

HEART HOLDS

2026



basic teachings to hold on to
in your walk with Jesus

Heart Holds

Heart Holds are specific and basic teachings that all Christians should be able to refer to at any moment. They may be items to memorize, Scriptures to read, or concepts to understand and put into practice. Each month will be a different type of something for you to “hold on to” to help you stay firm in your faith.

Who can participate?

We want all of our Alameda family members to continue growing in their faith. Too often, believers of all ages become discouraged by their circumstances and turn away from God. We don't want this for any of our church family. We want you to be faithful to the end!

For our children and youth, our hope is that these Heart Holds will encourage them to begin developing a habit of learning God's Word and His plan for their lives. We desire each generation to stay strong in the Lord and pass on their faith to the next generation.

What to expect?

If you join us, you will have the entire month to master the Heart Hold assigned for that month. If you are participating in a Heart Hold, let us know because we want to encourage you and cheer you on!

Our hope is that Heart Holds will encourage you daily and strengthen your heart so you will hold on tightly to your faith in Jesus.

"See to it, brothers and sisters, that none of you has a sinful, unbelieving heart that turns away from the living God. But encourage one another daily, as long as it is called 'Today,' so that none of you may be hardened by sins' deceitfulness. We have come to share in Christ, if indeed we hold our original conviction firmly to the very end." – Hebrews 3:12-14 NIV

2026 HEART HOLDS

FEBRUARY

Memorize the Books of Old and New Testaments

MARCH

Read through the Gospel of Matthew

APRIL

Read the Miracles of Jesus

MAY

Learn about the Israelites' Exodus from Egypt

JUNE

Read God's Covenants with His People

JULY

No Heart Hold (rest or catch up)

AUGUST

Gospel Plan and Practice

SEPTEMBER

Memorize the 10 Commandments

OCTOBER

Complete 2 Family Devotionals

NOVEMBER

Gratitude Challenge

DECEMBER

Advent Readings

Memorize the Old & New Testament Books of the Bible

For February's Heart Hold, memorize all 39 books in the Old Testament and all 27 books in the New Testament that you see listed below.

Knowing all the books in the Old and New Testaments will allow you to easily find that book in your Bible whenever you need it!

To help make memorizing easier, you can sing the list in a song. Search the internet to find songs and videos to assist in learning both the old and new testaments.

OLD TESTAMENT

Genesis	1 Samuel	Esther	Jeremiah	Jonah
Exodus	2 Samuel	Job	Lamentations	Micah
Leviticus	1 Kings	Psalms	Ezekiel	Nahum
Numbers	2 Kings	Proverbs	Daniel	Habakkuk
Deuteronomy	1 Chronicles	Ecclesiastes	Hosea	Zephaniah
Joshua	2 Chronicles	Song of Solomon	Joel	Haggai
Judges	Ezra	Isaiah	Amos	Zechariah
Ruth	Nehemiah		Obadiah	Malachi

NEW TESTAMENT

Matthew	1 Corinthians	1 Thessalonians	Hebrews	3 John
Mark	2 Corinthians	2 Thessalonians	James	Jude
Luke	Galatians	1 Timothy	1 Peter	Revelation
John	Ephesians	2 Timothy	2 Peter	
Acts	Philippians	Titus	1 John	
Romans	Colossians	Philemon	2 John	

Read the book of Matthew in the New Testament

Read through the Gospel of Matthew this month! The book of Matthew is the first book in the New Testament and is one of the four Gospels. It tells about the life of Jesus, from his genealogy and his birth to his teachings and to his death and resurrection. In Matthew, we see that Jesus is the Messiah from the line of David. He is Immanuel, which means "God with us."

There are 28 chapters in Matthew, so read one chapter per day. Your reading plan will look like this:

March 1: Matthew 1

March 2: Matthew 2

March 3: Matthew 3

March 4: Matthew 4

March 5: Matthew 5... and so on, until March 28 when you finish the book of Matthew!

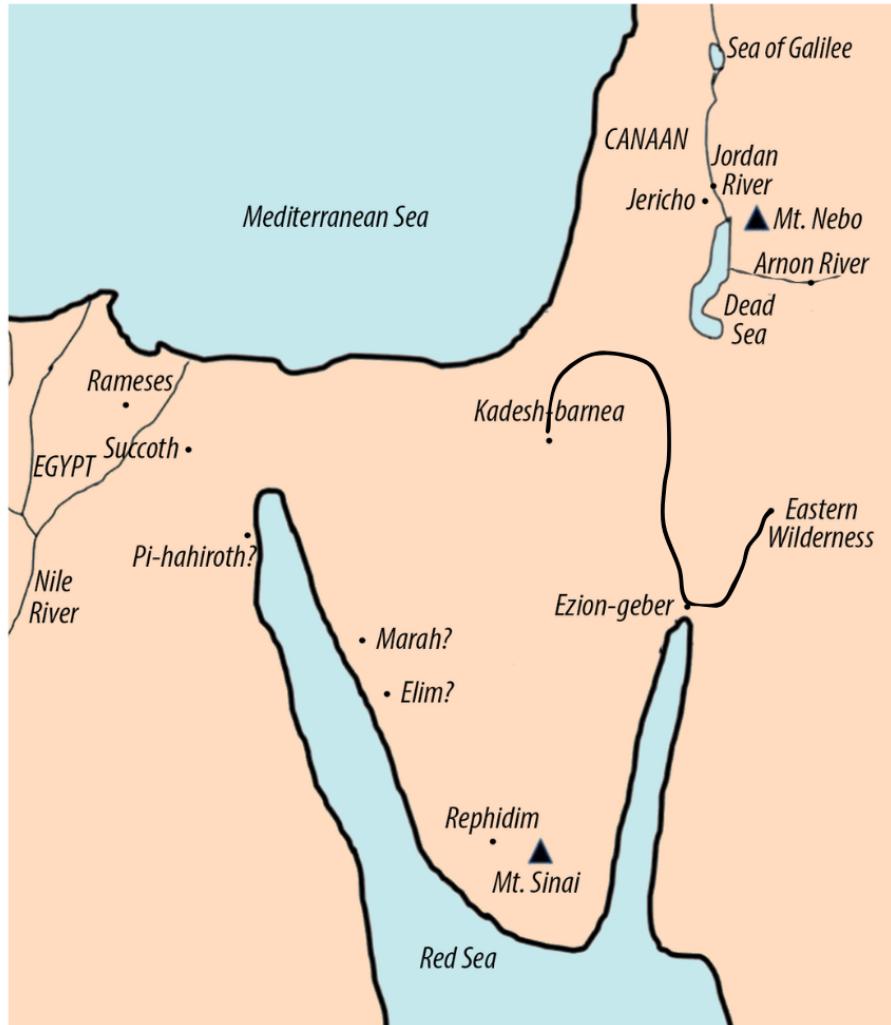
Try to stay on track and read a chapter each day, but if you get behind, you will have March 29-31 to finish reading the book.

Read the Miracles Performed by Jesus

MIRACLES OF JESUS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Each day, read about one of the miracles performed by Jesus! Some days include readings of more than one miracle and other days include the same miracle recorded in different Gospels.			1 JOHN 2:1-11	2 JOHN 4:46-54	3 MARK 1:23-28 LUKE 4:33-37	4 MATTHEW 8:14-15 MARK 1:29-31 LUKE 4:38-39
5 LUKE 5:1-11	6 MATTHEW 8:1-4 MARK 1:40-45 LUKE 5:12-14	7 MATTHEW 8:5-13 LUKE 7:1-10	8 MATTHEW 9:1-8 MARK 2:1-12 LUKE 5:17-26	9 MATTHEW 12:9-13 MARK 3:1-5 LUKE 6:6-11	10 LUKE 7:11-19	11 MATTHEW 8:23-27 MARK 4:35-41 LUKE 8:22-25
12 MATTHEW 8:28-34 MARK 5:1-16 LUKE 8:26-36	13 MATTHEW 9:18-26 MARK 5:21-43 LUKE 8:40-56	14 MATTHEW 9:27-31 MATTHEW 9:32-34	15 JOHN 5:1-9	16 MATTHEW 14:15-21 MARK 6:32-44 LUKE 9:11-17 JOHN 6:1-13	17 MATTHEW 14:22-23 MARK 6:45-52 JOHN 6:16-21	18 MATTHEW 15:21-28 MARK 7:24-30
19 MARK 7:31-37	20 MATTHEW 15:32-39 MARK 8:1-9	21 MARK 8:22-26	22 JOHN 9	23 MATTHEW 17:14-21 MARK 9:14-27 LUKE 9:37-43	24 MATTHEW 17:24-27	25 MATTHEW 12:22-23 LUKE 11:14-15
26 LUKE 13:10-17 LUKE 14:1-6 LUKE 17:11-19	27 JOHN 11:1-44	28 MATTHEW 20:29-34 MARK 10:46-52 LUKE 18:35-43	29 MATTHEW 21:17-20 MARK 11:12-14	30 LUKE 22:50-51		

Learn about the Israelites' Exodus from Egypt



The map above is simplified for this Heart Hold activity. At the end of the month, look up "The Exodus from Egypt" map in the back of your Bible.

Read one of passages listed below on each Monday, Wednesday, and Friday this month. After reading each Scripture, draw a line on the map to the next place where the Israelites traveled in that day's passage.

Exodus 12:37 & 13:17-22

Israel was sent out of Egypt.

Exodus 14 & Numbers 33:8

Israel crossed the Red Sea

Exodus 15:23-26

The Lord made bitter waters sweet

Exodus 15:27

Israelites camped by twelve springs of water

Exodus 17:8-16

Israel fought with Amalek

Exodus 19-20

The Lord revealed the Ten Commandments

Numbers 33:35, Deuteronomy 2:1-7

The Israelites moved through the land of Esau

Numbers 13

Moses sent spies into the promised land

Numbers 20:14-21

Israel avoided Edom and traveled by way of the Eastern Wilderness (This part of the journey is already marked on the map.)

Deuteronomy 2:24-25

Israel defeated the Amorites

Deuteronomy 34:1-3

The Lord showed Moses the promised land

Joshua 3

The Israelites crossed a river on dry ground

Joshua 6

The Israelites destroyed the city

Read about God's
Covenants with His People

COVENANT READINGS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 God & Adam Genesis 2 & 3	2	3 God & Noah Genesis 6:1-9:17	4	5 God & Abraham Genesis 12:1-9; 15:1-21; 17:1-27; 21:1-7	6
7 The Biggest Story Chapters 1-2	8	9 God & Abraham Romans 4	10	11 God & Abraham Galatians 3	12	13 God & Moses Exodus 19-20
14 The Biggest Story Chapters 3-5	15 God & Moses Exodus 24	16	17 God & Moses Hebrews 9:11-10:4	18	19 God & David 2 Samuel 7 & 8	20
21 The Biggest Story Chapters 6-7	22	23 Believing in Jesus John 1:1-18; 4:25-26; 5:16-18, 24; 6:30-35	24	25 Believing in Jesus John 8:51-59; 13:34-35; 15:9-17	26	27 The New Covenant Jer. 31:31-34; Mt 26:26-29; Mk 14:22-25; Lk 22:14-20
28 The Biggest Story Chapters 8-10	29	Youth and adults: follow the Scripture readings. Kids (& their families): follow the weekly chapter readings in <i>The Biggest Story</i> .				

Make a Plan and Practice Sharing the Gospel

For August's Heart Hold, learn how to share the Gospel with someone. The Gospel is the good news of Jesus Christ!

Each week this month, make a plan and practice it, so that whenever you have an opportunity to share the Gospel, you are prepared.

Two examples are provided. These are simple illustrations and exercises to help you explain the Gospel and why it's good news for all of us!

Share the Gospel in 1 Minute

God: God is Creator of the earth and everything in it. He is holy and just and righteous. He created us to be in relationship with Him, to love Him, serve Him, and glorify Him in all we do.

Sin: We are all sinners, and therefore, we cannot be with God. Our sin separates us from his holy presence. This is a problem we cannot fix on our own.

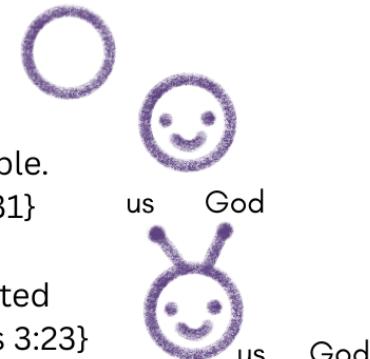
Jesus: Through Jesus Christ, we can be reconciled to God. Because Jesus died for our sins, our debt is paid and our sins are forgiven.

Our Response: We are faithful and place our hope in Jesus Christ, our Savior, repenting of our sins and being baptized as we follow Him.

Sidewalk Chalk Gospel

Find a spot to draw on the sidewalk. Go through the steps below, saying each part aloud as you draw.

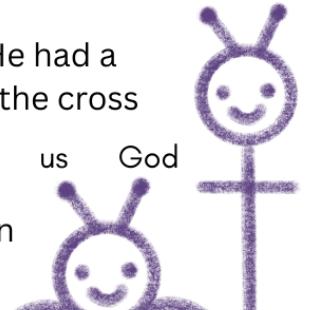
God created the world...
{Genesis 1:1}



and everything in it, including people. He said it was good! {Genesis 1:27,31}

People sinned and we were separated from our perfect Creator! {Romans 3:23}

But because God loved us so much, He had a plan! He sent His son Jesus to die on the cross for our sins! {Matthew 20:28}



Jesus did not stay dead. He rose again 3 days later, just as He said! People even saw the holes in His hands and knew it was really Jesus!
{John 20:25-29; Matthew 2 & 6}



This gave us a way to be made whole again! Jesus gives us hope and color in our lives! All we have to do is admit we are sinners, believe Jesus rose from the dead, be baptized, and give Him control of our lives!
{1 Corinthians 5:17; Romans 10:9-10}



Memorize the Ten Commandments

- 1 You shall have no other gods before Me.**
- 2 You shall not make idols.**
- 3 You shall not take the name of the LORD your God in vain.**
- 4 Remember the Sabbath day, to keep it holy.**
- 5 Honor your father and your mother.**
- 6 You shall not murder.**
- 7 You shall not commit adultery.**
- 8 You shall not steal.**
- 9 You shall not bear false witness against your neighbor.**
- 10 You shall not covet.**

Before you start memorizing the summarized list above, read the full passages of Scripture in Exodus 20 and Deuteronomy 5:6-21.

Tips for Memorizing Scripture

- Pray that God will help you remember this Scripture at times in your life when you need it most.
- Recite the Scripture daily. Recite it alone or with a friend or family member. Choose the same time of day to recite it so that you don't forget.
- Write out the Scripture and place it where you will see it and read it often.
- Put the words to a rhythm or melody that you can sing each day.

Complete Two Family Devotionals

For October's Heart Hold, complete two devotionals with family or friends. You can create your own devotionals or choose from the list of ideas we have provided below.

Tips for Planning a Devotional

Do what works best for your family.
Be consistent.
Commit.

READ SCRIPTURE TOGETHER

Verbalizing Scripture (regardless of age, reading capability, or difficulty of some words) is not only glorifying God but edifying for people to work together to connect to our God!

SING

Talk about your favorite songs. Talk about songs you want to learn and sing (then sing them)! It may feel awkward at first, but singing to God as a family brings a deep connection to where our minds should be.

PRAY

Find ways for everyone in the family to pray. Think of creative ways to talk to God together—write out a prayer or practice saying The Lord's Prayer from Matthew 6 throughout the day. Prayer is a crucial connection that is needed for a family to work together. Think about who and what you're praying for, and whom you're praying to.

TALK

Discuss what you've been learning in church recently or where you've seen God work in your life in the last week. What is hard right now- & how can God show up there? Give space for the Holy Spirit to guide your conversations.

ALL OF THE ABOVE!

Reading, singing, and praying can all be considered devotional time, but put those together and you can create a holistic experience of worship and connection as a family.

Additional Resources

Use a Discovery Bible Study format. DBS bookmarks are in the lobby and online.

Gratitude Challenge

THANKFUL IN NOVEMBER

Read Scripture for the Advent Season

ADVENT READINGS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 Isaiah 2:1-5	1 Psalm 80:1-7	2 Psalm 80:17-19	3 1 Corinthians 1:3-9	4 Luke 1:26-38	5
6	7 Isaiah 11:1-10	8 Psalm 85:1-7	9 Psalm 85: 8-13	10 2 Peter 3:8-15	11 Luke 1:46-55	12
13	14 Isaiah 35:1-10	15 Psalm 126	16 Psalm 127	17 1 Thessalonians 5:16-24	18 Luke 2:1-7	19
20	21 Isaiah 7:10-16	22 Psalm 89:1-4	23 Psalm 89:19-28	24 Romans 16:25-27	25 Luke 2:8-20 CHRISTMAS DAY!	26
27	28	In the weeks leading up to Christmas, read the daily Scriptures listed above with the hopeful anticipation of the birth of Jesus Christ. May we also anticipate his future return, when He will make all things new.				

Our prayer is that this resource will be a blessing and a simple, fun tool for you and your family to use as you grow closer to God.



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