

# 90-Day New Testament Reading Plan with Reflection and Rest Days



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## Introduction

Embarking on a 90-day journey through the New Testament is an enriching experience designed to deepen your faith and understanding. This customized reading plan:

Replaces readings on Days 2, 4, and 6 of each week with reflection questions to foster deeper contemplation and application.

Includes weekly rest days on Day 7 to provide time for rest, worship, or catching up.

Adjusts readings on Days 1, 3, and 5 to cover the entire New Testament within the allotted time.

By reading approximately 6-8 chapters on each reading day (Days 1, 3, and 5), you will complete all 260 chapters of the New Testament in 90 days.

## Weekly Reflection Days (Days 2, 4, and 6 of Each Week):

On these days:

Engage with the Reflection Questions: Spend time pondering and journaling your responses.

Apply the Teachings: Consider practical ways to integrate the lessons into your life.

Seek God's Wisdom: Pray for understanding and transformation.

## Weekly Rest Days (Day 7 of Each Week):

Use these days to:

Rest and Rejuvenate: Allow yourself time to recharge physically and spiritually.

Worship and Fellowship: Participate in communal worship or personal devotion.

Catch Up if Needed: Read any chapters you may have missed.

## **Tips for Success:**

Consistency: Establish a regular schedule for your reading and reflection times.

Environment: Create a quiet, comfortable space free from distractions.

Active Engagement: Highlight verses, take notes, and be honest in your reflections.

Community: Share your journey with a friend or study group for mutual encouragement.

Application: Look for opportunities to live out the teachings in practical ways.

This 90-day New Testament reading plan thoughtfully balances comprehensive reading with intentional reflection and rest. By following this plan, you will not only read through the New Testament but also deeply engage with its teachings, allowing for personal growth and transformation. May this journey draw you closer to God and enrich your faith.

If you have any questions or need further assistance as you embark on this journey, feel free to reach out. May you be blessed and inspired through your reading!

## Week 1

Day 1: Matthew 1-7

Day 2: Reflection Questions

Matthew 1-7: The Sermon on the Mount contains foundational teachings of Jesus. Which teaching resonates most with you, and why?

Reflect on the Beatitudes (Matthew 5:3-12). How can you embody these characteristics in your daily life?

Day 3: Matthew 8-14

Day 4: Reflection Questions

Matthew 8-14: Jesus performs many miracles. How do these miracles demonstrate His authority and compassion?

The Parable of the Sower (Matthew 13:1-23) discusses different responses to God's word. Which soil represents your heart, and how can you cultivate it?

Day 5: Matthew 15-21

Day 6: Reflection Questions

Matthew 15-21: Consider Peter's declaration of Jesus as the Messiah (Matthew 16:13-20). How do you personally acknowledge Jesus in your life?

Reflect on the cleansing of the temple (Matthew 21:12-17). What does this tell you about worship and reverence?

Day 7: Rest Day

## Week 2

Day 8: Matthew 22-28

Day 9: Reflection Questions

Matthew 22-28: Jesus speaks about the greatest commandments (Matthew 22:36-40). How can you prioritize love for God and others this week?

Reflect on the events of the Last Supper, crucifixion, and resurrection. What significance do they hold for your faith?

Day 10: Mark 1-7

Day 11: Reflection Questions

Mark 1-7: How does Mark's portrayal of Jesus' actions impact your understanding of His mission?

In what ways do the healings and exorcisms demonstrate the Kingdom of God at work?

Day 12: Mark 8-16

Day 13: Reflection Questions

Mark 8-16: Jesus discusses discipleship and the cost of following Him (Mark 8:34-38). What does this mean for you personally?

How does the resurrection account in Mark inspire hope and assurance in your life?

Day 14: Rest Day

## Week 3

Day 15: Luke 1-6

Day 16: Reflection Questions

Luke 1-6: Reflect on Mary's song (Luke 1:46-55). What does it reveal about God's character and promises?

How does Jesus' approach to outreach and inclusion challenge societal norms?

Day 17: Luke 7-13

Day 18: Reflection Questions

Luke 7-13: The Parable of the Good Samaritan teaches profound lessons about love and neighborliness. How can you apply this in your community?

What insights do you gain about prayer from Jesus' teachings in Luke 11?

Day 19: Luke 14-20

Day 20: Reflection Questions

Luke 14-20: Reflect on the Parable of the Prodigal Son (Luke 15:11-32). How does this story speak to forgiveness and reconciliation?

How do Jesus' teachings on wealth and stewardship influence your perspective on material possessions?

Day 21: Rest Day

## Week 4

Day 22: Luke 21-24 & John 1-3

Day 23: Reflection Questions

Luke 21-24 & John 1-3: How do the accounts of Jesus' crucifixion and resurrection across these Gospels deepen your understanding of His sacrifice?

In John 1, Jesus is described as the Word made flesh. How does this concept affect your relationship with Him?

Day 24: John 4-10

Day 25: Reflection Questions

John 4-10: The encounter with the Samaritan woman highlights themes of grace and truth. What barriers is Jesus breaking, and how can you emulate this?

Reflect on Jesus as the Good Shepherd (John 10). In what ways do you experience His guidance and protection?

Day 26: John 11-17

Day 27: Reflection Questions

John 11-17: Consider the raising of Lazarus. How does this miracle affirm Jesus' power over life and death?

Jesus prays for all believers in John 17. How does knowing that Jesus prayed for you impact your faith?

Day 28: Rest Day

## Week 5

Day 29: John 18-21 & Acts 1-3

Day 30: Reflection Questions

John 18-21 & Acts 1-3: How does Peter's transformation from denial to bold proclamation inspire you?

What is the significance of the Holy Spirit's arrival at Pentecost for the early church and for believers today?

Day 31: Acts 4-10

Day 32: Reflection Questions

Acts 4-10: Reflect on the community life of the early Christians. How can you apply these principles in your context?

What lessons do you learn from Cornelius' story about God's inclusivity?

Day 33: Acts 11-17

Day 34: Reflection Questions

Acts 11-17: How do Paul's missionary journeys challenge you to step out in faith?

What can you learn about resolving conflict and embracing diversity from the Council at Jerusalem (Acts 15)?

Day 35: Rest Day

## Week 6

Day 36: Acts 18-24

Day 37: Reflection Questions

Acts 18-24: Consider Paul's perseverance despite trials. How does his example encourage you in your own challenges?

How does Paul's interaction with different cultures and authorities inform your approach to engaging with others?

Day 38: Acts 25-28 & Romans 1-3

Day 39: Reflection Questions

Acts 25-28 & Romans 1-3: What do you observe about God's faithfulness in fulfilling His promises?

How does Paul explain righteousness and justification by faith?

Day 40: Romans 4-10

Day 41: Reflection Questions

Romans 4-10: Reflect on the assurance of God's love in Romans 8. How does this assurance influence your daily walk?

What does living according to the Spirit versus the flesh mean for you?

Day 42: Rest Day

## Week 7

Day 43: Romans 11-16 & 1 Corinthians 1

Day 44: Reflection Questions

Romans 11-16 & 1 Corinthians 1: How can you apply Paul's teachings on humility and service in your community?

What insights do you gain about unity amid diversity in the body of Christ?

Day 45: 1 Corinthians 2-8

Day 46: Reflection Questions

1 Corinthians 2-8: How does Paul contrast human wisdom with God's wisdom?

In what ways are you challenged by Paul's teachings on sexual purity and personal freedom?

Day 47: 1 Corinthians 9-16

Day 48: Reflection Questions

1 Corinthians 9-16: What does the "love chapter" (1 Corinthians 13) teach you about the nature of true love?

How does the hope of resurrection shape your perspective on life and death?

Day 49: Rest Day

## Week 8

Day 50: 2 Corinthians 1-7

Day 51: Reflection Questions

2 Corinthians 1-7: How does Paul describe the ministry of reconciliation? How can you be an ambassador for Christ?

What comfort do you find in God's strength being made perfect in weakness?

Day 52: 2 Corinthians 8-13 & Galatians 1

Day 53: Reflection Questions

2 Corinthians 8-13 & Galatians 1: Reflect on the principles of generous giving. How does this affect your approach to resources?

How does Paul defend the Gospel and his apostleship, and what does this teach you about standing firm in truth?

Day 54: Galatians 2-6 & Ephesians 1-2

Day 55: Reflection Questions

Galatians 2-6 & Ephesians 1-2: What does it mean to live in the freedom Christ provides?

How does understanding your identity in Christ impact your life?

Day 56: Rest Day

## Week 9

Day 57: Ephesians 3-6 & Philippians 1-3

Day 58: Reflection Questions

Ephesians 3-6 & Philippians 1-3: How can you practically "put on the full armor of God" daily?

What lessons do you learn from Paul's joy and contentment during imprisonment?

Day 59: Philippians 4 & Colossians 1-4 & 1 Thessalonians 1-2

Day 60: Reflection Questions

Philippians 4, Colossians 1-4, 1 Thessalonians 1-2: How does setting your mind on things above influence your actions?

In what ways can you encourage others in their faith as Paul does?

Day 61: 1 Thessalonians 3-5 & 2 Thessalonians 1-3 & 1 Timothy 1

Day 62: Reflection Questions

1 & 2 Thessalonians, 1 Timothy 1: Reflect on the teachings about the Second Coming of Christ. How does this hope affect your life?

How does Paul advise Timothy to deal with false teachings, and what can you learn from this?

Day 63: Rest Day

## Week 10

Day 64: 1 Timothy 2-6 & 2 Timothy 1-2

Day 65: Reflection Questions

1 Timothy 2-6 & 2 Timothy 1-2: What qualities does Paul highlight for leaders, and how can you develop these in your life?

How does Paul's mentorship of Timothy inspire you in guiding others?

Day 66: 2 Timothy 3-4 & Titus 1-3 & Philemon & Hebrews 1

Day 67: Reflection Questions

2 Timothy 3-4, Titus, Philemon, Hebrews 1: How does Scripture equip you for every good work?

What insights do you gain about grace and godly living from Paul's letters to Titus and Philemon?

Day 68: Hebrews 2-8

Day 69: Reflection Questions

Hebrews 2-8: How does Jesus being our High Priest encourage you in approaching God confidently?

What is the significance of the new covenant described in these chapters?

Day 70: Rest Day

## Week 11

Day 71: Hebrews 9-13 & James 1-2

Day 72: Reflection Questions

Hebrews 9-13 & James 1-2: How do these passages deepen your understanding of faith in action?

What challenges you about being "doers of the word, and not hearers only"?

Day 73: James 3-5 & 1 Peter 1-4

Day 74: Reflection Questions

James 3-5 & 1 Peter 1-4: Reflect on the power of the tongue as discussed in James 3. How can you use your words to build up others?

How does Peter encourage believers to stand firm in the midst of suffering?

Day 75: 1 Peter 5 & 2 Peter 1-3 & 1 John 1-3

Day 76: Reflection Questions

1 Peter 5, 2 Peter, 1 John 1-3: What warnings does Peter give about false teachers, and how can you discern truth?

How does John's emphasis on love challenge you in your relationships?

Day 77: Rest Day

## Week 12

Day 78: 1 John 4-5 & 2 John & 3 John & Jude & Revelation 1-2

Day 79: Reflection Questions

1-3 John, Jude, Revelation 1-2: How can you guard against deception while walking in love and truth?

What messages to the seven churches in Revelation resonate with your spiritual journey?

Day 80: Revelation 3-9

Day 81: Reflection Questions

Revelation 3-9: How do the visions and symbols in these chapters influence your understanding of God's sovereignty and justice?

What responses to God's messages are depicted, and how can you apply these lessons?

Day 82: Revelation 10-16

Day 83: Reflection Questions

Revelation 10-16: What themes of endurance and faithfulness emerge, and how do they encourage you?

How does the promise of God's ultimate victory impact your hope?

Day 84: Rest Day

## Week 13

Day 85: Revelation 17-22

Day 86:

In what ways does the depiction of Babylon challenge you to examine the influences and values present in your own life and society?

How does the promise of the new creation and God's everlasting presence inspire hope and influence the way you live your life today?

Day 87-90: Buffer and Reflection Days

Use these final days to:

Reflect Deeply: Contemplate the overarching themes of the New Testament.

Review Key Passages: Revisit sections that were particularly impactful.

Pray and Meditate: Seek God's guidance on how to apply what you've learned.

Journal Your Journey: Write down insights, commitments, and prayers as you conclude this reading plan.