

FOUNDATIONS

A 260-DAY BIBLE READING PLAN FOR BUSY BELIEVERS



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 it, meditate on it, 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

Robby Gallaty is a friend, a godly husband and father, and a pastor who is passionate about the Word and discipling people. The resource he and Kandi, his wife, have developed, *Foundations*, is outstanding. Both new and seasoned believers often struggle with where to start in their study of God's Word. And not only where to start but also what to do after they have read a portion of Scripture.

Studying Scripture can be overwhelming at times. *Where do I begin? How do I make Bible reading a regular part of my life with my busy schedule?* Robby and Kandi have answered all of those questions in this important resource.

Not only have they identified key verses of Scripture to pore over, but they have also laid them out in such a way that you see the entire story arch of the Bible. They have chosen foundational passages of Scripture that every disciple needs to know so that you have an intentional plan as you go. Plus, they have provided a simple and easy tool to help you unpack Scripture in order to help you better understand and respond to God's Word. I trust Robby. His experience as a pastor who disciplines others and faithfully teaches the Word gives him the necessary perspective to develop an important resource like this one.

I challenge you to take this journey seriously. Devote time to it. Even partner with another believer or group and work through the material together. And watch and see how God will move in your life through the time you invest in His Word.

Eric Geiger
Senior Pastor, Mariners Church
Irvine, California

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 (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), and *Here and Now: Thriving in the Kingdom of Heaven Today* (B&H, 2019). He's the coauthor with his wife, Kandi, of *Foundations: New Testament* (LifeWay, 2018).



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, 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: New Testament* (LifeWay, 2018).



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: New Testament* (LifeWay, 2018) 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 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 have 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 that every disciple should know. After failed attempts to read through the Bible in a year with previous discipleship groups, I wanted a manageable plan that believers who never read the Bible before could complete.

The plan expects believers to read one or two chapters a day for five days each week, with an allowance for weekends off. The two off days a week are built in so that you can catch up on days where you're unable to read. With a traditional reading plan of four to five 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 HEAR journal.

HOW DO I LOG A HEAR JOURNAL ENTRY?

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.

The acronym HEAR 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 hear from God.

For an illustration let's assume that you begin your quiet time in the Book of 2 Timothy and that 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 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. 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

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 a prayer to God. For example, you may ask God to help you to be more loving or to give you a desire to give more generously. Keep in mind that this is your response to what you have just read.

Notice that all of the words in the HEAR formula are action words: *highlight*, *explain*, *apply*, and *respond*. God does not want us to sit back and wait for Him to drop truth into our laps. Instead of waiting passively, God 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 of time, God supernaturally moved on a number of men in an unusual way, leading them to write 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.

After 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 HEAR 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

The first two chapters of the Bible establish the biblical worldview all Christians should have regarding 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 humankind in His image, linking their identity to His own. He also made male and female as partners who complement one another and model the unity in diversity of the body of Christ.

When you get the chance to step back and appreciate God's creation, what are some of the things about Him you are reminded of?

H I G H L I G H T • E X P L A I N • A P P L Y • R E S P O N D

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 creation 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.

Think about all of the different evidences of sin you have witnessed and experienced in the past twenty-four hours. Take some time to praise God that despite our sinfulness, He gives us new mercies every morning (Lam. 3:22-24).

H I G H L I G H T • E X P L A I N • A P P L Y • R E S P O N D

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 depravity. 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. 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.

How have you seen the perfect balance of God's justice and mercy at work in your life lately?

H I G H L I G H T • E X P L A I N • A P P L Y • R E S P O N D

4//GENESIS 8–9

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

Genesis 8–9 records 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 Noahic 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.

God remains as faithful to His promises today as He was with Noah’s generation.

What is one promise of God you need to be reminded of today? Spend some reflective time in prayer as you choose to trust Him.

H I G H L I G H T • E X P L A I N • A P P L Y • R E S P O N D

5//JOB 1–2

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

The Book of Job addresses the issue of God’s allowance of 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 reminds 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 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.

What is a recent pain point in your life? Reflect on how God has (or how God might want to) used that pain to bring Himself glory through you. What does this teach you about your purpose in this life?

H I G H L I G H T • E X P L A I N • A P P L Y • R E S P O N D