

FOUNDATIONS

A 260-DAY BIBLE READING PLAN FOR BUSY **TEENS**

ROBBY & KANDI GALLATY



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Finally, we are most thankful for our relationship with God through His Son Jesus Christ. As the walking Word, He has kept us from wandering without direction and guidance. His Word is a lamp to our feet and a light to our path. We are enamored by the truths embedded within the Word for those who take the time to read, meditate, and memorize it.

Our prayer is that many people will develop a passion and love for the Word of God through the daily reading of it.

FOREWORD

One of the foundational elements of becoming a disciple is the process of learning how to interact with and comprehend Scripture on our own.

As a student pastor, one of my greatest desires for students is that they come to a place where the Bible is comfortable in their hands. To truly accomplish this, I make every effort to help students see the power of God's Word in their lives. I also want students to realize the importance of spending time in Scripture every day as a part of their own walk with Christ.

This resource is the perfect tool to facilitate this kind of relationship with God's Word. While it serves as an excellent guide for reading the Bible daily, the real strength is in the H.E.A.R. method that Robby Gallaty has developed. This is one of the easiest and most effective Bible study methods I have seen.

I encourage you to commit today to learning how to study the Word of God. Take this part of your walk with Christ seriously. Devote time to it every day. Find a friend to journey through this process with you, and hold each other accountable. Then watch as God works in your life to reveal the truth of His Word to you.

John Paul Basham
Manager, LifeWay Student Ministry Publishing

ABOUT THE AUTHORS



ROBBY GALLATY is the Senior Pastor of Long Hollow Baptist Church in Hendersonville, TN. He was radically saved out of a life of drug and alcohol addiction on November 12, 2002. In 2008, he founded Replicate Ministries to educate, equip, and empower men and women to be disciples who make disciple-makers (www.replicate.org). He is also the author of *Growing Up: How to Be a Disciple Who Makes Disciples* (B&H Books, 2013), *Firmly Planted: How to Cultivate a Faith Rooted in Christ* (B&H Books, 2015), and *Rediscovering Discipleship: Making Jesus' Final Words Our First Work* (Zondervan, 2015).



KANDI GALLATY has been investing in the lives of women for over a decade. She believes that there are two major sources to draw from when investing in the lives of others: God's Word and God's working in one's life. 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. Kandi and Robby are intentional about investing in their two boys, Rig and Ryder.



LAURA MAGNESS is a content specialist for LifeWay's Discipleship in Context and smallgroup.com. She is a graduate of Samford University and Dallas Theological Seminary, and she now lives in Nashville, TN, with her husband and their two young sons.

INTRODUCTION

When I was a new believer, I used the “OPRA” technique for reading the Bible: I would randomly *Open* the Bible, *Point* to a passage, *Read* the verse, and try to figure out a way to *Apply* it to my life. Thankfully, I didn’t land on the Scripture that says, “He [speaking of Judas Iscariot] went and hanged himself” (Matt 27:5). Reading random Scriptures will not provide solid biblical growth any more than eating random foods out of your pantry will provide solid physical growth. An effective reading plan is required.

My wife, Kandi, and I recently developed, along with the help of our Replicate team, a reading plan called the Foundational 260. The F-260 is a 260-day reading plan that highlights the foundational passages of Scripture every disciple should know. After failed attempts of reading through the Bible in a year with previous discipleship groups, I wanted a manageable plan that believers who had never read the Bible before could complete.

The plan expects believers to read 1 or 2 chapters a day for 5 days each week, with an allowance for weekends off. The 2 off-days a week are built in so you may catch up on days where you’re unable to read. With a traditional reading plan of 4 to 5 chapters a day, unread chapters can begin to pile up, forcing us to skip entire sections to get back on schedule. It reduces Bible reading to a system of box-checking instead of a time to hear from God. The required reading also makes it difficult to sit and reflect on what you’ve read for that day.

In order to digest more of the Word, the F-260 encourages believers to read less and to keep a H.E.A.R. journal.

HOW DO I LOG A H.E.A.R. JOURNAL ENTRY?

The H.E.A.R. 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.

The acronym H.E.A.R. 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 not seem like a big deal, but it is extremely important to seek God's guidance in order to understand His Word (1 Cor. 2:12-14). Every time we open our Bibles, we should pray the simple prayer that David prayed: "Open my eyes so that I may contemplate wonderful things from Your instruction [Word]" (Ps. 119:18).

After praying for the Holy Spirit's guidance, open your 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.

After you have highlighted the passage, 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. 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 Holy Spirit include this passage in the book?
- What is He intending to communicate through this text?

At this point, you are beginning the process of discovering the specific and personal word that God has for you from His Word. What is important is that you are engaging the text and wrestling with its meaning.

After writing a short summary of what you think the text means, 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 help me?
- What does this mean today?
- What would the application of this verse look like in my life?
- What does this mean to me?
- What is God saying to me?

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, write the letter “R” for *Respond*. 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 H.E.A.R. formula are action words: Highlight, Explain, Apply, and Respond. God does not want us to sit back and wait for Him to drop some truth into our laps. Instead of waiting passively, God desires that we actively pursue Him. Jesus said,

“Keep asking, and it will be given to you. Keep searching, and you will find. Keep knocking, and the door will be opened to you” (Matt. 7:7).

Think of the miracle of the Bible. Over centuries of time, God supernaturally moved upon a number of men in an unusual way that resulted in them writing the exact words of God. God led His people to recognize these divine writings and to distinguish them from everything else that has ever been written. Then God's people brought these sixty-six books together. The preservation and survival of the Bible is as miraculous as its writing. Then God gave men, beginning with Gutenberg's printing press, 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

While many plans for memorizing Scripture are effective, a simple system has been effective for me. All you need is a pack of index cards and a committed desire to memorize God's Word. It's easy: write the reference of the verse on one side of the card and the text of the verse on the other. Focus on five verses at a time, and carry your pack of Scripture cards with you.

Throughout the day, whenever you have a few minutes, pull out your pack of Scripture cards and review them. Read the reference first, followed by the verse. Continue to recite the verse until you get a feel for the flow of the passage. When you are comfortable with the text, look only at the reference side of the card in order to test your recall.

It is important to recite the reference first, then the verse, and finish with the reference again. This will prevent you from becoming a concordance cripple. As a new believer, I was forced to look up every verse in the concordance at the back of my Bible. Sometimes, when I quoted a Scripture while witnessing, the person would ask me, "Where did you get that?" I could only respond, "Somewhere in the Bible." As you can imagine, that is not effective when sharing with others! By memorizing the references, you will speak with authority and gain the respect of your hearers when you quote Scripture.

When you master five verses, begin to study five more. Review all of the verses you have learned at least once a week. As your pack grows, you will be encouraged to keep going in Scripture memorization, and you will experience its powerful effects in your life.

For an example of a H.E.A.R. entry, refer to page 272. For disciple-making resources check out our website: www.replicate.org

1//GENESIS 1–2

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

A person's worldview is defined by how they see or think about the world. The first two chapters of the Bible establish the biblical worldview all Christians should have when it comes to how they think about 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 humans in His image, linking our identity to His own. He also made male and female as partners who complement one another and model unity within the diversity that is found in the body of Christ.

As you read the Bible this week...

HIGHLIGHT the verses that speak to you.

Write out the name of the book:

Which chapter and verse numbers stand out to you?

EXPLAIN what this passage means.

To whom was it originally written? Why?

How does it fit with the verses before and after it?

What is the Holy Spirit intending to communicate through this text?

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

What does this mean today?

What is God saying to you personally?

How can you apply this message to your life?

RESPOND to what you've read.

In what ways does this passage call you to action?

How will you be different because of what you've learned?

Write out a prayer to God in response to what you read today:

2//GENESIS 3–4

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

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 creations 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.

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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 immorality and corruption. 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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4//GENESIS 8–9

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

Genesis 8–9 record 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 Noachic 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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5//JOB 1–2

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

The Book of Job addresses the issue of why God allows 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 remind 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 the 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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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 One 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 Him.

As you read the Bible this week...

HIGHLIGHT the verses that speak to you.

Write out the name of the book:

Which chapter and verse numbers stand out to you?

EXPLAIN what this passage means.

To whom was it originally written? Why?

How does it fit with the verses before and after it?

What is the Holy Spirit intending to communicate through this text?

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

What does this mean today?

What is God saying to you personally?

How can you apply this message to your life?

RESPOND to what you've read.

In what ways does this passage call you to action?

How will you be different because of what you've learned?

Write out a prayer to God in response to what you read today:

7//JOB 40–42

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

After being reminded of God’s holiness and power, Job could do nothing but confess his sins, turn back to God, and renew his trust in the Lord. He humbly said, “I ... repent in 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. 2:7). 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 imitate Job’s practice of confession and repentance, continually removing anything from our hearts, thoughts, and lives that keeps us from trusting God in all things.

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8//GENESIS 11–12

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

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 who were created by God to glorify Him put their efforts toward glorifying themselves instead. And yet again, humanity’s sin brought God’s judgment. But 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 through the genealogical line of Abram, and through whom all people have access to the grace and redemption of God.

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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 still 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 the gospel—the death and resurrection of Jesus for our salvation—God considers us righteous, too.

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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 without God paled in comparison to the grandeur of His 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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11//GENESIS 18–19

MEMORY VERSES: ROMANS 4:20-22; HEBREWS 11:17-19

In Genesis 18, three visitors appeared to Abraham and reaffirmed God's promise to give Abraham and Sarah a son. Just before the visitors left, Abraham learned that God was about to judge the cities of Sodom and Gomorrah for their sins. Abraham questioned God's mercy and justice, and when God stated that He would spare the city for 10 righteous people, Abraham understood the extent of God's love and mercy (18:22-33). Unfortunately, God already knew that 10 righteous people would not be found in the city, and chapter 19 records the destruction that came to them as a result. Sin is a violation of the very character of God, and because He is just, He must take action against it. Thankfully, the finality of God's action against sin took place at the cross, when Jesus bore God's wrath for our sin once and for all.

As you read the Bible this week...

HIGHLIGHT the verses that speak to you.

Write out the name of the book:

Which chapter and verse numbers stand out to you?

EXPLAIN what this passage means.

To whom was it originally written? Why?

How does it fit with the verses before and after it?

What is the Holy Spirit intending to communicate through this text?

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

What does this mean today?

What is God saying to you personally?

How can you apply this message to your life?

RESPOND to what you've read.

In what ways does this passage call you to action?

How will you be different because of what you've learned?

Write out a prayer to God in response to what you read today:

12//GENESIS 20–21

MEMORY VERSES: ROMANS 4:20-22; HEBREWS 11:17-19

Despite God’s continued faithfulness, Abraham still had a hard time learning to trust God in all things. Afraid for his life, Abraham lied about Sarah’s identity as his wife and put the entire kingdom in jeopardy. Even so, God’s faithfulness to His covenant promises shone through as He protected Abraham in spite of his sin. Next, as God had promised, Sarah became pregnant by Abraham and delivered a son at the exact time God had specified. These two chapters speak to God’s promise-keeping nature. Thankfully, as Abraham’s life demonstrates, God is faithful to His promises no matter how many times His children sin and stumble. God’s love outweighs even our biggest weaknesses.

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13//GENESIS 22

MEMORY VERSES: ROMANS 4:20-22; HEBREWS 11:17-19

The story of Abraham's testing in Genesis 22 is one of the most famous stories about his life. After waiting years for God to fulfill His promise of a son, imagine Abraham's shock when God asked him to sacrifice his "only son" to Him. Immediately Abraham set off to obey God in faith, but as Abraham prepared to sacrifice his son, God stopped him and provided a sacrificial ram in Isaac's place. Abraham's willingness to sacrifice his son in obedience to God reminds us how God has done the same for us. God gave His "only Son," Jesus, to die for us as a sacrifice for our sins. If God is willing to sacrifice the One He loves most, why would we not offer everything, even our lives, as living sacrifices back to Him (Rom. 12:1-2)?

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14//GENESIS 24

MEMORY VERSES: ROMANS 4:20-22; HEBREWS 11:17-19

Time and again throughout Abraham's story, we see God faithfully keep the promises He made to Abraham. One of those promises was that Abraham's offspring would inherit the land of Canaan, which became known as the promised land (Gen. 12:7). Realizing he was getting old, Abraham planned for Isaac's future. He summoned a servant and sent him to find a wife for Isaac. Abraham was confident that God's hand would guide them, so his servant also trusted that it would happen, and it did. Through a series of events, God revealed that Rebekah was to be Isaac's future wife. This part of Abraham's story reminds us that our all-knowing, all-powerful God is continually at work in and through us to accomplish His good purposes.

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