

德生教會2021年  
舊約速讀計劃

我是\_\_\_\_\_  
平常參加第\_\_場禮拜  
電話\_\_\_\_\_

願意參加舊約速讀  
求神幫助我，完成  
舊約速讀計畫。



手機下載YouVersion  
可以提醒你閱讀聖經

報名時請延此虛線撕下繳回左半部

- \*聖經都是神所默示的，於教訓、督責、使人歸正、教導人學義都是有益，叫屬神的人得以完全，預備行各樣的善事。(提後3:16-17)
- \*舊約總共929章，建議每天讀3-4章即可在一年內完成。
- \*速讀聖經請以禱告開始，並以禱告來結束，求上帝幫助我們。
- \*繁雜的部分可以快速瀏覽，有疑問的可以先記錄，之後再請教牧師。

|     |      | 律法書共187章 |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|-----|------|----------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 律法書 | 創世記  | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|     |      | 17       | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 |
|     |      | 33       | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 |
|     |      | 49       | 50 |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|     |      | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 律法書 | 出埃及記 | 17       | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 |
|     |      | 33       | 34 | 35 | 36 | 37 | 38 | 39 | 40 |    |    |    |    |    |    |    |    |
|     |      | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|     |      | 17       | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 |    |    |    |    |    |
|     |      | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 律法書 | 利未記  | 17       | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 |    |    |    |    |    |
|     |      | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|     |      | 17       | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 |
|     |      | 33       | 34 | 35 | 36 |    |    |    |    |    |    |    |    |    |    |    |    |
|     |      | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 律法書 | 民數記  | 17       | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 |
|     |      | 33       | 34 | 35 | 36 |    |    |    |    |    |    |    |    |    |    |    |    |
|     |      | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|     |      | 17       | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 |
|     |      | 33       | 34 |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 律法書 | 申命記  | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|     |      | 17       | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 |
|     |      | 33       | 34 |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|     |      |          |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|     |      |          |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |

|     |       | 歷史書共249章 |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|-----|-------|----------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 歷史書 | 約書亞記  | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|     |       | 17       | 18 | 19 | 20 | 21 | 22 | 23 | 24 |    |    |    |    |    |    |    |    |
|     |       | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|     |       | 17       | 18 | 19 | 20 | 21 |    |    |    |    |    |    |    |    |    |    |    |
|     |       | 1        | 2  | 3  | 4  |    |    |    |    |    |    |    |    |    |    |    |    |
| 歷史書 | 士師記   | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|     |       | 17       | 18 | 19 | 20 | 21 |    |    |    |    |    |    |    |    |    |    |    |
|     |       | 1        | 2  | 3  | 4  |    |    |    |    |    |    |    |    |    |    |    |    |
|     |       | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|     |       | 17       | 18 | 19 | 20 | 21 | 22 | 23 | 24 |    |    |    |    |    |    |    |    |
| 歷史書 | 撒母耳記上 | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|     |       | 17       | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |    |
|     |       | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|     |       | 17       | 18 | 19 | 20 | 21 | 22 | 23 | 24 |    |    |    |    |    |    |    |    |
|     |       | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 歷史書 | 撒母耳記下 | 17       | 18 | 19 | 20 | 21 | 22 | 23 | 24 |    |    |    |    |    |    |    |    |
|     |       | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|     |       | 17       | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 |    |    |    |    |    |    |    |
|     |       | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|     |       | 17       | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 |
| 歷史書 | 列王紀上  | 33       | 34 | 35 | 36 |    |    |    |    |    |    |    |    |    |    |    |    |
|     |       | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|     |       | 17       | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 |    |    |    |    |    |    |    |
|     |       | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|     |       | 17       | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 |    |    |    |    |    |    |    |
| 歷史書 | 列王紀下  | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|     |       | 17       | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 |
|     |       | 33       | 34 | 35 | 36 |    |    |    |    |    |    |    |    |    |    |    |    |
|     |       | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 |    |    |    |    |    |    |
|     |       | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 |    |    |    |
| 歷史書 | 歷代志上  | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|     |       | 17       | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 |    |    |    |
|     |       | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|     |       | 17       | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 |
|     |       | 33       | 34 | 35 | 36 |    |    |    |    |    |    |    |    |    |    |    |    |
| 歷史書 | 歷代志下  | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 |    |    |    |    |    |    |
|     |       | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 |    |    |    |
|     |       | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 |    |    |    |    |    |    |
|     |       | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 |    |    |    |    |    |    |
|     |       | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 |    |    |    |    |    |    |
| 歷史書 | 以斯拉記  | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 |    |    |    |    |    |    |
|     |       | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 |    |    |    |
|     |       | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 |    |    |    |    |    |    |
|     |       | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 |    |    |    |    |    |    |
|     |       | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 |    |    |    |    |    |    |
| 歷史書 | 尼希米記  | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 |    |    |    |    |    |    |
|     |       | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 |    |    |    |    |    |    |
|     |       | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 |    |    |    |    |    |    |
|     |       | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 |    |    |    |    |    |    |
|     |       | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 |    |    |    |    |    |    |
| 歷史書 | 以斯帖記  | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 |    |    |    |    |    |    |
|     |       | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 |    |    |    |    |    |    |
|     |       | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 |    |    |    |    |    |    |
|     |       | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 |    |    |    |    |    |    |
|     |       | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 |    |    |    |    |    |    |

| 智慧書 | 智慧書共243章 |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |    |  |
|-----|----------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|----|--|
|     | 約伯記      | 1   | 2   | 3   | 4   | 5   | 6   | 7   | 8   | 9   | 10  | 11  | 12  | 13  | 14  | 15  | 16 |  |
|     |          | 17  | 18  | 19  | 20  | 21  | 22  | 23  | 24  | 25  | 26  | 27  | 28  | 29  | 30  | 31  | 32 |  |
|     |          | 33  | 34  | 35  | 36  | 37  | 38  | 39  | 40  | 41  | 42  |     |     |     |     |     |    |  |
|     | 詩篇       | 1   | 2   | 3   | 4   | 5   | 6   | 7   | 8   | 9   | 10  | 11  | 12  | 13  | 14  | 15  | 16 |  |
|     |          | 17  | 18  | 19  | 20  | 21  | 22  | 23  | 24  | 25  | 26  | 27  | 28  | 29  | 30  | 31  | 32 |  |
|     |          | 33  | 34  | 35  | 36  | 37  | 38  | 39  | 40  | 41  | 42  | 43  | 44  | 45  | 46  | 47  | 48 |  |
|     |          | 49  | 50  | 51  | 52  | 53  | 54  | 55  | 56  | 57  | 58  | 59  | 60  | 61  | 62  | 63  | 64 |  |
|     |          | 65  | 66  | 67  | 68  | 69  | 70  | 71  | 72  | 73  | 74  | 75  | 76  | 77  | 78  | 79  | 80 |  |
|     |          | 81  | 82  | 83  | 84  | 85  | 86  | 87  | 88  | 89  | 90  | 91  | 92  | 93  | 94  | 95  | 96 |  |
| 97  |          | 98  | 99  | 100 | 101 | 102 | 103 | 104 | 105 | 106 | 107 | 108 | 109 | 110 | 111 | 112 |    |  |
| 113 |          | 114 | 115 | 116 | 117 | 118 | 119 | 120 | 121 | 122 | 123 | 124 | 125 | 126 | 127 | 128 |    |  |
| 129 |          | 130 | 131 | 132 | 133 | 134 | 135 | 136 | 137 | 138 | 139 | 140 | 141 | 142 | 143 | 144 |    |  |
| 145 | 146      | 147 | 148 | 149 | 150 |     |     |     |     |     |     |     |     |     |     |     |    |  |
| 箴言  | 1        | 2   | 3   | 4   | 5   | 6   | 7   | 8   | 9   | 10  | 11  | 12  | 13  | 14  | 15  | 16  |    |  |
|     | 17       | 18  | 19  | 20  | 21  | 22  | 23  | 24  | 25  | 26  | 27  | 28  | 29  | 30  | 31  |     |    |  |
| 傳道書 | 1        | 2   | 3   | 4   | 5   | 6   | 7   | 8   | 9   | 10  | 11  | 12  |     |     |     |     |    |  |
| 雅歌  | 1        | 2   | 3   | 4   | 5   | 6   | 7   | 8   |     |     |     |     |     |     |     |     |    |  |