

## Personal Action Plan

1. My goal is to read The E100 passages over the next:

- ☐ 100 Days  
☐ 20 Weeks  
☐ 1 year  
☐ 2 years

Other:

2. My plan is to take  (minutes) to read the Bible and pray...

- ☐ In the Morning  
☐ During my Lunch Break  
☐ In the Evening/Before Bed  
☐ At the Weekend

Other:

3. To help me keep going, I will read The E100 with my:

- ☐ Small Group  
☐ Sunday School  
☐ Friend(s):

Family:

Other:

## Steps on the journey

**PRAY:** before you read, asking God to help you understand.

**READ:** the Bible passage for the day, perhaps more than once.

**REFLECT:** on the passage. Write your thoughts in a journal.

**APPLY:** what God teaches you from His Word to your life.

**PRAY:** again, asking God to help you live out His Word.

## About the challenge

The E100 Bible Reading Challenge is a new exciting way to read through the Bible. The Challenge is based on carefully selected short Bible passages — 50 from the Old Testament and 50 from the New Testament — that helps you get the big picture of the Bible without getting bogged down.

To take The E100 Bible Reading Challenge, follow these simple steps:

1. Find a Bible translation that is easy for you to understand.
2. Set aside a special time and place to read the Bible each day.
3. Use this Track Your Progress Card.
4. Take the E100 Bible Reading Challenge!

## Help with the journey

*Essential 100* is your companion for The E100 Bible Reading Challenge. It takes you through the 100 Old and New Testament passages — so you'll see how all the major Bible themes fit together. Written in a warm & engaging style, it provides life-related explanation for all 100 passages; plus application questions, prayer help and more.



## BIBLE READING CHALLENGE



# biblefresh

It could change your world

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# Old Testament

## IN THE BEGINNING

1	Creation	Genesis 1:1–2:25
2	The Fall	Genesis 3:1–3:24
3	The Flood	Genesis 6:5–7:24
4	God's Covenant with Noah	Genesis 8:1–9:17
5	Tower of Babel	Genesis 11:1–11:9

## ABRAHAM, ISAAC AND JACOB

6	The Call of Abram	Genesis 12:1–12:20
7	God's Covenant with Abram	Genesis 15:1–15:21
8	Isaac's Birth and 'Sacrifice'	Genesis 21:1–22:19
9	Jacob and Esau Compete	Genesis 27:1–28:22
10	Jacob and Esau Reconcile	Genesis 32:1–33:20

## THE STORY OF JOSEPH

11	Sold into Slavery	Genesis 37:1–37:36
12	Prison and Promotion	Genesis 39:1–41:57
13	Ten Brothers go to Egypt	Genesis 42:1–42:38
14	The Brothers Return	Genesis 43:1–44:34
15	Joseph Reveals His Identity	Genesis 45:1–46:7

## MOSES AND THE EXODUS

16	Birth of Moses	Exodus 1:1–2:25
17	The Burning Bush	Exodus 3:1–4:17
18	The Ten Plagues	Exodus 6:28–11:10
19	Passover and Exodus	Exodus 12:1–12:42
20	Crossing the Red Sea	Exodus 13:17–14:31

## THE LAW AND THE LAND

21	The Ten Commandments	Exodus 19:1–20:21
22	The Golden Calf	Exodus 32:1–34:35
23	Joshua Succeeds Moses	Joshua 1:1–1:18
24	Crossing the Jordan	Joshua 3:1–4:24
25	The Fall of Jericho	Joshua 5:13–6:27

## THE JUDGES

26	Israel's Disobedience	Judges 2:6–3:6
27	Deborah Leads Israel	Judges 4:1–5:31
28	Gideon Defeats the Midianites	Judges 6:1–7:25
29	Sampson Defeats the Philistines	Judges 13:1–16:31
30	The Story of Ruth	Ruth 1:1–4:22

## THE RISE OF ISRAEL

31	Samuel Listens to God	1 Samuel 1:1–3:21
32	King Saul	1 Samuel 8:1–10:27
33	David and Goliath	1 Samuel 16:1–18:16
34	David and Saul	1 Samuel 23:7–24:22
35	King David	2 Samuel 5:1–7:29

## THE FALL OF ISRAEL

36	David and Bathsheba	2 Samuel 11:1–12:25
37	King Solomon	1 Kings 2:1–3:28
38	Solomon's Temple	1 Kings 8:1–9:9
39	Elijah and the Prophets of Baal	1 Kings 16:29–19:18
40	The Fall of Jerusalem	2 Kings 25:1–25:30

## PSALMS AND PROVERBS

41	The Lord is My Shepherd	Psalms 23:1–23:6
42	Have Mercy on Me	Psalms 51:1–5:19
43	Praise the Lord	Psalms 103:1–103:22
44	Godly Wisdom	Proverbs 1:1–4:27
45	Proverbs of Solomon	Proverbs 16:1–18:24

## THE PROPHETS

46	The Suffering Servant	Isaiah 51:1–53:12
47	Jeremiah's Call and Message	Jeremiah 1:1–3:5
48	Daniel in the Lion's Den	Daniel 6:1–6:28
49	The Story of Jonah	Jonah 1:1–4:11
50	The Day of Judgment	Malachi 1:1–4:6

# New Testament

## IN THE BEGINNING

51	The Word Became Flesh	John 1:1–1:18
52	Gabriel's Message	Luke 1:1–1:80
53	The Birth of Jesus	Luke 2:1–2:40
54	John the Baptist	Luke 3:1–3:20
55	Baptism and Temptation	Matthew 3:13–4:17

## THE TEACHING OF JESUS

56	Sermon on the Mount – Part 1	Matthew 5:1–6:4
57	Sermon on the Mount – Part 2	Matthew 6:5–7:29
58	The Kingdom of Heaven	Matthew 13:1–13:58
59	The Good Samaritan	Luke 10:25–10:37
60	Lost and Found	Luke 15:1–15:32

## THE MIRACLES OF JESUS

61	Feeding the Five Thousand	Luke 9:1–9:36
62	Walking on Water	Matthew 14:22–14:36
63	Healing the Blind Man	John 9:1–9:41
64	Healing a Demon Possessed Man	Mark 5:1–20
65	Raising Lazarus from the Dead	John 11:1–11:57

## THE CROSS OF CHRIST

66	The Last Supper	Luke 22:1–22:46
67	Arrest and Trial	John 18:1–18:40
68	The Crucifixion	John 19:1–19:42
69	The Resurrection	John 20:1–21:25
70	The Ascension	Acts 1:1–1:11

## THE CHURCH IS BORN

71	The Day of Pentecost	Acts 2:1–2:47
72	Growth and Persecution	Acts 3:1–4:37
73	The First Martyr	Acts 6:8–8:8
74	Sharing the Word	Acts 8:26–8:40
75	Good News for All	Acts 10:1–11:18

## THE TRAVELS OF PAUL

76	The Road to Damascus	Acts 9:1–9:31
77	The First Missionary Journey	Acts 13:1–14:28
78	The Council at Jerusalem	Acts 15:1–15:41
79	More Missionary Journeys	Acts 16:1–20:38
80	The Trip to Rome	Acts 25:1–28:31

## PAUL TO THE CHURCHES

81	More than Conquerors	Romans 8:1–8:39
82	The Fruit of the Spirit	Galatians 5:16–6:10
83	The Armour of God	Ephesians 6:10–6:20
84	Rejoice in the Lord	Philippians 4:2–4:9
85	The Supremacy of Christ	Colossians 1:1–1:23

## PAUL TO THE LEADERS

86	Elders and Deacons	1 Timothy 3:1–3:16
87	The Love of Money	1 Timothy 6:3–6:21
88	Good Soldiers of Christ	2 Timothy 2:1–2:26
89	All Scripture is God-breathed	2 Timothy 3:10–4:8
90	The Coming of the Lord	1 Thessalonians 4:13–5:11

## THE APOSTLES' TEACHING

91	The Most Excellent Way	1 Corinthians 13:1–13:13
92	A New Creation in Christ	2 Corinthians 4:1–6:2
93	A Living Hope	1 Peter 1:1–2:12
94	Faith and Works	James 1:1–2:26
95	Love One Another	1 John 3:11–4:21

## THE REVELATION

96	A Voice and a Vision	Revelation 1:1–1:20
97	Messages to the Churches	Revelation 2:1–3:22
98	The Throne of Heaven	Revelation 4:1–7:17
99	Hallelujah!	Revelation 19:1–20:15
100	The New Jerusalem	Revelation 21:1–22:21

