



Old Testament and New Testament Insights



Dive into a 7-day study contrasting the Old and New Testaments to deepen understanding and faith.



HolyJot

Bible Journaling Made Easy.
www.HolyJot.com



Table of contents

<u>Introduction</u>	3
<u>Day 1: 📖 Foundations: What is the Bible?</u>	4
<u>Day 2: 📖 Old Testament: God's Covenant with Israel</u>	10
<u>Day 3: ✨ New Testament: Fulfillment in Christ</u>	16
<u>Day 4: 🕊️ Grace versus Law: A New Covenant</u>	22
<u>Day 5: 🌿 Continuity and Change: Reading Both Testaments</u>	28
<u>Day 6: 🔑 Wisdom and Prophecy: Voices from Both Testaments</u>	34
<u>Day 7: 🔥 Living the Word: Applying Old and New Testament Truths</u>	40



Introduction

The Bible, a sacred collection of texts, is foundational to Christian faith, consisting of two main parts: the **Old Testament** and the **New Testament**. Each Testament offers unique perspectives on God's relationship with humanity, His promises, and the unfolding plan of salvation. Understanding the differences and connections between these Testaments enhances our appreciation of Scripture and strengthens our walk with God.

The *Old Testament* primarily reveals God's covenant with Israel, presenting laws, history, prophecy, poetry, and wisdom literature. It lays the groundwork for God's redemptive plan, pointing forward to the coming Messiah. The *New Testament*, on the other hand, focuses on the fulfillment of those promises through Jesus Christ—His life, death, resurrection, and the birth of the early Church. Together, they form a unified story of redemption and hope.

Throughout this 7-day study plan, we will explore key passages that highlight the contrasts and continuities between the Old and New Testaments. By reflecting on these Scriptures, accompanied by devotional insights and thought-provoking questions, you will gain clarity on how these Testaments intersect and complement each other—strengthening your faith and deepening your knowledge of God's Word. Whether you are new to Scripture or seeking fresh insight, this study invites you to encounter the Bible's richness across its two main sections. Embrace this journey and let the Bible—the inspired Word of God guide your heart and life.





Day 1: 📖 Foundations: What is the Bible?



Day 1: 📖 Foundations: What is the Bible?

Your Verse

2 Timothy 3:16 - "All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness."

Supporting Scriptures

- *Psalms 119:105 - "Your word is a lamp to my feet and a light to my path."*
- *Hebrews 4:12 - "For the word of God is alive and active."*



Day 1: 📖 Foundations: What is the Bible?

Devotional: The Bible: God's Living, Breathing Word

The Bible is more than just a book; it is the inspired Word of God that reveals His nature, plan, and love for humanity. In 2 Timothy 3:16, the Apostle Paul reminds us that all Scripture is "God-breathed" — divinely inspired and trustworthy for every aspect of our lives. This establishes a foundation of authority and purpose.

Psalms 119:105 poetically describes the Bible as "a lamp to my feet and a light to my path," illustrating how God's Word guides believers through life's complexities. Hebrews 4:12 further emphasizes its power, being "alive and active," able to penetrate deep into our hearts and minds.

In today's world filled with uncertainty, the Bible offers stability and wisdom. As we embark on this journey exploring the distinctions and unity of the Old and New Testaments, let's recognize the Bible's unchanging role as our teacher and guide. Approach Scripture with an open heart, ready to receive its transforming power.



Reflect and Apply

1. How do you currently view the authority of Scripture in your life?

2. In what ways have you experienced the Bible acting as a 'lamp' or guide?

3. Why is it important to understand that Scripture is "God-breathed"?



Day 1:  Foundations: What is the Bible?

Journaling Prompts

1. Write about a time when a Bible verse profoundly impacted your life.

2. How can you make daily engagement with Scripture a priority this week?

3. List ways the Bible has shaped your understanding of God.



Day 1: 📖 Foundations: What is the Bible?

Prayer for Today

Heavenly Father, thank You for giving us Your Word as a gift and guide. *Help me to treasure the Bible* as Your living message, alive and active in my heart. Teach me through Your Scriptures each day, that I may grow in wisdom, faith, and righteousness. Open my eyes to see Your truth and my ears to hear Your voice. Lead me on Your path and strengthen my trust in You. In Jesus' name, Amen. 🙏📖✨





Day 2: 📖 Old Testament: God's Covenant with Israel



Your Verse

Genesis 12:1-3 - "The LORD had said to Abram, 'Go from your country... I will make you into a great nation... and all peoples on earth will be blessed through you.'"

Supporting Scriptures

- *Exodus 19:5 - "Now if you obey me fully... you will be my treasured possession among all peoples."*
- *Deuteronomy 7:9 - "The LORD your God... keeps his covenant of love to a thousand generations..."*



Devotional: God's Covenant: Promise and Purpose for Israel

The Old Testament reveals God's covenant relationship with Israel. In Genesis 12, God calls Abram, promising to make him a great nation and to bless all peoples through him. This covenant initiates God's plan of redemption, centered on His chosen people.

Through Exodus and Deuteronomy, we see the giving of God's law—a guide to live holy and set apart. These laws establish a unique identity for Israel, underscoring God's commitment to His promises and His desire for His people's faithfulness.

Understanding the Old Testament covenants helps us appreciate the deep roots of God's redemptive story and His faithfulness over generations. It reminds us of God's desire to bless not only Israel but ultimately all nations through His plan.



Reflect and Apply

1. What does God's covenant with Abram teach us about His faithfulness?

2. How do the Old Testament laws reflect God's holiness?

3. In what ways do you see God's covenant blessings extending beyond Israel?



Journaling Prompts

1. Reflect on a covenant or promise in your life that shapes your trust in God.

2. How can the Old Testament covenants encourage your faith journey?

3. Write about God's faithfulness to His promises in your personal story.



Day 2: 📖 Old Testament: God's Covenant with Israel

Prayer for Today

Lord, thank You for Your faithfulness in keeping Your covenants throughout history. Help me to trust Your promises like Abram did, knowing You are steadfast and true. Teach me to be faithful and obedient, reflecting Your holiness in my life. May Your blessings flow through me to others as part of Your greater plan. In Jesus' name, Amen. 🌿 📖 🙌





Day 3: ✨ New Testament: Fulfillment in Christ



Your Verse

Matthew 5:17 - "Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them."

Supporting Scriptures

- *John 1:14 - "The Word became flesh and made his dwelling among us."*
- *Romans 1:16 - "For I am not ashamed of the gospel, because it is the power of God that brings salvation to everyone who believes."*



Devotional: Christ: The Fulfillment of God's Promises

Jesus Christ is the fulfillment of the Old Testament's promises. In Matthew 5:17, Jesus clarifies that He has come not to abolish the Law or the Prophets but to fulfill them—a statement that bridges the Old and New Testaments.

The Gospel of John reveals Jesus as the Word made flesh, God entering human history to redeem and restore. Romans reminds us that the gospel is powerful, offering salvation to all who believe.

This truth gives the New Testament its central focus: Jesus as Messiah, Savior, and King. As we study the New Testament, we discover how Christ fulfills the Old Testament covenants and brings new life through grace and truth.



Reflect and Apply

1. What does Jesus mean when He says He came to fulfill the Law and the Prophets?

2. How does seeing Jesus as the Word impact your understanding of Scripture?

3. In what ways do you experience the power of the gospel in your life?



Journaling Prompts

1. Write about how Jesus fulfills your personal hopes and promises.

2. Reflect on how the New Testament changes your view of the Old Testament.

3. Describe ways to share the gospel's power with others.



Day 3: ✨ New Testament: Fulfillment in Christ

Prayer for Today

Gracious God, thank You for sending Jesus to fulfill Your promises and bring salvation. Help me to understand His role fully and to live by the gospel's power. May my heart embrace Christ as the Word made flesh, and may my life reflect His love and truth daily. Use me as a witness of Your grace. In Jesus' name, Amen. ✚ 📖 ❤️





Day 4: 🕊️ Grace versus Law: A New Covenant



Your Verse

Hebrews 8:6 - "Jesus has obtained a more excellent ministry... he is mediator of a better covenant, which has been enacted on better promises."

Supporting Scriptures

- *Jeremiah 31:31 - "I will make a new covenant with the people of Israel... I will put my law in their minds."*
- *Galatians 3:24 - "So the law was our guardian until Christ came that we might be justified by faith."*



Devotional: Jesus, Mediator of a Better Covenant

The New Testament introduces a new covenant, superior to the Old. Hebrews 8 emphasizes Jesus as the mediator of this better covenant, one founded on better promises than the old Law.

Jeremiah's prophecy points forward to this new covenant where God's law will be written on hearts, not stone tablets, signifying internal transformation.

Galatians reminds us the old Law served as a guardian until Christ came so that justification by faith through grace could be realized. This grace frees us from legalistic burden and invites a personal relationship with God.

Understanding grace versus law invites us to live empowered by God's Spirit, not merely rules, deepening intimacy with Him.



Reflect and Apply

1. How does the new covenant change your relationship with God compared to the old?

2. What does it mean for God's law to be written on your heart?

3. How can grace empower you beyond the limitations of law?



Journaling Prompts

1. Journal about how grace has transformed your life.

2. Reflect on struggles you have had with rules or legalism.

3. Write a prayer asking God to help you live by the Spirit.



Day 4: 🕊️ Grace versus Law: A New Covenant

Prayer for Today

Lord Jesus, thank You for being the mediator of a better covenant. Help me to experience the freedom and new life You offer beyond the law. Write Your law on my heart, transforming me from within. Teach me to live by your grace and walk in the Spirit's power daily. Amen. 💖🕊️🙏





Day 5: Continuity and Change: Reading Both Testaments



Your Verse

Luke 24:27 – "Beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself."

Supporting Scriptures

- *Romans 15:4 – "For everything that was written in the past was written to teach us..."*
- *Psalm 22:16 – "They pierce my hands and my feet..." (Messianic prophecy)*



Devotional: Christ at the Center of the Bible's Story

Understanding the Bible requires seeing the continuity between Old and New Testaments. Luke 24 recounts how Jesus, after His resurrection, explained to His disciples how all Scriptures—from Moses to the Prophets—pointed to Him.

Romans 15 clarifies that everything written in the past was for our instruction and encouragement. Seeing the Old Testament messianic prophecies, like Psalm 22, opens our eyes to God's sovereign plan unfolding across history.

This approach invites respectful engagement with both Testaments, appreciating their roles and seeing Christ at the center of God's redemptive story. It challenges us to read the Bible as one unified narrative that leads to transformation and hope.



Reflect and Apply

1. How does seeing Jesus in Old Testament prophecies affect your trust in God?

2. Why is it important to read the Bible as a unified story?

3. What new insights arise when you connect both Testaments?



Journaling Prompts

1. Write about a Bible passage connecting Old and New Testaments that touched you.

2. Reflect on how the Bible's unified story impacts your faith.

3. Record any questions you have about Scripture's continuity.



Day 5: 🌿 Continuity and Change: Reading Both Testaments

Prayer for Today

Dear Jesus, thank You for revealing Yourself through all Scripture. Help me to see Your hand throughout the Bible's story and to trust Your plan. Guide me in reading Your Word with clarity and openness. May Your truth deepen my faith and transform my heart. Amen. 📖 ❤️ ✨





Day 6: Wisdom and Prophecy: Voices from Both Testaments



Day 6: 🗝️ Wisdom and Prophecy: Voices from Both Testaments

Your Verse

Proverbs 3:5-6 - "Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

Supporting Scriptures

- *Isaiah 9:6 - "For to us a child is born... and he will be called Wonderful Counselor..."*
- *James 1:5 - "If any of you lacks wisdom, you should ask God..."*



Day 6: 🔑 Wisdom and Prophecy: Voices from Both Testaments

Devotional: Seeking God's Wisdom and Hopeful Prophecies

The Bible contains wisdom and prophetic voices across both Testaments.

Proverbs offers practical guidance, urging us to trust God wholeheartedly and seek His counsel in all decisions.

Isaiah's prophecy points to the coming Messiah, highlighting His divine titles and nature that resonate through the New Testament. James encourages believers to ask God for wisdom, emphasizing God's generous nature to provide.

These voices together teach dependence on God's insight rather than our own, reminding us the Bible is alive with guidance and hope. Through studying wisdom literature and prophecy, we draw closer to God's will and promises fulfilled in Christ.



Reflect and Apply

1. How does trusting God in Proverbs 3 impact your daily life?

2. What hope does Isaiah's prophecy offer for the coming Messiah?

3. When have you experienced God's wisdom through prayer?



Journaling Prompts

1. Write about a time you relied on God's wisdom over your own.

2. Reflect on how prophecy shapes your understanding of Jesus.

3. List areas where you need God's wisdom today.



Day 6: 🔑 Wisdom and Prophecy: Voices from Both Testaments

Prayer for Today

Father God, thank You for the gift of wisdom and the hope found in Your promises. Help me to trust You fully and seek Your guidance in every decision. Open my heart to receive Your word and be transformed by Your Spirit. Give me eyes to see Your prophetic plan unfolding. In Jesus' name, Amen. 📖 🕯️ 🙏





Day 7: 🔥 Living the Word: Applying Old and New Testament Truths



Day 7: 🔥 Living the Word: Applying Old and New Testament Truths

Your Verse

James 1:22 - "Do not merely listen to the word, and so deceive yourselves. Do what it says."

Supporting Scriptures

- *Micah 6:8 - "To act justly and to love mercy and to walk humbly with your God."*
- *Ephesians 4:22-24 - "...put off your old self... and be made new in the attitude of your minds."*



Day 7: 🔥 Living the Word: Applying Old and New Testament Truths

Devotional: Putting God's Word into Practice Daily

The ultimate goal of studying both Testaments is to live out God's truth. James challenges believers not to be merely hearers but doers of the Word—faith demands action.

Micah sums up the Old Testament call to justice, mercy, and humility as foundational to a life pleasing to God.

In Ephesians, Paul encouraged believers to shed their former ways and embrace new life in Christ—highlighting transformation as a daily process built on Scripture's power.

When Old and New Testament truths come alive in how we act, love, and think, they become a living testimony of God's presence and grace in our lives.



Reflect and Apply

1. In what ways are you challenged to be a doer of the Word?

2. How can Micah's call to justice, mercy, and humility shape your lifestyle?

3. What steps can you take to embrace the new self in Christ?



Journaling Prompts

1. Identify behaviors to change to better live out Scripture.

2. Reflect on how Scripture motivates your actions toward others.

3. Write a plan for integrating Bible truths into your daily routine.



Day 7: 🔥 Living the Word: Applying Old and New Testament Truths

Prayer for Today

Lord, help me not just to hear Your Word but to obey it fully. Teach me to act justly, love mercy, and walk humbly with You every day. Transform my heart and mind, renewing me daily in Christ's likeness. Use my life to reflect Your truth and grace. Amen. 🙏📖🔥





Where God's Word Meets Your Daily Life

A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



What you'll discover when you visit [HolyJot.com](https://www.holyjot.com):



 **100k+ Bible Study Plans** on every topic of life

 Access studies anytime on your phone, tablet, or computer

 Studies for individuals, families, small groups, and churches

 Secure online journaling — or keep using print for privacy

 A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a [free HolyJot account](#). No spam. No gimmicks. Just God's Word.

Visit Now:

 [www.HolyJot.com](https://www.holyjot.com)

 Scan this QR code to start your next Bible Study today:



 We'd love to hear your story.
Email us at info@holyjot.com.

 Connect with us at:

[Facebook](#) • [Instagram](#) • [YouTube](#) • [TikTok](#)



You are welcome to share this PDF with others.
Please keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.