This program is offered to assist the faithful to embrace the discipline of Spiritual Reading during the Fast. It will take you through all the Epistles of the New Testament in roughly the chronological order in which they were written. If you fall behind, you have Holy Week available to finish before Pascha.

### Clean Week
- **Mon** ___ James 1-3
- **Tue** ___ James 4-5
- **Wed** ___ 1 Thess 1-5
- **Thurs** ___ II Thess 1-3
- **Fri** ___ Galatians 1-3
- **Sat** ___ Galatians 4-6
- **Sun** ___ 1 Corinthians 1-3

### 2nd Week
- **Mon** ___ 1 Corinthians 4-6
- **Tue** ___ 1 Corinthians 7-9
- **Wed** ___ 1 Corinthians 10-13
- **Thurs** ___ 1 Corinthians 14-16
- **Fri** ___ 2 Corinthians 1-3
- **Sat** ___ 2 Corinthians 4-6
- **Sun** ___ 2 Corinthians 7-9

### 3rd Week
- **Mon** ___ 2 Corinthians 10-13
- **Tue** ___ Romans 1-3
- **Wed** ___ Romans 4-6
- **Thurs** ___ Romans 7, 8
- **Fri** ___ Romans 9-11
- **Sat** ___ Romans 12-14
- **Sun** ___ Romans 15, 16

### 4th Week
- **Mon** ___ Philippians 1-4
- **Tue** ___ Colossians 1-2
- **Wed** ___ Colossians 3-4, Philemon
- **Thurs** ___ Ephesians 1-3
- **Fri** ___ Ephesians 4-6
- **Sat** ___ 1 Timothy 1-3
- **Sun** ___ 1 Timothy 4-6

### 5th Week
- **Mon** ___ Titus 1-3
- **Tue** ___ 2 Timothy 1-4
- **Wed** ___ Hebrews 1-4
- **Thurs** ___ Hebrews 5-7
- **Fri** ___ Hebrews 8-10
- **Sat** ___ Hebrews 11-13
- **Sun** ___ I Peter 1-3

### 6th Week
- **Mon** ___ I Peter 4-5
- **Tue** ___ 2 Peter 1-3
- **Wed** ___ I John 1-3
- **Thurs** ___ I John 4-5
- **Fri** ___ 2 John, 3 John, Jude
This Old Testament reading program will enable one to read the history of God's people Israel from the time of the Judges to the Babylonian Captivity, giving one a broad sense of the flow of Hebrew History.

**Clean Week**
Mon ___ Judges 1-3  
Tue ___ Judges 4-5  
Wed ___ Judges 6-8  
Thur ___ Judges 9-12  
Fri ___ Judges 13-16  
Sat ___ Judges 17-21  
Sun ___ Ruth 1-4  

**Second Week (Sunday of Orthodoxy)**
Sun ___ I Kingdoms (Samuel) 1-3  
Mon ___ I Kingdoms (Samuel) 4-6  
Tue ___ I Kingdoms (Samuel) 7—8  
Wed ___ I Kingdoms (Samuel) 9-11  
Thur ___ I Kingdoms (Samuel) 12-14  
Fri ___ I Kingdoms (Samuel) 15-16  
Sat ___ I Kingdoms (Samuel) 17-19  

**Third Week (Sunday of Gregory Palamas)**
Sun ___ I Kingdoms (Samuel) 20-22  
Mon ___ I Kingdoms (Samuel) 23-25  
Wed ___ I Kingdoms (Samuel) 26-27  
Thur ___ I Kingdoms (Samuel) 28-31  
Fri ___ II Kingdoms (Samuel) 1-3  
Sat ___ II Kingdoms (Samuel) 4-6  
Sun ___ II Kingdoms (Samuel) 7-9  

**Fourth Week (Sunday of Cross)**
Sun ___ II Kingdoms (Samuel) 10-12  
Mon ___ II Kingdoms (Samuel) 13-14  
Tue ___ II Kingdoms (Samuel) 15-17  
Wed ___ II Kingdoms (Samuel) 18-20  
Thur ___ II Kingdoms (Samuel) 21-24  
Fri ___ III Kingdoms (I Kings) 1-2  
Sat ___ III Kingdoms (I Kings) 3-5  

**Fifth Week (Sunday of Climacus)**
Sun ___ III Kingdoms (I Kings) 6-7  
Mon ___ III Kingdoms (I Kings) 8-10  
Tue ___ III Kingdoms (I Kings) 11-14  
Wed ___ III Kingdoms (I Kings) 15-16  
Thur ___ III Kingdoms (I Kings) 17-19  
Fri ___ III Kingdoms (I Kings) 20-22  
Sat ___ IV Kingdoms (2 Kings) 1-3  

**Sixth Week (Sunday of Mary of Egypt)**
Sun ___ IV Kingdoms (2 Kings) 4-7  
Mon ___ IV Kingdoms (2 Kings) 8-10  
Tue ___ IV Kingdoms (2 Kings) 11-13  
Wed ___ IV Kingdoms (2 Kings) 14-17  
Thur ___ V Kingdoms (2 Kings) 18-20  
Fri ___ IV Kingdoms (2 Kings) 21-23  
Sat ___ IV Kingdoms (2 Kings) 24-25