samuel 1-2	1 Corinthians 15
10	2 Samuel 3-4	1 Corinthians 16
11	2 Samuel 5-6	2 Corinthians 1
12	2 Samuel 7-8	2 Corinthians 2
13	2 Samuel 9-10	2 Corinthians 3
14	2 Samuel 11-13	2 Corinthians 4-5
15	2 Samuel 14-15	2 Corinthians 6
16	2 Samuel 16-17	2 Corinthians 7
17	2 Samuel 18-19	2 Corinthians 8
18	2 Samuel 20-21	2 Corinthians 9
19	2 Samuel 22-23	2 Corinthians 10
20	2 Samuel 24; 1 Kings 1	2 Corinthians 11
21	1 Kings 2-4	2 Corinthians 12-13
22	1 Kings 5-6	Galatians 1
23	1 Kings 7-8	Galatians 2
24	1 Kings 9-10	Galatians 3
25	1 Kings 11-12	Galatians 4
26	1 Kings 13-14	Galatians 5
27	1 Kings 15-16	Galatians 6
28	1 Kings 17-19	Ephesians 1-2
29	1 Kings 20-21	Ephesians 3
30	1 Kings 22; 2 Kings 1	Ephesians 4
31	2 Kings 2-3	Ephesians 5

JUNE

Day	Old Testament	New Testament
1	2 Kings 4-5	Ephesians 6
2	2 Kings 6-7	Philippians 1
3	2 Kings 8-9	Philippians 2
4	2 Kings 10-12	Philippians 3-4
5	2 Kings 13-14	Colossians 1
6	2 Kings 15-16	Colossians 2
7	2 Kings 17-18	Colossians 3
8	2 Kings 19-20	Colossians 4
9	2 Kings 21-22	1 Thessalonians 1
10	2 Kings 23-24	1 Thessalonians 2
11	2 Kings 25; 1 Chronicles 1-2	1 Thessalonians 3-4
12	1 Chronicles 3-4	1 Thessalonians 5
13	1 Chronicles 5-6	2 Thessalonians 1
14	1 Chronicles 7-8	2 Thessalonians 2
15	1 Chronicles 9-10	2 Thessalonians 3
16	1 Chronicles 11-12	1 Timothy 1
17	1 Chronicles 13-14	1 Timothy 2
18	1 Chronicles 15-17	1 Timothy 3-4
19	1 Chronicles 18-19	1 Timothy 5
20	1 Chronicles 20-21	1 Timothy 6
21	1 Chronicles 22-23	2 Timothy 1
22	1 Chronicles 24-25	2 Timothy 2
23	1 Chronicles 26-27	2 Timothy 3
24	1 Chronicles 28-29	2 Timothy 4
25	2 Chronicles 1-3	Titus 1-2
26	2 Chronicles 4-5	Titus 3
27	2 Chronicles 6-7	Philemon
28	2 Chronicles 8-9	Hebrews 1
29	2 Chronicles 10-11	Hebrews 2
30	2 Chronicles 12-13	Hebrews 3

JULY

Day	Old Testament	New Testament
1	2 Chronicles 14-15	Hebrews 4
2	2 Chronicles 16-18	Hebrews 5-6
3	2 Chronicles 19-20	Hebrews 7
4	2 Chronicles 21-22	Hebrews 8
5	2 Chronicles 23-24	Hebrews 9
6	2 Chronicles 25-26	Hebrews 10
7	2 Chronicles 27-28	Hebrews 11
8	2 Chronicles 29-30	Hebrews 12
9	2 Chronicles 31-33	Hebrews 13; James 1
10	2 Chronicles 34-35	James 2
11	2 Chronicles 36; Ezra 1	James 3
12	Ezra 2-3	James 4
13	Ezra 4-5	James 5
14	Ezra 6-7	1 Peter 1
15	Ezra 8-9	1 Peter 2
16	Ezra 10; Nehemiah 1-2	1 Peter 3-4
17	Nehemiah 3-4	1 Peter 5
18	Nehemiah 5-6	2 Peter 1
19	Nehemiah 7-8	2 Peter 2
20	Nehemiah 9-10	2 Peter 3
21	Nehemiah 11-12	1 John 1
22	Nehemiah 13; Esther 1	1 John 2
23	Esther 2-4	1 John 3-4
24	Esther 5-6	1 John 5
25	Esther 7-8	2 John
26	Esther 9-10	3 John
27	Job 1-2	Jude
28	Job 3-4	Revelation 1
29	Job 5-6	Revelation 2
30	Job 7-9	Revelation 3
31	Job 10-11	Revelation 4