

BIBLE READING PLAN FOR TEEN GIRLS



FOUNDATIONS

Old Testament

A 260-DAY BIBLE READING PLAN FOR *Teen Girls*

Kandi Gallaty





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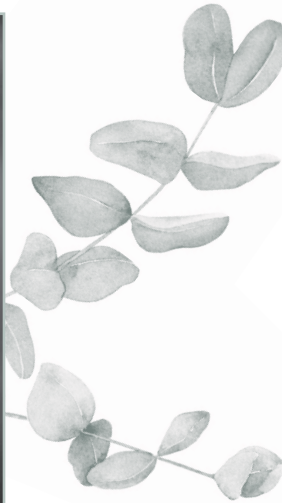
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About the Author



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).



OPEN MY EYES SO THAT
I MAY CONTEMPLATE
WONDROUS THINGS FROM
YOUR INSTRUCTION.

— PSALM 119:18 —



What is 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 younger siblings 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, you will begin with **H (Hear)**. 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, move to letter **E (Explain)**. 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 (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, move to the letter **R (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 below. 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).

SAMPLE HEAR ENTRY

READ: Philippians 4:10-13

DATE: 12/22/21

TITLE: The Secret of Contentment

HIGHLIGHT

"I am able to do all things through Him who strengthens me" (Phil. 4:13).

EXPLAIN

Paul was telling the church at Philippi that he had 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.

APPLY

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

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.



My Discipleship Group

You can totally walk through this Bible reading plan on your own, but we aren't meant to walk with Jesus alone. This is a great opportunity to bring together 2-4 of your friends to form a discipleship group (also known as a D-group). Use this Bible reading plan as a method of going through God's Word together, then challenge each other to live out what you read through discussion, accountability, and prayer. Don't forget to have fun together while doing it.

(If you're a leader, we have a guide just for you located in the back of this book on pages 285-287.)

Who's in your group? Write their names below.

What are 2-3 goals you want to set as a group for this next year?

[illegible]

Prayer Requests

Keep a record of any major prayer requests from your D-group on this page. Write down the request, the person who asked for prayer, and the date. See what God does in and through your group this year.



Memorizing the Word

The Bible isn't only meant to be read—it's meant to be remembered. Throughout your reading plan, you will have thirteen check-in pages. On each of the check-in pages, you have been given a portion of Scripture to memorize over the next four weeks.

There are so many 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 from 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. However, the ultimate goal is not to have a head full of knowledge, but to have God's Word stored up in your heart (Ps 119:11). As your stack grows, you'll experience Scripture's powerful effects in your life.



Quick Scripture Reference Guide

ANXIETY

- Psalm 94:19
- Proverbs 12:25
- Matthew 6:34
- Philippians 4:6-7
- 1 Peter 5:7

DEPRESSION

- Deuteronomy 31:8
- Psalm 34:17-18
- Psalm 23:4
- Philippians 4:8
- 2 Corinthians 1:3-4

DOUBT

- James 1:6
- James 1:5-8
- Mark 9:24
- Jeremiah 29:11-13
- Hebrews 11:1-40

FEAR

- Proverbs 3:5-6
- 2 Timothy 1:7
- Joshua 1:9
- Psalm 56:3
- John 14:27

GOSSIP

- Ephesians 4:29
- James 1:26
- Proverbs 10:19
- Proverbs 18:8
- Proverbs 18:21

JOY

- Romans 15:13
- Philippians 4:4
- Psalm 16:11
- Psalm 30:5
- Galatians 5:22-23

PEACE

- Isaiah 26:3
- Matthew 11:28
- John 14:27
- Psalm 119:165
- Romans 16:20

SELF-IMAGE

- Psalm 139:13-14
- Philippians 4:13
- Psalm 46:5
- Proverbs 31:25
- Psalm 28:76
- 1 Corinthians 25:10

SEX

- Hebrews 13:4
- 1 Corinthians 6:18
- 1 Corinthians 7:2
- Genesis 2:24
- 1 Thessalonians 4:3-5

TEMPTATION

- James 1:13-18
- James 4:7
- Ephesians 6:10-18
- Hebrews 4:15
- Hebrews 4:15

TRUST

- Jeremiah 17:7-8
- Psalm 56:3
- Isaiah 43:2
- Psalm 143:8
- Hebrews 13:6

CHECK-IN 1

Welcome to your first check-in! There will be thirteen check-ins throughout your reading plan. Don't let this make you believe your time in God's Word is merely a box to check. They are here to encourage you as you make progress through the entire Old Testament.

WEEK 1

- ☐ Genesis 1
- ☐ Genesis 2
- ☐ Genesis 3
- ☐ Genesis 4
- ☐ Genesis 6

☐ ⊕ Bonus Readings

WEEK 3

- ☐ Genesis 15
- ☐ Genesis 16
- ☐ Genesis 17
- ☐ Genesis 18
- ☐ Genesis 19

☐ ⊕ Bonus Readings

WEEK 2

- ☐ Genesis 7
- ☐ Genesis 8
- ☐ Genesis 9
- ☐ Genesis 11
- ☐ Genesis 12

☐ ⊕ Bonus Readings

WEEK 4

- ☐ Genesis 20
- ☐ Genesis 21
- ☐ Genesis 22
- ☐ Genesis 24
- ☐ Genesis 25

☐ ⊕ Bonus Readings

MEMORIZE THE WORD

Over the next four weeks, memorize Psalm 1. For tips on how to best memorize Scripture, check out page 10.



SCAN THIS QR CODE TO ACCESS A FUN SURPRISE!

1//GENESIS 1

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?

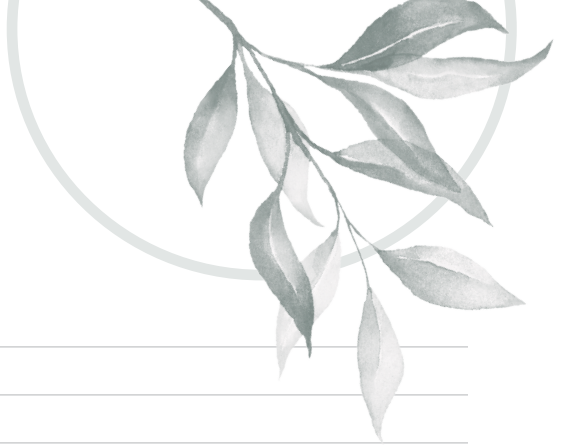
Write out a prayer to God in response to what you read today:

WHAT ELSE SHOULD I KNOW? Genesis, the first book of the Bible, starts at the most logical place imaginable: the very beginning. In the first chapter, we are going to see some of the most foundational truths about who God is: He is Creator, He is eternal, and He is sovereign over every aspect of creation. More than that, He created mankind with a special privilege: to know, delight in, and walk with Him.



CHALLENGE: If possible, get out in God's creation today. Look around you and reflect on how it might reveal God's character.

⊕ BONUS READING: PSALM 1



2//GENESIS 2

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WHAT ELSE SHOULD I KNOW? The first chapter showed us an overview of God's creative process. Now, in Chapter 2, we will take a closer look at one of the more personal aspects of creation: the creation of mankind in His image. Chapter 2 will reveal how we were created for community both with each other and with our Creator—a concept that leaves Adam, in verse 23, rejoicing in song!



QUESTION: What do you think it means to be made in the image of God? What responsibilities does that carry with it?

⊕ BONUS READING: PSALM 2

3//GENESIS 3

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WHAT ELSE SHOULD I KNOW? When God finished creation, He called it “very good.” But in Chapter 3, we are going to see an act of rebellion that caused very good to turn bad—quickly. When Adam and Eve disobeyed God’s command, they ushered in a series of consequences that the rest of human history has been dealing with, as well. But even when God explained the consequences of their sin, He still spoke whispers of hope of the day those consequences would be conquered forever.



DEFINE: Based on this passage of Scripture, define *sin* in your own words. Feel free to use a dictionary to help you form your definition.

⊕ BONUS READING: PSALM 3



4//GENESIS 4

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WHAT ELSE SHOULD I KNOW? When God made Adam and Eve, He gave them a command to “be fruitful and multiply.” Chapter 4 shows us how they followed that command, as well as how the consequences of their sin began to spread. But even in the shadow of deep sadness, this chapter also shows us God’s faithfulness and mercy even when we don’t deserve it.



DEFINE: Based on this passage of Scripture, define *mercy* in your own words. Feel free to use a dictionary to help you form your definition.

⊕ BONUS READING: PSALM 4





5//GENESIS 6

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WHAT ELSE SHOULD I KNOW? Genesis 6 begins with an aspect of God that we have seen before: His justice. When mankind wreaked havoc on God's perfect creation and actively rebelled against Him, He responded justly. But at the same time, we see an intimate portrait of His mercy—particularly in the way that He spared Noah's family. God's mercy and justice have been present from the beginning and continue to this day.



QUESTION: When is a time you've been shown mercy? Who is someone you need to show mercy to?

⊕ BONUS READING: PSALM 5

6//GENESIS 7

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:

WHAT ELSE SHOULD I KNOW? At the beginning of Genesis 7, God says that of all the people on earth, Noah alone was righteous. Because of his obedience to God, Noah and his family will continue on—along with two of every kind of animal on the Ark. Though the earth was flooded, God made a way for His people and His creation to continue. As we read about the extent of the flood waters over the earth, we must also be reminded of the incredible mercy God showed by providing a means of escape for those who were faithful to Him.



DEFINE: Based on this passage of Scripture, define *righteous* in your own words. Feel free to use a dictionary to help you form your definition.

⊕ BONUS READING: PSALM 6

7//GENESIS 8

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WHAT ELSE SHOULD I KNOW? In the aftermath of the flood, God reaffirms His promise to those He created in His own image. Even though God as the Creator of the world would have been perfectly justified in wiping the slate entirely clean, He made a promise that we remember to this day: He will never again destroy the earth and its inhabitants with a flood. We are thankful to serve a God who both makes and keeps His promises.



PRAY: Spend a few minutes thanking God for the way He keeps His promises in your life. If there are promises that feel empty, ask Him to help you trust His faithfulness and goodness even when you don't understand.

⊕ BONUS READING: PSALM 7



8//GENESIS 9

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EVEN WHEN
WE ARE NOT
FAITHFUL TO
THE LORD, HE IS
FAITHFUL TO US.

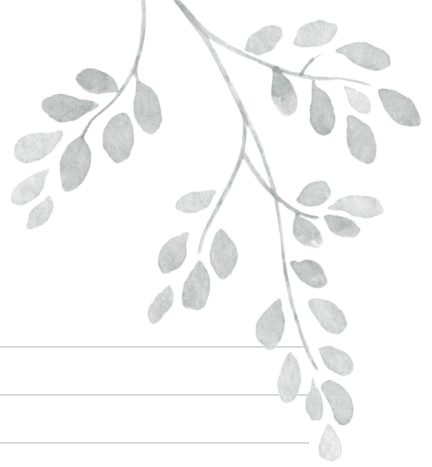
WHAT ELSE SHOULD I KNOW? This chapter represents a new beginning with a command similar to the one God gave Adam and Eve, but this time with a bit of a twist. God establishes this command with a *covenant*: God will never again flood the earth, and mankind is to fill it, care for it, and spread God's image far and wide. Remembering God's faithfulness to keep His covenants is crucial, especially as, at the end of the chapter, we begin to see some of the ways humans would prove themselves unfaithful. Even when we are not faithful to the Lord, He is faithful to us.



QUESTION: What's the difference between a contract and a covenant? Why is it important to know that God made a covenant with us rather than a contract?

⊕ BONUS READING: PSALM 8





9//GENESIS 11

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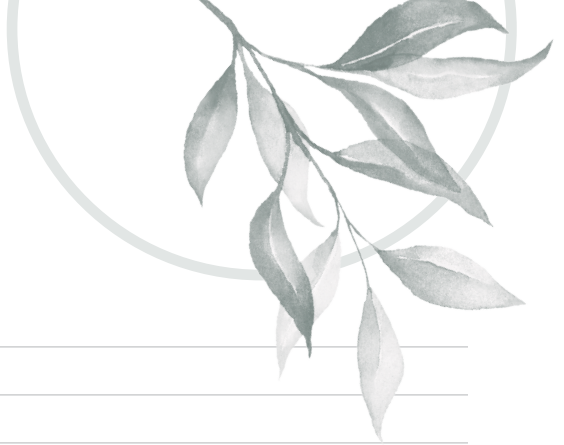
R

WHAT ELSE SHOULD I KNOW? In Genesis 5 and 10, the genealogies described the way that humans were changing and beginning to spiral into wickedness—which was then followed by an act of judgment from God. Here we see the exact same thing, but this time human wickedness is paired with arrogance. They feel they have no need for God and can make a name for *themselves*, rather than being subject to the One who has named them. But still, even though humanity keeps drifting away from God and earning His judgment, we get yet another glimpse of hope: a family line from which God’s Messiah will come.



QUESTION: What are a few ways we try to make a name for ourselves today instead of being who God has made us to be?

⊕ BONUS READING: PSALM 9



10//GENESIS 12

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WHAT ELSE SHOULD I KNOW? Abram is one of the most crucial figures in Judaism. Just like Noah was faithful to God, even though he was surrounded by wickedness, Abram was also faithful. But if humanity was spared from destruction because of Noah's faithfulness, Abram's faithfulness will bring something even more amazing from God: His blessing. Because of the promise God made Abram in Genesis 12, the whole Earth would be blessed because of His family—most specifically through the promised Messiah.



CHALLENGE: How can you be a blessing on God's behalf to someone today? Write down what you're going to do and who can help you accomplish it.

⊕ BONUS READING: PSALM 10

11//GENESIS 15

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:

WHAT ELSE SHOULD I KNOW? God promised to make Abram into a great nation, but there was a problem: Abram and his wife were childless. Even though Abram waited, no children came. So God reminded him of the promise that He'd made—and most crucially, Abram believed Him. That belief made him be called *righteous*, or in right standing with God. Likewise, when we believe in the gospel—the death and resurrection of Jesus for our salvation—God considers us righteous, too.



PRAY: Take a few minutes to reflect on how God made a way for your salvation through the righteousness of His Son, Jesus. Confess any ways that you're struggling to trust Him right now and ask Him to help you with any unbelief.

⊕ BONUS READING: PSALM 11

12//GENESIS 16

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WHAT ELSE SHOULD I KNOW? Chapter 16 focuses on Sarai, Abram's wife. She heard what God had promised Abram, but trust wasn't coming so easily for her. So she took matters into her own hands and convinced Abram to have a son with her servant, Hagar. This decision led to intense strife between the two women. But pay close attention to what happened to Hagar, because the Lord showed up when she needed Him most. And she gave Him a name which rings true still to this day.



QUESTION: What name did Hagar give God? How does that encourage you?

⊕ BONUS READING: PSALM 12



13//GENESIS 17

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GOD'S FAITHFULNESS

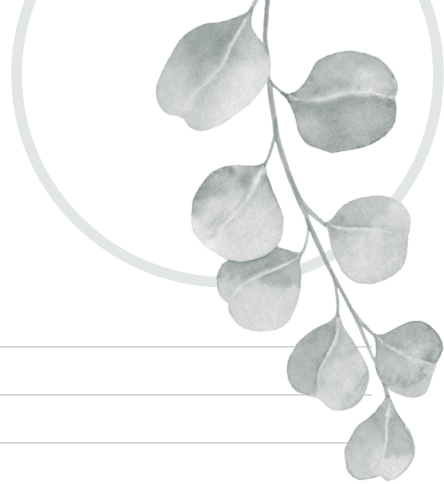
*and ability to do what
He says overcomes
all of our flaws,
uncertainties, and
missteps.*

WHAT ELSE SHOULD I KNOW? Here in Genesis 17, God reminds Abram of His promises: He would bless him, He would give him the promised son, Isaac, He would make his descendants as numerous as the stars, and He would receive all of the glory for it. God's faithfulness and ability to do what He says overcomes all of our flaws, uncertainties, and missteps.



QUESTION: What do you need to trust God with today?

⊕ BONUS READING: PSALM 13



14//GENESIS 18

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WHAT ELSE SHOULD I KNOW? In light of the covenant formed in Genesis 17, Abram and Sarai now had new covenant names: Abraham and Sarah. And they were about to receive special visitors that Abraham recognized as the Lord Himself. These visitors brought a mixture of news: Sarah would have a child, and Sodom—where Abraham’s relative, Lot, lives—was to be destroyed. Abraham was about to learn a crucial lesson about the breadth and depth of God’s mercy when He revealed that, if only ten righteous people could be found, the entire city would be spared.



QUESTION: What does it look like to live as a righteous person among unrighteous people? Do you think God would be able to look at you—and people like you—and spare an unrighteous city? Why or why not?

⊕ BONUS READING: PSALM 14

15//GENESIS 19

H

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WHAT ELSE SHOULD I KNOW? Second Peter 2:7-8 tells us that Lot was a righteous man who was grieved by the sin around him, but we're meeting him at the end of a long period of moral compromise. He quickly progressed from just looking toward Sodom (13:10), to pitching his tent toward Sodom (13:12), to living *in* Sodom (14:12), to almost being killed there. Yet now he was back and sitting in Sodom's gateway. And even though Lot's testimony was all but destroyed by this progression, one final altercation would prove two things we've seen again and again: God is just and hates wickedness, and God is merciful.



CHALLENGE: Find a blank piece of paper and create a timeline of your life listing any major high or low points. Reflect on what you wrote down and examine whether or not your life is progressing closer and closer to sin or taking active steps away from it.

⊕ BONUS READING: PSALM 15

