

27-28 ----- Reflection -----

29 □ Hebrews 6 □ Proverbs 29

30 □ Hebrews 6 □ Proverbs 30

OCTOBER

Meditation Passage Proverb of Day

1 □ Hebrews 6 □ Proverbs 1

2 □ Hebrews 6 □ Proverbs 2

3 □ Hebrews 6 □ Proverbs 3

4-5 ----- Reflection -----

6 □ Hebrews 7 □ Proverbs 6

7 □ Hebrews 7 □ Proverbs 7

8 □ Hebrews 7 □ Proverbs 8

9 □ Hebrews 7 □ Proverbs 9

10 □ Hebrews 7 □ Proverbs 10

11-12 ----- Reflection -----

13 □ Hebrews 8 □ Proverbs 13

14 □ Hebrews 8 □ Proverbs 14

15 □ Hebrews 8 □ Proverbs 15

16 □ Hebrews 8 □ Proverbs 16

17 □ Hebrews 8 □ Proverbs 17

18-19 ----- Reflection -----

20 □ Hebrews 9 □ Proverbs 20

21 □ Hebrews 9 □ Proverbs 21

22 □ Hebrews 9 □ Proverbs 22

23 □ Hebrews 9 □ Proverbs 23

24 □ Hebrews 9 □ Proverbs 24

25-26 ----- Reflection -----

27 □ Hebrews 10 □ Proverbs 27

28 □ Hebrews 10 □ Proverbs 28

29 □ Hebrews 10 □ Proverbs 29

30 □ Hebrews 10 □ Proverbs 30

31 □ Hebrews 10 □ Proverbs 31

NOVEMBER

Meditation Passage Proverb of Day

1-2 ----- Reflection -----

3 □ Hebrews 11 □ Proverbs 3

4 □ Hebrews 11 □ Proverbs 4

5 □ Hebrews 11 □ Proverbs 5

6 □ Hebrews 11 □ Proverbs 6

7 □ Hebrews 11 □ Proverbs 7

8-9 ----- Reflection -----

10 □ Hebrews 12 □ Proverbs 10

11 □ Hebrews 12 □ Proverbs 11

12 □ Hebrews 12 □ Proverbs 12

13 □ Hebrews 12 □ Proverbs 13

14 □ Hebrews 12 □ Proverbs 14

15-16 ----- Reflection -----

17 □ Hebrews 13 □ Proverbs 17

18 □ Hebrews 13 □ Proverbs 18

19 □ Hebrews 13 □ Proverbs 19

20 □ Hebrews 13 □ Proverbs 20

21 □ Hebrews 13 □ Proverbs 21

22-23 ----- Reflection -----

24 □ Jude □ Proverbs 24

25 □ Jude □ Proverbs 25

26 □ Jude □ Proverbs 26

27 □ Jude □ Proverbs 27

28 □ Jude □ Proverbs 28

29-30 ----- Reflection -----

DECEMBER

Meditation Passage Proverb of Day

1 □ Jonah 1 □ Proverbs 1

2 □ Jonah 1 □ Proverbs 2

3 □ Jonah 1 □ Proverbs 3

4 □ Jonah 1 □ Proverbs 4

5 □ Jonah 1 □ Proverbs 5

6-7 ----- Reflection -----

8 □ Jonah 2 □ Proverbs 8

9 □ Jonah 2 □ Proverbs 9

10 □ Jonah 2 □ Proverbs 10

11 □ Jonah 2 □ Proverbs 11

12 □ Jonah 2 □ Proverbs 12

13-14 ----- Reflection -----

15 □ Jonah 3 □ Proverbs 15

16 □ Jonah 3 □ Proverbs 16

17 □ Jonah 3 □ Proverbs 17

18 □ Jonah 3 □ Proverbs 18

19 □ Jonah 3 □ Proverbs 19

20-21 ----- Reflection -----

22 □ Jonah 4 □ Proverbs 22

23 □ Jonah 4 □ Proverbs 23

24 □ Jonah 4 □ Proverbs 24

25 □ Jonah 4 □ Proverbs 25

26 □ Jonah 4 □ Proverbs 26

27-28 ----- Reflection -----

29 □ Obadiah □ Proverbs 29

30 □ Obadiah □ Proverbs 30

31 □ Obadiah □ Proverbs 31



OBC Scripture Meditation Plan 2025

Some Bible Reading plans run through the Bible so quickly that you don't have time to understand and apply what you're reading. There's value in reading through the Bible in a year . . . but there's also value in reading it slowly and repeatedly to make sure you understand it. The second approach is what this Scripture Meditation Plan is all about. Each week you'll read and re-read one chapter of God's Word, allowing its truths to sink deeply into your heart and life. Each day you'll also read some Psalms or Proverbs to draw you into worship and give you new things to think about.

JANUARY

Meditation Passage Psalms of Day

1 ----- Reflection -----

2 ----- Reflection -----

3 ----- Reflection -----

4-5 ----- Reflection -----

6 □ John 1 □ Ps. 6,36,66,96,126

7 □ John 1 □ Ps. 7,37,67,97,127

8 □ John 1 □ Ps. 8,38,68,98,128

9 □ John 1 □ Ps. 9,39,69,99,129

10 □ John 1 □ Ps. 10,40,70,100,130

11-12 ----- Reflection -----

13 □ John 2 □ Ps. 13,43,73,103,133

14 □ John 2 □ Ps. 14,44,74,104,134

15 □ John 2 □ Ps. 15,45,75,105,135

16 □ John 2 □ Ps. 16,46,76,106,136

17 □ John 2 □ Ps. 17,47,77,107,137

18-19 ----- Reflection -----

20 □ John 3 □ Ps. 20,50,80,110,140

21 □ John 3 □ Ps. 21,51,81,111,141

22 □ John 3 □ Ps. 22,52,82,112,142

23 □ John 3 □ Ps. 23,53,83,113,143

24 □ John 3 □ Ps. 24,54,84,114,144

25-26 ----- Reflection -----

27 □ John 4 □ Ps. 27,57,87,117,147

28 □ John 4 □ Ps. 28,58,88,118,148

29 □ John 4 □ Ps. 29,59,89,119,149

30 □ John 4 □ Ps. 30,60,90,120,150

31 □ John 4 □ Ps. 31,61,91,121,151

FEBRUARY

Meditation Passage Psalms of Day

1-2 ----- Reflection -----

3 □ John 5 □ Ps. 3,33,63,93,123

4 □ John 5 □ Ps. 4,34,64,94,124

5 □ John 5 □ Ps. 5,35,65,95,125

6 □ John 5 □ Ps. 6,36,66,96,126

7 □ John 5 □ Ps. 7,37,67,97,127

8-9 ----- Reflection -----

10 □ John 6 □ Ps. 10,40,70,100,130

11 □ John 6 □ Ps. 11,41,71,101,131

12 □ John 6 □ Ps. 12,42,72,102,132

13 □ John 6 □ Ps. 13,43,73,103,133

14 □ John 6 □ Ps. 14,44,74,104,134

15-16 ----- Reflection -----

17 □ John 7 □ Ps. 17,47,77,107,137

18 □ John 7 □ Ps. 18,48,78,108,138

19 □ John 7 □ Ps. 19,49,79,109,139

20 □ John 7 □ Ps. 20,50,80,110,140

21 □ John 7 □ Ps. 21,51,81,111,141

22-23 ----- Reflection -----

24 □ John 8 □ Ps. 24,54,84,114,144

25 □ John 8 □ Ps. 25,55,85,115,145

26 □ John 8 □ Ps. 26,56,86,116,146

27 □ John 8 □ Ps. 27,57,87,117,147

28 □ John 8 □ Ps. 28,58,88,118,148

MARCH

Meditation Passage Psalms of Day

1-2 ----- Reflection -----

3 □ John 9 □ Ps. 3,33,63,93,123

4 □ John 9 □ Ps. 4,34,64,94,124

5 □ John 9 □ Ps. 5,35,65,95,125

6 □ John 9 □ Ps. 6,36,66,96,126

7 □ John 9 □ Ps. 7,37,67,97,127

8-9 ----- Reflection -----

10 □ John 10 □ Ps. 10,40,70,100,130

11 □ John 10 □ Ps. 11,41,71,101,131

12 □ John 10 □ Ps. 12,42,72,102,132

13 □ John 10 □ Ps. 13,43,73,103,133

14 □ John 10 □ Ps. 14,44,74,104,134

15-16 ----- Reflection -----

17 □ John 11 □ Ps. 17,47,77,107,137

18 □ John 11 □ Ps. 18,48,78,108,138

19	□	John	11	□	Ps. 19,49,79,109,139
20	□	John	11	□	Ps. 20,50,80,110,140
21	□	John	11	□	Ps. 21,51,81,111,141
22-23	----- Reflection -----				
24	□	John	12	□	Ps. 24,54,84,114,144
25	□	John	12	□	Ps. 25,55,85,115,145
26	□	John	12	□	Ps. 26,56,86,116,146
27	□	John	12	□	Ps. 27,57,87,117,147
28	□	John	12	□	Ps. 28,58,88,118,148
29-30	----- Reflection -----				
31	□	John	13	□	Ps. 31,61,91,121,151

APRIL

Meditation Passage	Psalms of Day
1 □ John	13 □ Ps. 1,31,61,91,121
2 □ John	13 □ Ps. 2,32,62,92,122
3 □ John	13 □ Ps. 3,33,63,93,123
4 □ John	13 □ Ps. 4,34,64,94,124
5-6	----- Reflection -----
7 □ John	14 □ Ps. 7,37,67,97,127
8 □ John	14 □ Ps. 8,38,68,98,128
9 □ John	14 □ Ps. 9,39,69,99,129
10 □ John	14 □ Ps. 10,40,70,100,130
11 □ John	14 □ Ps. 11,41,71,101,131
12-13	----- Reflection -----
14 □ John	15 □ Ps. 14,44,74,104,134
15 □ John	15 □ Ps. 15,45,75,105,135
16 □ John	15 □ Ps. 16,46,76,106,136
17 □ John	15 □ Ps. 17,47,77,107,137
18 □ John	15 □ Ps. 18,48,78,108,138
19-20	----- Reflection -----
21 □ John	16 □ Ps. 21,51,81,111,141
22 □ John	16 □ Ps. 22,52,82,112,142
23 □ John	16 □ Ps. 23,53,83,113,143
24 □ John	16 □ Ps. 24,54,84,114,144
25 □ John	16 □ Ps. 25,55,85,115,145
26-27	----- Reflection -----
28 □ John	17 □ Ps. 28,58,88,118,148
29 □ John	17 □ Ps. 29,59,89,119,149
30 □ John	17 □ Ps. 30,60,90,120,150

MAY

Meditation Passage	Psalms of Day
1 □ John	17 □ Ps. 1,31,61,91,121
2 □ John	17 □ Ps. 2,32,62,92,122
3-4	----- Reflection -----

5 □ John	18 □ Ps. 5,35,65,95,125
6 □ John	18 □ Ps. 6,36,66,96,126
7 □ John	18 □ Ps. 7,37,67,97,127
8 □ John	18 □ Ps. 8,38,68,98,128
9 □ John	18 □ Ps. 9,39,69,99,129
10-11	----- Reflection -----
12 □ John	19 □ Ps. 12,42,72,102,132
13 □ John	19 □ Ps. 13,43,73,103,133
14 □ John	19 □ Ps. 14,44,74,104,134
15 □ John	19 □ Ps. 15,45,75,105,135
16 □ John	19 □ Ps. 16,46,76,106,136
17-18	----- Reflection -----
19 □ John	20 □ Ps. 19,49,79,109,139
20 □ John	20 □ Ps. 20,50,80,110,140
21 □ John	20 □ Ps. 21,51,81,111,141
22 □ John	20 □ Ps. 22,52,82,112,142
23 □ John	20 □ Ps. 23,53,83,113,143
24-25	----- Reflection -----
26 □ John	21 □ Ps. 26,56,86,116,146
27 □ John	21 □ Ps. 27,57,87,117,147
28 □ John	21 □ Ps. 28,58,88,118,148
29 □ John	21 □ Ps. 29,59,89,119,149
30 □ John	21 □ Ps. 30,60,90,120,150
31	----- Reflection -----

JUNE

Meditation Passage	Psalms of Day
1	----- Reflection -----
2 □ 1 Thess.	1 □ Ps. 2,32,62,92,122
3 □ 1 Thess.	1 □ Ps. 3,33,63,93,123
4 □ 1 Thess.	1 □ Ps. 4,34,63,94,124
5 □ 1 Thess.	1 □ Ps. 5,35,65,95,125
6 □ 1 Thess.	1 □ Ps. 6,36,66,96,126
7-8	----- Reflection -----
9 □ 1 Thess.	2 □ Ps. 9, 39,69,99,129
10 □ 1 Thess.	2 □ Ps. 10,40,70,100,130
11 □ 1 Thess.	2 □ Ps. 11,41,71,101,131
12 □ 1 Thess.	2 □ Ps. 12,42,72,102,132
13 □ 1 Thess.	2 □ Ps. 13,43,73,103,133
14-15	----- Reflection -----
16 □ 1 Thess.	3 □ Ps. 16,46,76,106,136
17 □ 1 Thess.	3 □ Ps. 17,47,77,107,137
18 □ 1 Thess.	3 □ Ps. 18,48,78,108,138
19 □ 1 Thess.	3 □ Ps. 19,49,79,109,139
20 □ 1 Thess.	3 □ Ps. 20,50,80,110,140
21-22	----- Reflection -----

23 □ 1 Thess.	4 □ Ps. 23,53,83,113,143
24 □ 1 Thess.	4 □ Ps. 24,54,84,114,144
25 □ 1 Thess.	4 □ Ps. 25,55,85,115,145
26 □ 1 Thess.	4 □ Ps. 26,56,86,116,146
27 □ 1 Thess.	4 □ Ps. 27,57,87,117,147
28-29	----- Reflection -----
30 □ 1 Thess.	5 □ Ps. 30,60,90,120,150

JULY

Meditation Passage	Proverb of Day
1 □ 1 Thess.	5 □ Proverbs 1
2 □ 1 Thess.	5 □ Proverbs 2
3 □ 1 Thess.	5 □ Proverbs 3
4 □ 1 Thess.	5 □ Proverbs 4
5-6	----- Reflection -----
7 □ 2 Thess.	1 □ Proverbs 7
8 □ 2 Thess.	1 □ Proverbs 8
9 □ 2 Thess.	1 □ Proverbs 9
10 □ 2 Thess.	1 □ Proverbs 10
11 □ 2 Thess.	1 □ Proverbs 11
12-13	----- Reflection -----
14 □ 2 Thess.	2 □ Proverbs 14
15 □ 2 Thess.	2 □ Proverbs 15
16 □ 2 Thess.	2 □ Proverbs 16
17 □ 2 Thess.	2 □ Proverbs 17
18 □ 2 Thess.	2 □ Proverbs 18
19-20	----- Reflection -----
21 □ 2 Thess.	3 □ Proverbs 21
22 □ 2 Thess.	3 □ Proverbs 22
23 □ 2 Thess.	3 □ Proverbs 23
24 □ 2 Thess.	3 □ Proverbs 24
25 □ 2 Thess.	3 □ Proverbs 25
26-27	----- Reflection -----
28 □ Philemon	□ Proverbs 28
29 □ Philemon	□ Proverbs 29
30 □ Philemon	□ Proverbs 30
31 □ Philemon	□ Proverbs 31

AUGUST

Meditation Passage	Proverb of Day
1 □ Philemon	□ Proverbs 1
2-3	----- Reflection -----
4 □ Titus	1 □ Proverbs 4
5 □ Titus	1 □ Proverbs 5
6 □ Titus	1 □ Proverbs 6
7 □ Titus	1 □ Proverbs 7

8 □ Titus	1 □ Proverbs 8
9-10	----- Reflection -----
11 □ Titus	2 □ Proverbs 11
12 □ Titus	2 □ Proverbs 12
13 □ Titus	2 □ Proverbs 13
14 □ Titus	2 □ Proverbs 14
15 □ Titus	2 □ Proverbs 15
16-17	----- Reflection -----
18 □ Titus	3 □ Proverbs 18
19 □ Titus	3 □ Proverbs 19
20 □ Titus	3 □ Proverbs 20
21 □ Titus	3 □ Proverbs 21
22 □ Titus	3 □ Proverbs 22
23-24	----- Reflection -----
25 □ Hebrews	1 □ Proverbs 25
26 □ Hebrews	1 □ Proverbs 26
27 □ Hebrews	1 □ Proverbs 27
28 □ Hebrews	1 □ Proverbs 28
29 □ Hebrews	1 □ Proverbs 29
30-31	----- Reflection -----

SEPTEMBER

Meditation Passage	Proverb of Day
1 □ Hebrews	2 □ Proverbs 1
2 □ Hebrews	2 □ Proverbs 2
3 □ Hebrews	2 □ Proverbs 3
4 □ Hebrews	2 □ Proverbs 4
5 □ Hebrews	2 □ Proverbs 5
6-7	----- Reflection -----
8 □ Hebrews	3 □ Proverbs 8
9 □ Hebrews	3 □ Proverbs 9
10 □ Hebrews	3 □ Proverbs 10
11 □ Hebrews	3 □ Proverbs 11
12 □ Hebrews	3 □ Proverbs 12
13-14	----- Reflection -----
15 □ Hebrews	4 □ Proverbs 15
16 □ Hebrews	4 □ Proverbs 16
17 □ Hebrews	4 □ Proverbs 17
18 □ Hebrews	4 □ Proverbs 18
19 □ Hebrews	4 □ Proverbs 19
20-21	----- Reflection -----
22 □ Hebrews	5 □ Proverbs 22
23 □ Hebrews	5 □ Proverbs 23
24 □ Hebrews	5 □ Proverbs 24
25 □ Hebrews	5 □ Proverbs 25
26 □ Hebrews	5 □ Proverbs 26