90-Day Recovery Bible Reading Plan

Each day, after you read

- What does this show me about God?
- What does it show me about me?
- What's one thing I can do today because of it?

Write one line in a notebook, or tell your sponsor or a friend. Missed a day? Don't start over and don't double up. Just read today's chapter.

DAYS 1–16 · MARK: MEET JESUS

Day	Reading	Look for	Done
1	*Mark 1*	*Jesus calls ordinary people*	
2	*Mark 2*	*He came for the sick*	
3	*Mark 3*	*Who Jesus calls family*	
4	*Mark 4*	*Peace in the storm*	
5	*Mark 5*	*A man set free and sent home*	
6	*Mark 6*	*Rest, and bread for many*	
7	*Mark 7*	*What comes from the heart*	
8	*Mark 8*	*Take up your cross*	
9	*Mark 9*	*"Help my unbelief"*	
10	*Mark 10*	*With God all things are possible*	
11	*Mark 11*	*Praying and forgiving*	
12	*Mark 12*	*The greatest commandment*	
13	*Mark 13*	*Watch and stay awake*	
14	*Mark 14*	*"Not what I will"*	
15	*Mark 15*	*The cross*	
16	*Mark 16*	*"And Peter": no one left out*	

DAYS 17–30 · PSALMS: LEARN TO PRAY HONESTLY

Day	Reading	Look for	Done
17	*Psalm 1*	*Two roads*	

Day	Reading	Look for	Done
18	Psalm 23	The Shepherd who leads	
19	Psalm 27	Whom shall I fear?	
20	Psalm 32	The relief of confession	
21	Psalm 34	Near the broken-hearted	
22	Psalm 40	Out of the pit	
23	Psalm 42	When God feels far away	
24	Psalm 46	Be still	
25	Psalm 51	A clean heart	
26	Psalm 62	Wait on God alone	
27	Psalm 103	As far as east from west	
28	Psalm 121	Where help comes from	
29	Psalm 130	Hope from the depths	
30	Psalm 139	Search me, O God	

DAYS 31–46 · ROMANS: GRACE THAT CHANGES YOU

Day	Reading	Look for	Done
31	Romans 1	Not ashamed of the gospel	
32	Romans 2	God's kindness leads us to turn	
33	Romans 3	All fall short; all can be made right	
34	Romans 4	Faith like Abraham's	
35	Romans 5	Peace with God	
36	Romans 6	Sin is no longer the boss	
37	Romans 7	Doing what I hate	
38	Romans 8	No condemnation	
39	Romans 9	Mercy is God's to give	
40	Romans 10	Call on the Lord	
41	Romans 11	The depth of God's ways	
42	Romans 12	A renewed mind	
43	Romans 13	Wake up and walk honestly	
44	Romans 14	Don't trip up a brother	
45	Romans 15	The God of hope	

Day	Reading	Look for	Done
46	Romans 16	The people who helped Paul	

DAYS 47–51 · JAMES: FAITH YOU CAN SEE

Day	Reading	Look for	Done
47	James 1	Trials, temptation, doing the word	
48	James 2	Faith that works	
49	James 3	Taming the tongue	
50	James 4	Humble yourself; resist	
51	James 5	Confess to one another	

DAYS 52–55 · PHILIPPIANS: JOY AND PEACE

Day	Reading	Look for	Done
52	Philippians 1	He will finish what He started	
53	Philippians 2	The mind of Christ	
54	Philippians 3	Forget what's behind	
55	Philippians 4	Anxious for nothing	

DAYS 56–61 · GALATIANS: FREEDOM

Day	Reading	Look for	Done
56	Galatians 1	Pleasing God, not people	
57	Galatians 2	Christ lives in me	
58	Galatians 3	Received by faith	
59	Galatians 4	A child, not a slave	
60	Galatians 5	Walk by the Spirit	
61	Galatians 6	Bear one another's burdens	

DAYS 62–66 · 1 JOHN: WALKING IN THE LIGHT

Day	Reading	Look for	Done
62	1 John 1	Confess and be cleansed	
63	1 John 2	Someone speaks for you	
64	1 John 3	Love in deed and truth	
65	1 John 4	Love casts out fear	
66	1 John 5	Overcoming	

DAYS 67–72 · EPHESIANS: A NEW LIFE

Day	Reading	Look for	Done
67	Ephesians 1	Chosen and forgiven	
68	Ephesians 2	Saved by grace	
69	Ephesians 3	Love too wide to measure	
70	Ephesians 4	Put off the old, put on the new	
71	Ephesians 5	Filled with the Spirit, not wine	
72	Ephesians 6	Armor for the fight	

DAYS 73–77 · 1 PETER: HOPE WHEN IT'S HARD

Day	Reading	Look for	Done
73	1 Peter 1	A living hope	
74	1 Peter 2	Living stones	
75	1 Peter 3	Doing right at home	
76	1 Peter 4	The past is past	
77	1 Peter 5	Cast your care; be sober	

DAYS 78–83 · PROVERBS: WISDOM FOR DAILY LIFE

Day	Reading	Look for	Done
78	Proverbs 1	Don't follow the crowd	
79	Proverbs 3	Trust; don't lean on yourself	
80	Proverbs 4	Guard your heart	
81	Proverbs 16	Plans and pride	
82	Proverbs 20	Wine is a mocker	
83	Proverbs 23	Who has woe?	

DAYS 84–90 · COMING HOME

Day	Reading	Look for	Done
84	Luke 15	The father runs to meet him	
85	Isaiah 40	Strength for the tired	
86	Isaiah 43	A new thing	
87	Lamentations 3	New every morning	
88	John 21	Peter restored	

Day	Reading	Look for	Done
89	*2 Corinthians 5*	*A new creature*	
90	*Hebrews 12*	*Run the race*	

SCRIPTURE

> *"Your word is a lamp to my feet and a light to my path."*
>
> **PSALM 119:105 · ESV**

> *"But he answered, "It is written, "'Man shall not live by bread alone, but by every word that comes from the mouth of God.'"*
>
> **MATTHEW 4:4 · ESV**

> *"This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success."*
>
> **JOSHUA 1:8 · ESV**