



FOUNDATIONS

New Testament

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

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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).

Introduction

I am thrilled to be able to offer a Foundations Bible reading plan specifically for teen girls! The Lord has so much to say to you and teach you. I am beyond excited to share this resource with you to assist you in spending time with God as you read your Bible. I truly believe there is no greater discipline that will affect your life like the reading and applying of God's Word.

When considering spiritual disciplines, Bible engagement rises to the top. Many, if not all other disciplines flow from the time we spend in the Scriptures. The earlier we can learn and implement this, the more impact it will have on our lives. It will endure through the years, and enhance our journey as we follow after Christ.

As you read through this plan, you will be encouraged to journal what you HEAR from the Lord. Writing helps you to remember and retain what you have read and more importantly it allows you to focus in on a few things that God is showing you. The goal is to apply what you hear to your life today. James 1:22 tells us "But be doers of the word and not hearers only, deceiving yourselves." You will not be transformed into the image of Christ by information alone. You will be transformed by learning and applying what you read to your life.

I encourage you to pray before you read each day. Psalm 119:18-19 are two verses I have prayed for years before I read and journal.

"Open my eyes so that I may contemplate wondrous things from your instruction. I am a resident alien on earth; do not hide your commands from me."

Keep in mind, as you are reading, that a light bulb doesn't have to go off each and every day. Approach the Bible with the mindset that yes God will speak to you, but you are also learning about God. You are learning who He is, what He has done, and how He works in and through mankind.

The Word will always speak. It is living and active which means it is doing something. It is not stale or stagnant. It is the very breath of God to you! The time you spend with God will never be wasted but will accomplish the purpose God intends.

I pray for you as you begin this plan to develop a love and a passion for the Word that increases each and every year. I pray that as you learn God's Word that it will form the basis of all your thoughts and decisions. I pray that your relationship with your heavenly Father will grow and you will know you are loved beyond what you can even imagine. I pray that the Lord will bless you and keep you and make his face to shine upon you and be gracious to you, and may He lift up His countenance and give you peace (Num. 6:24-26).

I would love to pray for you as you begin this journey.

Lord,

I pray for each sweet girl who picks up this plan and reads through your Word. May this journey be rich with Your blessings and powerful with Your truths. I ask that You speak through Your Spirit and reveal to her what You want her to hear each time she opens the Bible. Guide her on this journey and may she be forever changed because of it.

Blessings and love to you,

Kandi

HEAR Journal Entry

How Do I Log 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 little brothers 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, open your book or journal and in the upper left-hand corner write the letter H. This will remind you to read with a purpose. 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, write the letter E. 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. Beneath it, write 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, below the first three entries, write the letter R, for 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 on page 270. 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).

Think of the miracle of the Bible. Over centuries, God supernaturally led multitudes of people to write down the exact words of God. He led them to recognize that these words were divine, different from anything else that has ever been written. God's people brought these sixty-six books together and preserved them, an act almost as miraculous as its writing. Finally, God gave His people, starting with Gutenberg and his printing press, the technological knowledge to copy and transmit the Bible so that all people could have it. All because God has something to say to you.

SAMPLE HEAR ENTRY

READ: Philippians 4:10-13

DATE: 12/22/20

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.

Memorizing the Word

The Bible isn't only meant to be read—it's meant to be remembered. Each week provides three options to help you memorize Scripture. Options 1 and 2 come from Psalms and Proverbs, while option 3 is a one-year plan to memorize Jesus' Sermon on the Mount. Choose one of the three options or mix them up however you like.

There are lots of 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 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. As your pack grows, you'll experience Scripture's powerful effects in your life.

Hand Lettering Practice

Practice your hand lettering skills by tracing the letters below and the Bible verse on the next page. Incorporate this practice as you'd like throughout this devotion.

Aa Bb Cc Dd Ee Ff Gg Hh Ii
Jj Kk Ll Mm Nn Oo Pp Qq Rr
Ss Tt Uu Vv Ww Xx Yy Zz



May the words of my
mouth and the meditation of
my heart be acceptable
to you, Lord, my rock
and my Redeemer.

Psalm 19:14

Check In

WEEK 1

- Luke 1
- Luke 2
- Luke 3
- Luke 4
- Luke 5

MEMORY VERSES

OPTION 1: Psalm 1:1-2

OPTION 2: Proverbs 1:7

OPTION 3: Matthew 5:1-2

WEEK 2

- Luke 6
- Luke 7
- Luke 8
- Luke 9
- Luke 10

MEMORY VERSES

OPTION 1: Psalm 1:3-4

OPTION 2: Proverbs 2:6-7

OPTION 3: Matthew 5:3-4

WEEK 3

- Luke 11
- Luke 12
- Luke 13
- Luke 14
- Luke 15

MEMORY VERSES

OPTION 1: Psalm 1:5-6

OPTION 2: Proverbs 3:5-6

OPTION 3: Matthew 5:5-6

WEEK 4

- Luke 16
- Luke 17
- Luke 18
- Luke 19
- Luke 20

MEMORY VERSES

OPTION 1: Psalm 3:3-4

OPTION 2: Proverbs 3:9-10

OPTION 3: Matthew 5:7-8



SCAN THIS QR CODE TO ACCESS A FUN SURPRISE!



DAY 1 | LUKE 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? In the Old Testament, God repeatedly promised that He would send a Savior to redeem His people from their sin. But 400 years passed between the Old and New Testaments when God was silent. He made no promises; He offered no new hope. Thankfully, God didn't remain silent forever. In Luke 1, we see God sent His Son, Jesus, whose name means "Deliverer" or "Savior." He came to save God's people from their bondage to sin. But for Jesus, that didn't mean saving just God's people, the Israelites. As Luke will show us, it meant offering His gift of salvation to anyone and everyone who would believe in Him as "the way of peace" (1:79). This is the gospel, the good news with which the New Testament begins.



QUESTION: Do you ever feel like God is silent in your life? Looking at these passages, how can you always know He is working?

DAY 2 | LUKE 2

*God has limitless,
unconditional, equal
love for all people.*

H

E

A

R



What Else Should I Know? From the beginning of Jesus' story, we learn that God's Son wouldn't fit people's expectations of the Messiah, the great Deliverer of the Jews. In fact, we quickly realize that the invitation to know Jesus extends to everyone, regardless of class, education, race, or position. God has limitless, unconditional, equal love for all people. We're called to have the same mindset as we obey His call to share the gospel.



PRAY: Write down the names of two people who need to hear the gospel. Pray and ask Jesus to give you courage to share the good news with them this week.

DAY 3 | LUKE 3

H

E

A

R

What Else Should I Know? John's ministry fulfilled the prophet Isaiah's prophecy about one who would "prepare the way for the Lord" (v. 4) and help bring God's salvation into focus. The message John preached wasn't a pleasant one, but it was critical and life-changing. He called people to repentance, to turn from their sin toward the right living God prescribed in the Old Testament law. Because of his bold call to repentance, people wondered whether John was the Messiah, but he quickly corrected them by drawing attention to Jesus.

The climactic moment of John's ministry came when he baptized Jesus. Unlike all the other baptisms John performed, this one set Jesus apart as God's chosen Son, the One whom He had sent to save the world from its sins. This chapter ends with Jesus' genealogy, which Luke traced through David all the way back to Adam in order to highlight Jesus' authority to carry out God's mission of salvation.



REPENTANCE

DAY 4 | LUKE 4

H

E

A

R

What Else Should I Know? After validating Jesus' identity and establishing His authority as the Son of God, Luke began chapter 4 with Satan's temptation of Jesus in the desert. Before Jesus' earthly ministry even began, Satan called into question Jesus' divine nature and tried to convince Him to turn against His Heavenly Father. But because Jesus was "full of the Holy Spirit" (v. 1), the devil didn't stand a chance. Jesus' responses to Satan remind us that we have the power we need to withstand Satan's temptations when we obey the Word of God and depend on God to give us the strength we need.

Still "in the power of the Spirit" (v. 14), Jesus returned to Galilee from the desert and officially began His ministry of salvation. The quoted text from Isaiah 61 establishes key responsibilities God gave His Messiah, ones Jesus intended to fulfill. Although not everyone appreciated Jesus' message of hope and ministry of healing, He was fully committed to His mission.



QUESTION: How can you live in the power of the Spirit today?

DAY 5 | LUKE 5

H

E

A

R

What Else Should I Know? Early in His ministry Jesus called disciples to join Him. This was a huge request: These men would have to give up their lives and jobs and become fully devoted followers who would learn from Him, travel with Him, and eventually continue His ministry by spreading the gospel throughout the world. It might even cost them their lives. But the disciples “left everything, and followed him” (v. 11).

Toward the end of Luke 5, Jesus made a critical statement about the goal of His ministry on earth: “It is not those who are healthy who need a doctor, but those who are sick. I have not come to call the righteous, but sinners to repentance” (vv. 31-32). Through the miracles recorded in this chapter, we learn that Jesus has the power to forgive sins. All of His miraculous acts points to His more important—and much more costly—miracle to offer a way for people who are dead in their sins to find new life in God. And Jesus’ encounter with the tax collector, Levi (vv. 27-32), reminds us that Jesus’ grace has no limits. No one has sinned so greatly or wandered so far that God’s love and forgiveness can’t reach him or her.



QUESTION: What do you need to surrender today to completely follow Jesus?



Wow! You did it! If you are reading this, you have read a Bible reading plan for a year and have finished it! I am so proud of you for committing to this plan and growing spiritually in your relationship with the Lord. I know He has worked mightily in and through you over this past year. I wish I could sit down with you and hear all the testimonies of what has happened in your life. If you continue this discipline each and every year, imagine what the Lord will continue to do.

If I can leave you with one thing it would be this: "Guard your heart above all else, for it is the source of life" (Prov. 4:23). This is my life verse. Guarding your heart is the same thing as guarding your mind. In life we tend to make decisions based on how we feel, often it is an emotion that we base our actions on. The emotion could be love, anger, sadness or even happiness that determines our life choices. When making decisions based on our feelings instead our faith and facts of the Bible, we will tend to make the wrong choices. I want to encourage you to guard that part of your life. Your heart and mind will want to make choices all throughout your life that will not necessarily be good for you. However, if you guard your heart and mind, you can make wise choices.

You are probably asking, "How do I guard my heart and mind?" I said this at the beginning of your journey and I want to say it again: Reading the Word and staying active in this discipline is one of the greatest ways to continue growth in the Lord and will be especially helpful in guarding your heart. This practice will prove most helpful to you through the years.

Another discipline that will be helpful is prayer. When you are journaling a particular verse, turn it into a prayer. Pray it for yourself and for others. Pray before you make a decision in life and allow the Lord to guide you.

I would love to pray for you before you go.

Lord,

You are so good and your Word is so powerful! I know you have worked in ways only you can in all the precious girls who read your Word this past year. As each one of the them finish this plan, I pray that their passion for your Word has increased beyond measure. I ask that you protect and guide them in these coming years and give them wisdom in their life choices. Lord, guard their hearts and minds like only You can. May they grow into women of the Word as they navigate this world. Let them be powerful voices for You. Give them boldness and courage to stand up for what is holy and pure. Bless them and keep them and make Your face to shine upon them now and forever. In Your sweet and strong name. Amen

I love you and blessings to you as you go,

Kandi



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



What do you think discipleship is?

Discipleship is: Intentionally equipping believers with the Word of God through accountable relationships empowered by the Holy Spirit in order to replicate faithful followers of Christ.

- How many of you would say you had someone personally disciple you?
- Why do we not disciple? Often times we think we aren't equipped or we think we don't know enough.

The only absolute requirement for leading a Discipleship Group (D-Group) is for you to be intentionally pursuing Christ in your personal life. You do not need to be a master teacher or have all of the answers; you do not need to be able to say, "Listen to me." If you can say, "Follow me; I'm pursuing Christ," you have the tools you need to lead a D-Group.

If we are to lead others intentionally, we must first learn to lead ourselves.

Here are six tips on how to lead a D-Group:

1. JESUS IS OUR MODEL AND THE HOLY SPIRIT IS OUR HELPER.

Jesus poured himself into the lives of His disciples and taught them how to love, pray, trust, minister, and serve. These practices would be needed for times when He would no longer be standing beside them. Jesus also sent the Holy Spirit as a Helper to dwell within believers as they follow him (John 14:25-26; 16:13-14).

Jesus dedicated so much of His time to investing into 12 men. He had thousands that followed him, yet pulled aside to this small group. He even had His inner three—Peter, James, John and Andrew.

2. ACCOUNTABILITY IS ESSENTIAL

Effective discipleship takes place when a small group of 5-7 gather for the purpose of helping one another "grow in the grace and knowledge of our Lord and Savior Jesus Christ" (2 Pet. 3:18).

Discipleship is not only about studying God's word but doing life together. Sharing our joys and struggles and having others come alongside us on this journey called life.

3. TEACHING GIRLS GOD'S WORD

Hebrews 4:12 says, "For the word of God is living and effective and sharper than any double-edged sword, penetrating as far as the separation of soul and spirit, joints and marrow. It is able to

judge the thoughts and intentions of the heart.” Since this Word is living, it is more crucial than ever to make sure we are getting into it until it gets into us. The goal is to make the girls self-feeders from the Word. To become self-feeders, the girls must learn how to study and apply God’s Word for themselves.

4. GUIDING GIRLS TO DEVELOP SPIRITUAL DISCIPLINES LIKE PRAYER AND MEMORIZING SCRIPTURE

Discipline is a word we love to hate, but with the accountability that comes from a D-Group, spiritual disciplines become easier to practice. Prayer and Scripture are the most powerful tools we have in our fight against the enemy (Eph. 6:10-18). In a discipleship relationship, the girls should learn to use these tools effectively.

5. HELPING GIRLS DISCOVER AND USE THEIR SPIRITUAL GIFTS

The Holy Spirit imparts spiritual gifts to believers for the building up of the body of Christ (1 Cor. 12:6-7). When girls discover and begin using the gifts God has given them, they are more apt to engage in their churches and communities.

6. LEADING GIRLS TO SERVE LOCALLY AND GLOBALLY

Jesus said, “You will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth” (Acts 1:8). A witness is someone who tells what they know to be true. As girls study God’s Word, they discover who God is and who they are in Christ. Prepared to share the Christ-Life with others, we begin the process all over again as we make disciples who will make disciples (2 Tim. 2:2).



Check-in Tips

- We know you have a busy life and you don't always have time to hang out with each girl individually all the time. Make time once a month to hang out with at least one girl in your group apart from your weekly D-Group time!
- Check in every week (if you can) over text! Simply ask how their week has been and use this time to follow up on prayer requests mentioned in the group.
- Write down important things going on in their lives so you can check in on your girls. They will feel so important that you remembered.
- Find random times to surprise each girl by coming to their school or work and dropping off their favorite snack or drink.
- Ask for their extracurricular sports or performance schedules so you can show up and cheer them on. A big part of discipleship is simply being present and showing up for things that are important to them.
- Have they shared a sin struggle with you? Try setting a reminder to pray for them on a specific day each week and text them to check in.
- Go out as a group once a month or every other month (if you have time) and just have fun together! Go out for dinner or a movie, etc.

Keep Going, Leader

You are investing your life into these teenage girls and it is SO worth it. We know there are many hard and frustrating days where it seems hard to lead or girls seem ungrateful. It's easy to get frustrated when we don't see growth or it feels like they should have learned this lesson by now.

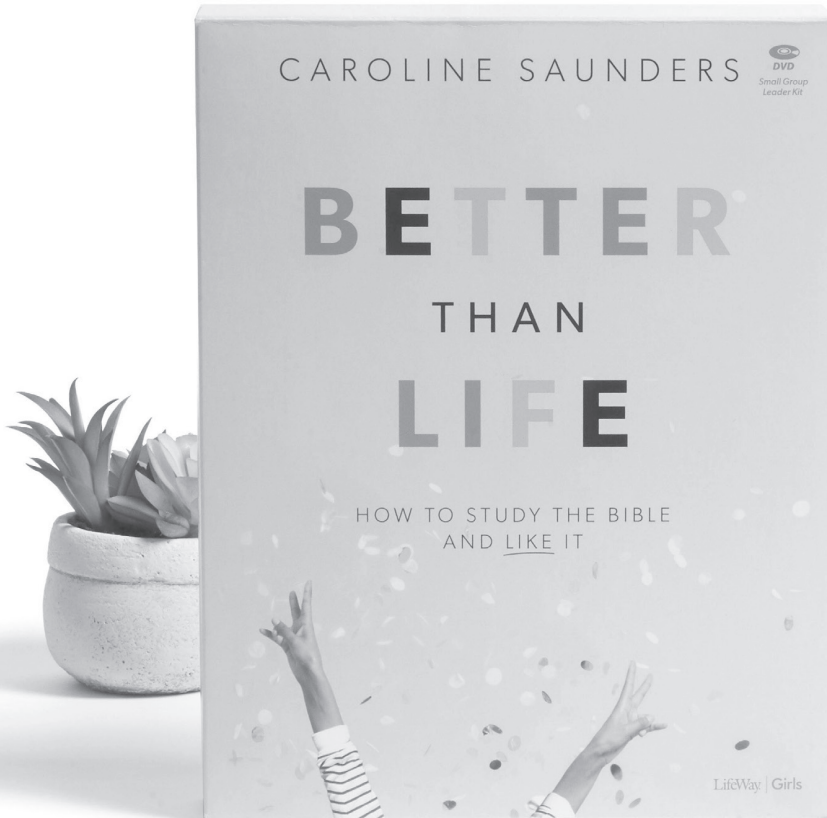
Don't stop praying or preparing. Don't quit showing up and speaking the truth. Your faithfulness to invest in ONE could change the world. You are doing kingdom work. God sees you and knows your heart. You do not have to be perfect to lead, nor do you always have to have it "all together." God wants to use the "real," authentic you. Not the version you "wish" you were or who you feel like you "should" be. He wants to use you with all of your hurts, hang-ups, and wounds to point to His sustaining and powerful grace.

You have influence. Your voice matters.

Thank you for your faithfulness to pour out your life. It will never go unnoticed by Jesus.

FAITH AND FUN

DON'T HAVE TO BE MUTUALLY EXCLUSIVE.



Studying the Bible without a plan can be frustrating — kind of like trying to cook without a recipe. In *Better Than Life: How to Study the Bible and Like It*, Caroline Saunders offers a straightforward recipe girls can understand and enjoy by combining humor with the skills they need to get the most from the time they spend in Scripture. Girls will discover how God's "faithful love is better than life" (Ps. 63:3) as Caroline leads them through an in-depth study of Psalm 63, teaching them to observe, interpret, connect with, apply, and delight in God's Word.

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