FREE PRINTABLE · KING JAMES VERSION

7-Day New Year

Scripture Focus Plan

Fresh start · Renew your mind · Put God first

Reading · Key verse (KJV) · Focus prompt · Check it off

"Create in me a clean heart, O God; and renew a right spirit within me."

PSALM 51:10 (KJV)

BYSCRIPTURE

byscripture.com

BEFORE YOU BEGIN

How to Use This Plan

A new year is more than a calendar turn—it is a chance to put God first again. For seven days, walk through Scripture on fresh starts, a renewed mind, and seeking His kingdom. Use it January 1–7, any first week of the year, or whenever you need a focused reset.

1. **Read.** Open your Bible to the day's passage. Read it slowly—aloud if you can.
2. **Focus.** Read the printed key verse (KJV). Circle a word God highlights.
3. **Reflect.** Answer the focus prompt on the lines below. Be honest and specific.
4. **Pray.** Turn what you wrote into a short prayer for the year ahead.
5. **Check it off.** Tick the box and color the tracker. Missed a day? Just pick up today.

MY 7-DAY FOCUS TRACKER

Color in each day-circle as you finish it.

1 2 3 4 5 6 7

MY WORD OR FOCUS FOR THIS YEAR

One word or short phrase...

Day 1 – 3

DAY 1

DAY 1 Read **2 Corinthians 5:14-17** done ☐

Date _____

"Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new."

2 CORINTHIANS 5:17 (KJV)

Focus: Where do you need a "new creature" start this year—heart, habit, or relationship? Write one honest sentence.

DAY 2

DAY 2 Read **Isaiah 43:18-21** done ☐

Date _____

"Behold, I will do a new thing; now it shall spring forth; shall ye not know it? I will even make a way in the wilderness, and rivers in the desert."

ISAIAH 43:19 (KJV)

Focus: What "former things" are you tempted to keep replaying? Name one wilderness place where you want God to make a way.

DAY 3

DAY 3 Read **Lamentations 3:21-26** done ☐

Date _____

"It is of the LORD's mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness."

LAMENTATIONS 3:22-23 (KJV)

Focus: List three mercies that are new this morning. How does God's faithfulness steady you for the year ahead?

Day 4 – 6

DAY 4

DAY 4 Read **Romans 12:1-2** done ☐

Date _____

"And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."

ROMANS 12:2 (KJV)

Focus: What worldly pattern most shapes your thoughts? Write one renewed thought you want to practice this week.

DAY 5

DAY 5 Read **Matthew 6:31-34** done ☐

Date _____

"But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."

MATTHEW 6:33 (KJV)

Focus: If you put God's kingdom first this January, what would change in your calendar or priorities? Name one concrete step.

DAY 6

DAY 6 Read **Philippians 3:12-14** done ☐

Date _____

"Brethren, I count not myself to have apprehended: but this one thing I do , forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus."

PHILIPPIANS 3:13-14 (KJV)

Focus: What is behind you that you need to leave with God? What mark are you pressing toward this year?

Day 7

DAY
7

DAY 7 Read **Psalm 90:10-17** done ☐

Date _____

"So teach us to number our days, that we may apply our hearts unto wisdom."

PSALM 90:12 (KJV)

Focus: Number your days: what wisdom do you want this year to teach you? Write a one-line prayer for the months ahead.

_____

_____

_____

MY FOCUS FOR THE YEAR CARD

Cut out or keep in your Bible as a year-long reminder.

Renewed Strength

"But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint."

ISAIAH 40:31 (KJV)

My focus word for this year:

_____

FOCUS JOURNAL PAGES

Keep Seeking First

Use these pages any day of the year. Pair them with more verses on new beginnings, the mind, and putting God first at byscripture.com.

What I leave behind

Habits, fears, or old scripts you are handing to God.

How I will renew my mind

Truths to rehearse; inputs to change; thoughts to replace.

How I will put God first

One calendar, budget, or relationship step this month.

Behold, All Things New

"And he that sat upon the throne said, Behold, I make all things new. And he said unto me, Write: for these words are true and faithful."

REVELATION 21:5 (KJV)

Seven days is a beginning. A focused heart grows when we keep reading God's Word, renewing our minds, and seeking His kingdom first—January through December.

KEEP THE HABIT GOING

SOAP Bible Study Journal

Scripture, Observation, Application, Prayer: a simple guided page for your daily reading. $12.99

byscripture.com/shop/soap-bible-study-journal/

30-Day Prayer Journal

Thirty days of KJV prompts to build a steady, honest prayer life. $9.99

byscripture.com/shop/30-day-prayer-journal/

Also free: Advent plan at byscripture.com/free-advent-reading-plan/
Thanksgiving plan at byscripture.com/free-thanksgiving-printable/
SOAP study sheet at byscripture.com/free-soap-sheet/

WHAT I WANT TO REMEMBER

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