

FOUNDATIONS NEW TESTAMENT

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

ROBBY & KANDI GALLATY

WITH GUS HERNANDEZ & TIM LAFLEUR



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ABOUT THE AUTHORS



ROBBY GALLATY is the senior pastor of Long Hollow Baptist Church in Hendersonville, Tennessee. He was radically saved from 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's the author of *Growing Up: How to Be a Disciple Who Makes Disciples* (B&H, 2013), *The Forgotten Jesus: How Western Christians Should Follow an Eastern Rabbi* (Zondervan, 2017), *Rediscovering Discipleship: Making Jesus' Final Words Our First Work* (Zondervan, 2015), *Here and Now: Thriving in the Kingdom of Heaven Today* (B&H, 2019), and *Foundations: A 260-Day Bible Reading Plan for Busy Believers* (LifeWay, 2015).



KANDI GALLATY has been investing in the lives of women for over a decade. She believes 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's passionate about cultivating a biblical worldview from the truths of Scripture and about teaching women how to steward the life experiences and lessons God has allowed in their lives. Together, Kandi and Robby lead Replicate Ministries. Kandi loves being a pastor's wife and serving alongside her husband at Long Hollow Baptist Church. Kandi and Robby are the proud and thankful parents of two boys, Rig and Ryder. Kandi is the author of *Disciple Her: Using the Word, Work, and Wonder of God to Invest in Women* (B&H, 2019) and the coauthor with Robby of *Foundations: A 260-Day Bible Reading Plan for Busy Believers* (LifeWay, 2015).



GUS HERNANDEZ JR. is the spiritual formation pastor at Long Hollow Baptist Church, where he serves on the executive team, providing direction and oversight for the church's disciple-making strategy. He also serves on the board of Replicate Ministries, equipping pastors and leaders to create a disciple-making culture in their churches by providing training, coaching, and resources. Before joining Long Hollow, Gus was the college pastor at Christ Fellowship Miami, where he was involved in planting and starting new college and young-adult ministries across Miami. Gus is passionate about equipping people to become disciples who make disciples.



TIM LAFLEUR served for twenty years as the campus minister at Nicholls State University in Thibodaux, Louisiana. He pastored churches for thirty years, many while at Nicholls State. Tim was the disciple-making pastor at Brainerd Baptist Church in Chattanooga, Tennessee, for four years. He assisted in expanding the discipleship ministry from twelve people the first year to more than twelve hundred in 2015. He currently serves as the equipping pastor at Long Hollow Baptist Church.



LAURA MAGNESS is the director of children's ministry at Trinity Church in Nashville, Tennessee. Originally from Lexington, Kentucky, she moved to Nashville by way of Samford University and Dallas Theological Seminary, where she received a BA in English and an MA in biblical studies, respectively. Previously, Laura spent ten years as an editor and a writer at LifeWay Christian Resources. Laura has contributed to several books and Bible-study resources, including *Foundations: A 260-Day Bible-Reading Plan for Busy Believers* and smallgroup.com. She and her husband, Nathan, are the parents of two boys.

INTRODUCTION

When I was a new believer, I used the OPRA method for reading the Bible. Maybe you know it: I randomly *opened* the Bible, *pointed* to a passage, *read* the verse, and tried to figure out a way to *apply* it to my life.

That's not how God intended it. Reading random Scriptures won't help you grow biblically any more than eating random food from your pantry will help you grow physically.

You have to have a plan.

That's where Foundations 260 New Testament comes in. The F-260 NT helps you read the entire New Testament in a year, starting with one Gospel each quarter and moving chronologically through Acts and the Letters. Every chapter of the New Testament will be covered in 260 days.

All that's asked of you is to read one chapter a day, five days a week. That's it. No late nights cramming in six chapters, no lists of questions to answer, no homework. Just one chapter a day. We've even built in time to let you take weekends off to catch up on days when you're unable to read.

Because I get it, believe me—stuff piles up. School, work, practices, games, performances, exams, trips... reading the entire New Testament may not be high on your priorities list this year. Traditional Bible reading plans ask you to read four or five chapters every day, leaving unread chapters piling up like homework and forcing you to skip entire sections to get back on schedule.

This is not a traditional plan. And the Bible is *not* homework. It's a sacred time to hear from God. The New Testament is the culmination of the greatest story ever told: God meeting us here on earth so that He could give His life to cleanse us of our sins. It's beautiful and redemptive, full of wisdom and guidance that can change your life. You need time to sit and reflect on what God wants you to hear and how you'll take it with you. The F-260 NT encourages believers to digest more of the Word by reading less—and by keeping a HEAR journal.

HOW DO I LOG A HEAR JOURNAL ENTRY?

The HEAR 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.

HEAR stands for *highlight*, *explain*, *apply*, and *respond*. It's all about creating an atmosphere where you can hear God speak. God can speak to us anywhere: on the bus, between classes, in our bedrooms, or waiting to pick up our little brothers from practice. But we have to be

listening. If you can commit to finding a consistent time to read Scripture and focus on what God has to say, you'll be ready to hear from Him.

Here's how it works. Say you're about to start 2 Timothy. Before reading the day's text, pause to sincerely ask God to 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] (Ps. 119:18).*

After praying for the Holy Spirit's guidance, open your book or journal and in the upper left-hand corner write the letter H. This will remind you to read with a purpose. 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, write the letter E. 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, next write the letter A. Beneath it, write *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?
- What is God saying to me?

Challenge yourself to write between two and 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.

Finally, below the first three entries, write the letter R, 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, the name of a person to pray for, or a friend who needs to hear the gospel.

You can see an example of a HEAR entry on page 270. Notice that all of the words in the HEAR 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:

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, God supernaturally led multitudes of people to write down the exact words of God. He led them to recognize that these words were divine, different from anything else that has ever been written. God's people brought these sixty-six books together and preserved them, an act almost as miraculous as its writing. Finally, God gave His people, starting with Gutenberg and his printing press, 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

The Bible isn't only meant to be read—it's meant to be remembered. Each week the F-260 NT provides three options to help you memorize Scripture. Options 1 and 2 come from Psalms and Proverbs, while option 3 is a one-year plan to memorize Jesus' Sermon on the Mount. Choose one of the three options or mix them up however you like.

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. 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.

A HOLY PRIVILEGE

Reading the Bible is one of the greatest privileges of being a Christian. This is God's Word, transmitted through history to you. I'm really excited that you're ready to go deeper—to stop the madness of your life for a few minutes a day and hear the amazing things God has in store for you. Making that decision changed my life.

I know it can change yours, too.

Robby Gallaty

1//LUKE 1

MEMORY VERSES: PSALM 1:1-2; PROVERBS 1:7; MATTHEW 5:1-2

The Bible is divided into two parts, the Old Testament and the New Testament. The Old Testament tells how God created a perfect world; how sin corrupted that perfect world (our rebellion against God); and the redemptive relationship God established with the Israelites, whom God appointed as His chosen people. In the Old Testament, God repeatedly promised that He would send a Savior to redeem His people from their sin. But 400 years passed between the Old and New Testaments when God was silent. He made no promises; He offered no new hope. Thankfully, God didn't remain silent forever.

The Gospel of Luke begins with angelic announcements of two historic births: John the Baptist and Jesus. The birth stories of these two men were intricately linked. The angels' descriptions of both men reveal key information about who Jesus was and why He came. Jesus was the Son of God, and His name means "Deliverer" or "Savior." He came to save God's people from their bondage to sin. But for Jesus, that didn't mean saving just God's people, the Israelites. As Luke will show us, it meant offering His gift of salvation to anyone and everyone who would believe in Him as "the way of peace" (1:79). This is the gospel, the good news with which the New Testament begins.

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//LUKE 2

MEMORY VERSES: PSALM 1:1-2; PROVERBS 1:7; MATTHEW 5:1-2

Luke 2 provides the account of Jesus' birth and childhood. Mary gave birth to Jesus in Bethlehem, an event that became a reason for all people to celebrate. An angel reported the good news to shepherds as a heavenly host sang God's praise. After Jesus' birth, Mary and Joseph fulfilled the important Jewish rites of the circumcision and purification sacrifice at the temple in Jerusalem, and at age twelve, Jesus traveled with Mary and Joseph to the temple. He spent time speaking with the teachers, who were amazed by His wisdom. He then returned with His family to Nazareth.

From the beginning of Jesus' story, we learn that God's Son wouldn't fit people's expectations of the Messiah, the great Deliverer of the Jews. In fact, we quickly realize that the invitation to know Jesus extends to everyone, regardless of class, education, race, or position. God has limitless, unconditional, equal love for all people. We're called to have the same mindset as we obey His call to share the gospel.

H

E

A

R

3//LUKE 3

MEMORY VERSES: PSALM 1:1-2; PROVERBS 1:7; MATTHEW 5:1-2

Luke began his Gospel with Gabriel’s prediction of John the Baptist’s birth and the critical role John would play in preparing people to meet Jesus, the Messiah. In Luke 3 we see the fulfillment of that prediction. John’s ministry also fulfilled the prophet Isaiah’s prophecy about one who would “prepare the way for the Lord” (v. 4) and help bring God’s salvation into focus. The message John preached wasn’t a pleasant one, but it was critical and life-changing. He called people to repentance, to turn from their sin toward the right living God prescribed in the Old Testament law. Because of his bold call to repentance, people wondered whether John was the Messiah, but he quickly corrected them by drawing attention to Jesus.

The climactic moment of John’s ministry came when he baptized Jesus. Unlike all the other baptisms John performed, this one set Jesus apart as God’s chosen Son, the One whom He had sent to save the world from its sins. Through baptism Jesus began His earthly ministry, aligned Himself with the message John preached of salvation and repentance, and provided us with an example to follow.

This chapter ends with Jesus’ genealogy, which Luke traced through David all the way back to Adam in order to highlight Jesus’ authority to carry out God’s mission of salvation.

H

E

A

R

4//LUKE 4

MEMORY VERSES: PSALM 1:1-2; PROVERBS 1:7; MATTHEW 5:1-2

After validating Jesus' identity and establishing His authority as the Son of God, Luke began chapter 4 with Satan's temptation of Jesus in the desert. Before Jesus' earthly ministry even began, Satan called into question Jesus' divine nature and tried to convince Him to turn against His Heavenly Father. But because Jesus was "full of the Holy Spirit" (v. 1), the devil didn't stand a chance. Jesus' responses to Satan remind us that we have the power we need to withstand Satan's temptations when we obey the Word of God and depend on God to give us the strength we need.

Still "in the power of the Spirit" (v. 14), Jesus returned to Galilee from the desert and officially began His ministry of salvation. The quoted text from Isaiah 61 establishes key responsibilities God gave His Messiah, ones Jesus intended to fulfill. The responsibilities listed in Luke 4:18-19 center on the good news of the gospel and the freedom from sin's bondage that the gospel provides. Jesus makes new life available to all of us who are spiritually poor, captive, blind, and oppressed. Although not everyone appreciated Jesus' message of hope and ministry of healing, He was fully committed to His mission. The teachings in verses 31-32 and 42-44 highlight the unique authority of Jesus' words, and the healings in verses 38-41 (the first of many the physician Luke recounted) back up His words with divine power. Jesus is the Messiah, and true freedom is found in Him alone.

H

E

A

R

5//LUKE 5

MEMORY VERSES: PSALM 1:1-2; PROVERBS 1:7; MATTHEW 5:1-2

Early in His ministry Jesus called disciples to join Him. This was a huge request: These men would have to give up their lives and jobs and become fully devoted followers who would learn from Him, travel with Him, and eventually continue His ministry by spreading the gospel throughout the world. It might even cost them their lives. But after witnessing a miracle that revealed Jesus' power over the natural world, the first disciples "left everything, and followed him" (v. 11).

Toward the end of Luke 5, Jesus made a critical statement about the goal of His ministry on earth: "It is not those who are healthy who need a doctor, but those who are sick. I have not come to call the righteous, but sinners to repentance" (vv. 31-32). Through the miracles recorded in this chapter, we learn that Jesus used physical healing to prove that He also had the power to forgive sins. Miraculous acts like the cleansing of a leper and the healing of a paralytic may seem powerful to us, but the more important—and much more costly—miracle Jesus provides is to offer a way for people who are dead in their sins to find new life in God. Jesus' forgiveness and grace make that possible.

Jesus' encounter with the tax collector, Levi (vv. 27-32), reminds us that Jesus' grace has no limits. No one has sinned so greatly or wandered so far that God's love and forgiveness can't reach him or her. From the first disciples to the religious leaders that bookend this chapter, we're reminded that Jesus cares about every individual heart.

H

E

A

R
