



2026 Reading and Discipleship Plan

Can also be found digitally by going to the website at
Cowee.Church/Disciple

The Navigators

DATE	CHAPTER
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Week 1

Mark		
1/5	1	<input type="checkbox"/>
1/6	2	<input type="checkbox"/>
1/7	3	<input type="checkbox"/>
1/8	4	<input type="checkbox"/>
1/9	5	<input type="checkbox"/>

Week 2

1/12	6	<input type="checkbox"/>
1/13	7	<input type="checkbox"/>
1/14	8	<input type="checkbox"/>
1/15	9	<input type="checkbox"/>
1/16	10	<input type="checkbox"/>

Week 3

1/19	11	<input type="checkbox"/>
1/20	12	<input type="checkbox"/>
1/21	13	<input type="checkbox"/>
1/22	14	<input type="checkbox"/>
1/23	15	<input type="checkbox"/>

Week 4

1/26	16	<input type="checkbox"/>
Acts		
1/27	1	<input type="checkbox"/>
1/28	2	<input type="checkbox"/>
1/29	3	<input type="checkbox"/>
1/30	4	<input type="checkbox"/>

Week 5

2/2	5	<input type="checkbox"/>
2/3	6	<input type="checkbox"/>
2/4	7	<input type="checkbox"/>
2/5	8	<input type="checkbox"/>
2/6	9	<input type="checkbox"/>

Week 6

2/9	10	<input type="checkbox"/>
2/10	11	<input type="checkbox"/>
2/11	12	<input type="checkbox"/>
2/12	13	<input type="checkbox"/>
2/13	14	<input type="checkbox"/>

DATE	CHAPTER
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Week 7

2/16	15	<input type="checkbox"/>
2/17	16	<input type="checkbox"/>
2/18	17	<input type="checkbox"/>
2/19	18	<input type="checkbox"/>
2/20	19	<input type="checkbox"/>

Week 8

2/23	20	<input type="checkbox"/>
2/24	21	<input type="checkbox"/>
2/25	22	<input type="checkbox"/>
2/26	23	<input type="checkbox"/>
2/27	24	<input type="checkbox"/>

Week 9

3/2	25	<input type="checkbox"/>
3/3	26	<input type="checkbox"/>
3/4	27	<input type="checkbox"/>
3/5	28	<input type="checkbox"/>
Hebrews		
3/6	1	<input type="checkbox"/>

Week 10

3/9	2	<input type="checkbox"/>
3/10	3	<input type="checkbox"/>
3/11	4	<input type="checkbox"/>
3/12	5	<input type="checkbox"/>
3/13	6	<input type="checkbox"/>

Week 11

3/16	7	<input type="checkbox"/>
3/17	8	<input type="checkbox"/>
3/18	9	<input type="checkbox"/>
3/19	10	<input type="checkbox"/>
3/20	11	<input type="checkbox"/>

Week 12

3/23	12	<input type="checkbox"/>
3/24	13	<input type="checkbox"/>
Galatians		
3/25	1	<input type="checkbox"/>
3/26	2	<input type="checkbox"/>
3/27	3	<input type="checkbox"/>

DATE	CHAPTER
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Week 13

3/30	4	<input type="checkbox"/>
3/31	5	<input type="checkbox"/>
4/1	6	<input type="checkbox"/>
James		
4/2	1	<input type="checkbox"/>
4/3	2	<input type="checkbox"/>

Week 14

4/6	3	<input type="checkbox"/>
4/7	4	<input type="checkbox"/>
4/8	5	<input type="checkbox"/>
Matthew		
4/9	1	<input type="checkbox"/>
4/10	2	<input type="checkbox"/>

Week 15

4/13	3	<input type="checkbox"/>
4/14	4	<input type="checkbox"/>
4/15	5	<input type="checkbox"/>
4/16	6	<input type="checkbox"/>
4/17	7	<input type="checkbox"/>

Week 16

4/20	8	<input type="checkbox"/>
4/21	9	<input type="checkbox"/>
4/22	10	<input type="checkbox"/>
4/23	11	<input type="checkbox"/>
4/24	12	<input type="checkbox"/>

Week 17

4/27	13	<input type="checkbox"/>
4/28	14	<input type="checkbox"/>
4/29	15	<input type="checkbox"/>
4/30	16	<input type="checkbox"/>
5/1	17	<input type="checkbox"/>

Week 18

5/4	18	<input type="checkbox"/>
5/5	19	<input type="checkbox"/>
5/6	20	<input type="checkbox"/>
5/7	21	<input type="checkbox"/>
5/8	22	<input type="checkbox"/>

New Testament Reading Plan

DATE	CHAPTER
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Week 19

5/11	23	<input type="checkbox"/>
5/12	24	<input type="checkbox"/>
5/13	25	<input type="checkbox"/>
5/14	26	<input type="checkbox"/>
5/15	27	<input type="checkbox"/>

Week 20

5/18	28	<input type="checkbox"/>
Romans		
5/19	1	<input type="checkbox"/>
5/20	2	<input type="checkbox"/>
5/21	3	<input type="checkbox"/>
5/22	4	<input type="checkbox"/>

Week 21

5/25	5	<input type="checkbox"/>
5/26	6	<input type="checkbox"/>
5/27	7	<input type="checkbox"/>
5/28	8	<input type="checkbox"/>
5/29	9	<input type="checkbox"/>

Week 22

6/1	10	<input type="checkbox"/>
6/2	11	<input type="checkbox"/>
6/3	12	<input type="checkbox"/>
6/4	13	<input type="checkbox"/>
6/5	14	<input type="checkbox"/>

Week 23

6/8	15	<input type="checkbox"/>
6/9	16	<input type="checkbox"/>

Ephesians

6/10	1	<input type="checkbox"/>
6/11	2	<input type="checkbox"/>
6/12	3	<input type="checkbox"/>

Week 24

6/15	4	<input type="checkbox"/>
6/16	5	<input type="checkbox"/>
6/17	6	<input type="checkbox"/>

Philippians

6/18	1	<input type="checkbox"/>
6/19	2	<input type="checkbox"/>

DATE	CHAPTER
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Week 25

6/22	3	<input type="checkbox"/>
6/23	4	<input type="checkbox"/>
Colossians		
6/24	1	<input type="checkbox"/>
6/25	2	<input type="checkbox"/>
6/26	3	<input type="checkbox"/>

Week 26

6/29	4	<input type="checkbox"/>
Philemon		
6/30	1	<input type="checkbox"/>
Luke		
7/1	1	<input type="checkbox"/>
7/2	2	<input type="checkbox"/>
7/3	3	<input type="checkbox"/>

Week 27

7/6	4	<input type="checkbox"/>
7/7	5	<input type="checkbox"/>
7/8	6	<input type="checkbox"/>
7/9	7	<input type="checkbox"/>
7/10	8	<input type="checkbox"/>

Week 28

7/13	9	<input type="checkbox"/>
7/14	10	<input type="checkbox"/>
7/15	11	<input type="checkbox"/>
7/16	12	<input type="checkbox"/>
7/17	13	<input type="checkbox"/>

Week 29

7/20	14	<input type="checkbox"/>
7/21	15	<input type="checkbox"/>
7/22	16	<input type="checkbox"/>
7/23	17	<input type="checkbox"/>
7/24	18	<input type="checkbox"/>

Week 30

7/27	19	<input type="checkbox"/>
7/28	20	<input type="checkbox"/>
7/29	21	<input type="checkbox"/>
7/30	22	<input type="checkbox"/>
7/31	23	<input type="checkbox"/>

DATE	CHAPTER
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Week 31

8/3	24	<input type="checkbox"/>
1 Corinthians		
8/4	1	<input type="checkbox"/>
8/5	2	<input type="checkbox"/>
8/6	3	<input type="checkbox"/>
8/7	4	<input type="checkbox"/>

Week 32

8/10	5	<input type="checkbox"/>
8/11	6	<input type="checkbox"/>
8/12	7	<input type="checkbox"/>
8/13	8	<input type="checkbox"/>
8/14	9	<input type="checkbox"/>

Week 33

8/17	10	<input type="checkbox"/>
8/18	11	<input type="checkbox"/>
8/19	12	<input type="checkbox"/>
8/20	13	<input type="checkbox"/>
8/21	14	<input type="checkbox"/>

Week 34

8/24	15	<input type="checkbox"/>
8/25	16	<input type="checkbox"/>

2 Corinthians

8/26	1	<input type="checkbox"/>
8/27	2	<input type="checkbox"/>
8/28	3	<input type="checkbox"/>

Week 35

8/31	4	<input type="checkbox"/>
9/1	5	<input type="checkbox"/>
9/2	6	<input type="checkbox"/>
9/3	7	<input type="checkbox"/>
9/4	8	<input type="checkbox"/>

Week 36

9/7	9	<input type="checkbox"/>
9/8	10	<input type="checkbox"/>
9/9	11	<input type="checkbox"/>
9/10	12	<input type="checkbox"/>
9/11	13	<input type="checkbox"/>

Week 37

1 Timothy

9/14	1	<input type="checkbox"/>
9/15	2	<input type="checkbox"/>
9/16	3	<input type="checkbox"/>
9/17	4	<input type="checkbox"/>
9/18	5	<input type="checkbox"/>

Week 38

9/21	6	<input type="checkbox"/>
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2 Timothy

9/22	1	<input type="checkbox"/>
9/23	2	<input type="checkbox"/>
9/24	3	<input type="checkbox"/>
9/25	4	<input type="checkbox"/>

Week 39

Titus

9/28	1	<input type="checkbox"/>
9/29	2	<input type="checkbox"/>
9/30	3	<input type="checkbox"/>

1 John

10/1	1	<input type="checkbox"/>
10/2	2	<input type="checkbox"/>

Week 40

10/5	3	<input type="checkbox"/>
10/6	4	<input type="checkbox"/>
10/7	5	<input type="checkbox"/>

2 John

10/8	1	<input type="checkbox"/>
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3 John

10/9	1	<input type="checkbox"/>
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Week 41

1 Peter

10/12	1	<input type="checkbox"/>
10/13	2	<input type="checkbox"/>
10/14	3	<input type="checkbox"/>
10/15	4	<input type="checkbox"/>
10/16	5	<input type="checkbox"/>

Week 42

John

10/19	1	<input type="checkbox"/>
10/20	2	<input type="checkbox"/>
10/21	3	<input type="checkbox"/>
10/22	4	<input type="checkbox"/>
10/23	5	<input type="checkbox"/>

Week 43

10/26	6	<input type="checkbox"/>
10/27	7	<input type="checkbox"/>
10/28	8	<input type="checkbox"/>
10/29	9	<input type="checkbox"/>
10/30	10	<input type="checkbox"/>

Week 44

11/2	11	<input type="checkbox"/>
11/3	12	<input type="checkbox"/>
11/4	13	<input type="checkbox"/>
11/5	14	<input type="checkbox"/>
11/6	15	<input type="checkbox"/>

Week 45

11/9	16	<input type="checkbox"/>
11/10	17	<input type="checkbox"/>
11/11	18	<input type="checkbox"/>
11/12	19	<input type="checkbox"/>
11/13	20	<input type="checkbox"/>

Week 46

11/16	21	<input type="checkbox"/>
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1 Thessalonians

11/17	1	<input type="checkbox"/>
11/18	2	<input type="checkbox"/>
11/19	3	<input type="checkbox"/>
11/20	4	<input type="checkbox"/>

Week 47

11/23	5	<input type="checkbox"/>
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2 Thessalonians

11/24	1	<input type="checkbox"/>
11/25	2	<input type="checkbox"/>
11/26	3	<input type="checkbox"/>

2 Peter

11/27	1	<input type="checkbox"/>
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Week 48

11/30	2	<input type="checkbox"/>
12/1	3	<input type="checkbox"/>

Jude

12/2	1	<input type="checkbox"/>
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Revelation

12/3	1	<input type="checkbox"/>
12/4	2	<input type="checkbox"/>

Week 49

12/7	3	<input type="checkbox"/>
12/8	4	<input type="checkbox"/>
12/9	5	<input type="checkbox"/>
12/10	6	<input type="checkbox"/>
12/11	7	<input type="checkbox"/>

Week 50

12/14	8	<input type="checkbox"/>
12/15	9	<input type="checkbox"/>
12/16	10	<input type="checkbox"/>
12/17	11	<input type="checkbox"/>
12/18	12	<input type="checkbox"/>

Week 51

12/21	13	<input type="checkbox"/>
12/22	14	<input type="checkbox"/>
12/23	15	<input type="checkbox"/>
12/24	16	<input type="checkbox"/>
12/25	17	<input type="checkbox"/>

Week 52

12/28	18	<input type="checkbox"/>
12/29	19	<input type="checkbox"/>
12/30	20	<input type="checkbox"/>
12/31	21	<input type="checkbox"/>
1/1	22	<input type="checkbox"/>



The HEAR journaling method promotes reading the Bible with a life-transforming purpose. No longer will your focus be on checking off the boxes on your daily reading schedule; your purpose will instead be to read in order to understand and respond to God's Word. Let's talk more about how to do a HEAR Journal.

How to complete a HEAR Journal

The acronym **HEAR** in **HEAR Journal** stands for **Highlight, Explain, Apply, and Respond**. Each of these four steps contributes to creating an atmosphere to hear God speak. After settling on a reading plan and establishing a time for studying God's Word, you will be ready to H.E.A.R. from God. For an illustration, let's assume that you begin your quiet time in the book of 2 Timothy, and today's reading is the first chapter of the book. Before reading the text, pause to sincerely ask God to speak to you. It may seem trite, but it is absolutely imperative that we seek God's guidance in order to understand His Word (1 Corinthians 2:12-14). Every time we open our Bibles, we should pray the simple prayer that David prayed: "Open my eyes, that I may behold wondrous things out of your law (Word)" (Psalm 119:18). After praying for the Holy Spirit's guidance, open your HEAR Journal notebook or journal, and at the top left-hand corner, write the letter H. This exercise will remind you to read with a purpose. In the course of your reading, one or two verses will usually stand out and speak to you. After reading the passage of Scripture, **Highlight** each verse that speaks to you by copying it under the letter "H". Write out 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

This practice will make it easier to find the passage when you want to revisit it in the future in your HEAR Journal. After you have highlighted the passage in your HEAR Journal, write the letter "E" under the previous entry. At this stage, you will **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. The next chapter will teach you in detail how to understand the meaning of a passage. Until then, here are a few questions to get you started:

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



At this point, you are beginning to discover the truth God has for you from His Word. It is important that you are engaging the text and wrestling with its meaning. After writing a short summary of what you think the text means, in your HEAR Journal, write the letter “A” below the letter “E”. Under the “A”, write the word **Apply**. This application is the heart of the process. Everything you have done so far culminates under this heading. As you have done before, answer a series of questions to uncover the significance of these verses to you personally, questions like:

- How can this passage help me in my walk with Christ?
- How does this apply today?
- What would the application of this verse look like in my life?
- What is God saying to me?

As you complete your HEAR journal, these questions bridge the gap between the ancient world and your world today. They provide a way for God to speak to you from the specific passage or verse. Answer these questions under the “A”. Challenge yourself to write between two and five sentences about how the text applies to your life. Finally, below the first three entries in your HEAR Journal, write the letter “R” for **Respond**. This is the last part of the HEAR Journal. Your response to the passage may take on many forms. You may write a call to action. You may describe how you will be different because of what God has said to you through His Word. You may indicate what you are going to do because of what you have learned. You may respond by writing out a prayer to God. For example, you may ask God to help you to be more loving, or to give you a desire to be more generous in your giving. Keep in mind that this is your response to what you have just read.

Notice that all of the words in the HEAR Journal formula are action words: **Highlight, Explain, Apply, and Respond**. While we recognize that transformation in the life of a believer is only possible through the work of God in our lives, we also know that this is not a work where we just sit back, waiting passively. God desires that we actively pursue Him. God reveals Himself by His Spirit as He illumines the hearts and minds of people as they hear and read Scripture. Our goal is not simply to accumulate information but to see transformation. Recall Jesus’s admonition to the religious leaders in his day, “You study the Scriptures diligently because you think that in them you have eternal life. These are the very Scriptures that testify about me, yet you refuse to come to me to have life” (John 5:39–40). The goal of the Christian life is transformation into the image and likeness of Christ as we grow in the grace and knowledge of God and in our love for the Lord. Transformation, an act of God’s grace, is accomplished as we encounter God’s Spirit through His Word.

“All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; so that the man of God may be adequate, equipped for every good work.” (2 Timothy 3:16–17, NASB95)



Sample HEAR Journal

Read: Philippians 4:10-13
Date: 11-30-13
Title: Secret of Contentment

H (Highlight)

"I can do all things through Christ who strengthens me." Philippians 4:13

E (Explain)

Paul was telling the church at Philippi that he has discovered the secret of contentment. No matter the situation in Paul's life, he realized that Christ was all he needed, and Christ was the one who strengthened him to persevere through difficult times.

A (Apply)

In my life, I will experience many ups and downs. My contentment is not found in circumstances. Rather, it is based on my relationship with Jesus Christ. Only Jesus gives me the strength I need to be content in every circumstance of life.

R (Respond)

Lord Jesus, please help me as I strive to be content in You. Through Your strength, I can make it through any situation I must face.

Our dream disciple:

**A daily abiding,
regularly sharing,
intentionally discipling,
force for good.**



**Scan here to join the reading plan digitally, find
discipleship resources, and more, or visit:**
COWEE.Church/Disciple





2026 Memory Verse Plan

January

Mark 10:45

February

Acts 4:12

March

Hebrews 12:1

April

James 1:22

May

Romans 8:38-39

June

Ephesians 3:16-17

July

Luke 9:23

August

1 Corinthians 13:4-7

September

2 Timothy 1:7

October

John 10:10

November

John 15:5

December

Revelation 5:12

and/or

Week #	Reference	18	Psalm 1:5-6	36	2 Corinthians 9:6-7
01	Deuteronomy 7:9	19	Colossians 3:1-3	37	2 Corinthians 9:8
02	Deuteronomy 10:12-13	20	Ephesians 4:26	38	2 Corinthians 12:9 [10]
03	John 1:12-13	21	Isaiah 40:28-29	39	Isaiah 64:4
04	Romans 11:33-36	22	Isaiah 40:30-31	40	Titus 3:4-6
05	Romans 12:1-2	23	Psalm 86:5-7	41	Isaiah 46:9-10 [11]
06	Psalm 56:3-4	24	1 Timothy 2:5	42	Proverbs 1:10
07	Psalm 62:5-7 [8]	25	1 Peter 1:3-5	43	Proverbs 3:5-6 [7]
08	Romans 8:1	26	Ephesians 6:10-11	44	Proverbs 19:11
09	1 John 2:15-17	27	Ephesians 6:12-13	45	John 15:5
10	Philippians 2:5-7	28	Ephesians 6:14-15	46	John 14:2-3
11	Philippians 2:8-9	29	Ephesians 6:16-17 [18]	47	Psalm 125:1-2
12	Philippians 2:10-11	30	Philippians 1:6	48	Psalm 141:3-4
13	Philippians 2:12-13	31	Matthew 10:28	49	1 John 1:8-9
14	James 1:2-3	32	Romans 1:16 [17]	50	Psalm 23:1-2
15	James 1:4-5	33	Matthew 11:28-30	51	Psalm 23:3-4
16	Psalm 1:1-2	34	Psalm 20:6-7 [8]	52	Psalm 23:5-6
17	Psalm 1:3-4	35	James 1:12		