



A better, faster way to study the Old Testament.

Want to read through the key passages of the Old Testament in just one year? This manageable plan makes it easier, even if you have never read the Bible before. And all that's required is reading one or two chapters a day for just five days each week. The two off-days are built in so you may catch up on days you miss. And the devotional content and HEAR journaling method help you retain more of what you read, understand the meaning, and apply God's wisdom in your life.

lifeway.com/foundations

Lifeway