

## **A New Year Resolution: To get Spiritually Fitter by Daily Exercise, Walking through the Bible.**

The beginning of a new year is a time when people make new resolutions, often in terms of getting physically fitter or in better shape. Why not resolve to get spiritually fitter through regular 'exercise', reading the Bible?

To help you with this, the first month of a range of Bible reading plans - from the relatively least taxing to the relatively most taxing - is given below. The schedule for further months will be printed and made available in advance of the beginning of each month.

- Choose an 'exercise plan' that, for you, looks
  - challenging but not overwhelming; and
  - best suited to the current level of your 'spiritual fitness'.
- Aim not to rush through the daily 'exercise walk', but to go at a pace that allows you to
  - listen to what your 'Guide' (the Holy Spirit) is saying to you on the way; and
  - enjoy some of the beauty of the 'Biblical scenery' that you pass through on your walk.
- Be prepared some days for your 'exercise walk' to go through passages that may seem tedious, uninteresting, or very hard-going. Keep going, because there will be an interesting view or experience just around the next corner!
- If you are finding that you are starting to struggle with your daily 'exercise plan', or have missed one or more days of readings, **don't give up!** Start again on today's date, and/or look for a 'personal spiritual fitness trainer' to advise you (i.e. someone you know who is spiritually more fit than you).

<b>Daily Spiritual Exercise Plans: Reading The Bible – A Path of Discovery</b>						
The New Testament in 2 years, 2010 - 2011	The Old Testament in 2 years, 2010 - 2011	The New Testament in 1 year	The New Testament, Psalms and Proverbs in 1 year	The Old Testament in 1 year	The Old Testament and the New Testament in 1 year together	The Bible – Genesis – Revelation - in 1 year
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### January 2010

1 <sup>st</sup>	Luke 3:21-38	Genesis 1	Matthew 1	Psalms 1-2	Genesis 1-2	Genesis 1-3 & Matthew 1	Genesis 1-3
2 <sup>nd</sup>	Luke 4:1-12	Genesis 2-3		Luke 1	Psalms 1-3	Genesis 4-6 & Matthew 2	Genesis 4-7
3 <sup>rd</sup>	Luke 4:13-21	Genesis 4-5		Luke 2	Isaiah 1-4 Proverbs 1	Genesis 7-9 & Matthew 3	Genesis 8:1-11:9
4 <sup>th</sup>	Luke 4:22-30	Genesis 6	Matthew 2	Luke 3	Genesis 5-6	Genesis 10-12 & Matthew 4	Genesis 11:10-14:13
5 <sup>th</sup>	Luke 4:31-37	Genesis 7	Matthew 3	Luke 4	Genesis 7-8	Genesis 13-15 & Matthew 5:1-26	Genesis 14:14-18:8
6 <sup>th</sup>	Luke 4:38-44	Genesis 8	Matthew 4	Proverbs 1	Genesis 9-10	Genesis 16-17 & Matthew 5:27-48	Genesis 18:9-21:21
7 <sup>th</sup>	Luke 5:1-11	Genesis 9	Matthew 5	Psalms 3-5	Genesis 11-12	Genesis 18-19 & Matthew 6:1-18	Genesis 21:22-24:27
8 <sup>th</sup>	Luke 5:12-16	Genesis 10	Matthew 6	Luke 5	Genesis 13-14	Genesis 20-22 & Matthew 6:19-34	Genesis 24:28-26:35
9 <sup>th</sup>	Luke 5:17-26	Genesis 11-12		Luke 6	Psalms 4-6	Job 1-2 & Matthew 7	Genesis 27-29
10 <sup>th</sup>	Luke 5:27-32	Genesis 13-14		Luke 7	Isaiah 5-8 Proverbs 2	Job 3-4 & Matthew 8:1-17	Genesis 30:1-31:42
11 <sup>th</sup>	Luke 5:33-39	Genesis 15	Matthew 7	Luke 8	Genesis 15-16	Job 5-7 & Matthew 8:18-34	Genesis 31:43-34:31
12 <sup>th</sup>	Luke 6:1-11	Genesis 16	Matthew 8	Luke 9	Genesis 17-18	Job 8-10 & Matthew 9:1-17	Genesis 35:1-37:24
13 <sup>th</sup>	Luke 6:12-26	Genesis 17	Matthew 9	Psalms 6-7	Genesis 19-20	Job 11-13 & Matthew 9:18-38	Genesis 37:25-40:8
14 <sup>th</sup>	Luke 6:27-36	Genesis 18	Matthew 10	Luke 10	Genesis 21-22	Job 14-16 & Matthew 10:1-20	Genesis 40:9-42:28
15 <sup>th</sup>	Luke 6:37-32	Genesis 19	Matthew 11	Luke 11	Genesis 23-24	Job 17-19 & Matthew 10:21-42	Genesis 42:29-45:15
16 <sup>th</sup>	Luke 6:43-49	Genesis 20-21		Luke 12	Psalms 7-9	Job 20-21 & Matthew 11	Genesis 45:16-48:7
17 <sup>th</sup>	Luke 7:1-10	Genesis 22-23		Proverbs 2	Isaiah 9-12 Proverbs 3	Job 22-24 & Matthew 12:1-23	Genesis 48:8-50:26 & Exodus 1
18 <sup>th</sup>	Luke 7:11-17	Genesis 24	Matthew 12	Luke 13	Genesis 25-26	Job 25-27 & Matthew 12:24-50	Exodus 2:1-5:9
19 <sup>th</sup>	Luke 7:18-28	Genesis 25	Matthew 13	Luke 14	Genesis 27-28	Job 28-29 & Matthew 13:1-30	Exodus 5:10-8:15
20 <sup>th</sup>	Luke 7:29-35	Genesis 26	Matthew 14	Psalms 8-9	Genesis 29-30	Job 30-31 & Matthew 13:31-58	Exodus 8:16-11:10
21 <sup>st</sup>	Luke 7:36-50	Genesis 27	Matthew 15	Luke 15	Genesis 31-32	Job 32-33 & Matthew 14:1-21	Exodus 12:1-14:20
22 <sup>nd</sup>	Luke 8:1-8	Genesis 28	Matthew 16	Luke 16	Genesis 33-34	Job 34-35 & Matthew 14:22-36	Exodus 14:21-17:16
23 <sup>rd</sup>	Luke 8:9-15	Genesis 29-30		Luke 17	Psalms 10-12	Job 36-37 & Matthew 15:1-20	Exodus 18:1-21:21
24 <sup>th</sup>	Luke 8:16-21	Genesis 31-32		Luke 18	Isaiah 13-16 Proverbs 4	Job 38-40 & Matthew 15:21-39	Exodus 21:22-25:9
25 <sup>th</sup>	Luke 8:22-25	Genesis 33	Matthew 17	Psalms 10-12	Genesis 35-36	Job 41-42 & Matthew 16	Exodus 25:10-27:21
26 <sup>th</sup>	Luke 8:26-39	Genesis 34	Matthew 18	Luke 19	Genesis 37-38	Genesis 23-24 & Matthew 17	Exodus 28-29
27 <sup>th</sup>	Luke 8:40-48	Genesis 35	Matthew 19	Luke 20	Genesis 39-40	Genesis 25-26 & Matthew 18:1-20	Exodus 30-32
28 <sup>th</sup>	Luke 8:49-56	Genesis 36	Matthew 20	Luke 21	Genesis 41-42	Genesis 27-28 & Matthew 18:21-35	Exodus 33:1-35:29
29 <sup>th</sup>	Luke 9:1-9	Genesis 37	Matthew 21	Luke 22	Genesis 43-44	Genesis 29-30 & Matthew 19	Exodus 35:30-37:29
30 <sup>th</sup>	Luke 9:10-17	Genesis 38-39		Luke 23	Psalms 13-15	Genesis 31-32 & Matthew 20:1-16	Exodus 38:1-40:16
31 <sup>st</sup>	Luke 9:18-27	Genesis 40-41		Luke 24	Isaiah 17-20 Proverbs 5	Genesis 33-35 7 & Matthew 20:17-34	Exodus 40:17-38 & Leviticus 1-4