

Spiritual Fitness Daily Exercise Plan: Walking through the Bible.

- 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).

Daily Spiritual Exercise Plans: Reading The Bible – A Path of Discovery						
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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February 2010

1 st	Luke 9:28-36	<i>Genesis 40</i>	Matthew 22	<i>Psalms 13-17</i>	Genesis 45-46	<i>Genesis 36-38 & Matthew 21:1-22</i>	Leviticus 5-7
2 nd	Luke 9:37-45	<i>Genesis 41</i>	Matthew 23	<i>Proverbs 3</i>	Genesis 47-48	<i>Genesis 39-40 & Matthew 21:23-46</i>	Leviticus 8:1-11:8
3 rd	Luke 9:46-50	<i>Genesis 42</i>	Matthew 24	<i>Acts 1</i>	Genesis 49-50	<i>Genesis 41-42 & Matthew 22:1-22</i>	Leviticus 11:9-13:39
4 th	Luke 9:51-62	<i>Genesis 43</i>	Matthew 25	<i>Acts 2</i>	Exodus 1-2	<i>Genesis 43-45 & Matthew 22:23-46</i>	Leviticus 13:40-14:57
5 th	Luke 10:1-16	<i>Genesis 44</i>	Matthew 26	<i>Acts 3</i>	Exodus 3-4	<i>Genesis 46-48 & Matthew 23:1-22</i>	Leviticus 15:1-18:18
6 th	Luke 10:17-24	<i>Genesis 45-46</i>		<i>Acts 4</i>	Psalms 16-18	<i>Genesis 49-50 & Matthew 23:23-29</i>	Leviticus 18:19-21:24
7 th	Luke 10:25-37	<i>Genesis 47-48</i>		<i>Acts 5</i>	Isaiah 21-24 Proverbs 6	<i>Exodus 1-3 & Matthew 24:1-28</i>	Leviticus 22-23
8 th	Luke 10:38-42	<i>Genesis 49</i>	Matthew 27	<i>Psalms 18</i>	Exodus 5-6	<i>Exodus 4-6 & Matthew 24:29-51</i>	Leviticus 24:1-26:13
9 th	1 Timothy 1:1-11	<i>Genesis 50</i>	Matthew 28	<i>Acts 6</i>	Exodus 7-8	<i>Exodus 7-8 & Matthew 25:1-30</i>	Leviticus 26:14-27:34; Numbers 1:1-41
10 th	1 Timothy 1:12-20	<i>Exodus 1</i>	Mark 1	<i>Acts 7</i>	Exodus 9-10	<i>Exodus 9-11 & Matthew 25:31-46</i>	Numbers 1:42-3:32
11 th	1 Timothy 2:1-15	<i>Exodus 2</i>	Mark 2	<i>Acts 8</i>	Exodus 11-12	<i>Exodus 12-13 & Matthew 26:1-35</i>	Numbers 3:33-5:22
12 th	1 Timothy 3:1-16	<i>Exodus 3</i>	Mark 3	<i>Psalms 19-20</i>	Exodus 13-14	<i>Exodus 14-15 & Matthew 26:36-75</i>	Numbers 5:23-7:59
13 th	1 Timothy 4:1-8	<i>Exodus 4-5</i>		<i>Acts 9</i>	Psalms 19-21	<i>Exodus 16-18 & Matthew 27:1-26</i>	Numbers 7:60-10:10
14 th	1 Timothy 4:9-16	<i>Exodus 6-7</i>		<i>Acts 10</i>	Isaiah 25-28 Proverbs 7	<i>Exodus 19-20 & Matthew 27:27-50</i>	Numbers 10:11-13:16
15 th	1 Timothy 5:1-16	<i>Exodus 8</i>	Mark 4	<i>Acts 11</i>	Exodus 15-16	<i>Exodus 21-22 & Matthew 27:51-66</i>	Numbers 13:17-15:21
16 th	1 Timothy 5:17-25	<i>Exodus 9</i>	Mark 5	<i>Proverbs 4</i>	Exodus 17-18	<i>Exodus 23-24 & Matthew 28</i>	Numbers 15:22-16:50
17 th	1 Timothy 6:1-10	<i>Exodus 10</i>	Mark 6	<i>Acts 12</i>	Exodus 19-20	<i>Exodus 25-26 & Mark 1:1-22</i>	Numbers 17-20
18 th	1 Timothy 6:11-16	<i>Exodus 11</i>	Mark 7	<i>Acts 13</i>	Exodus 21-22	<i>Exodus 27-28 & Mark 1:23-45</i>	Numbers 21-23
19 th	1 Timothy 6:17-21	<i>Exodus 12</i>	Mark 8	<i>Acts 14</i>	Exodus 23-24	<i>Exodus 29-30 & Mark 2</i>	Numbers 24:1-26:34
20 th	Luke 11:1-13	<i>Exodus 13-14</i>		<i>Psalms 21-22</i>	Psalms 22-24	<i>Exodus 31-33 & Mark 3:1-19</i>	Numbers 26:35-28:31
21 st	Luke 11:14-28	<i>Exodus 14-15</i>		<i>Acts 15</i>	Isaiah 29-32 Proverbs 8	<i>Exodus 34-35 & Mark 3:20-35</i>	Numbers 29:1-31:47
22 nd	Luke 11:29-36	<i>Exodus 16</i>	Mark 9	<i>Acts 16</i>	Exodus 25-26	<i>Exodus 36-38 & Mark 4:1-20</i>	Numbers 31:48-33:56
23 rd	Luke 11:37-54	<i>Exodus 17</i>	Mark 10	<i>Proverbs 5</i>	Exodus 27-28	<i>Exodus 39-40 & Mark 4:21-41</i>	Numbers 34-36; Deuteronomy 1:1-15
24 th	Luke 12:1-12	<i>Exodus 18</i>	Mark 11	<i>Acts 17</i>	Exodus 29-30	<i>Psalms 90, Leviticus 1-2 & Mark 5:1-20</i>	Deuteronomy 1:16-3:29
25 th	Luke 12:13-21	<i>Exodus 19</i>	Mark 12	<i>Acts 18</i>	Exodus 31-32	<i>Leviticus 3-5 & Mark 5:21-43</i>	Deuteronomy 4:1-6:15
26 th	Luke 12:22-34	<i>Exodus 20</i>	Mark 13	<i>Acts 19</i>	Exodus 33-34	<i>Leviticus 6-7 & Mark 6:1-29</i>	Deuteronomy 6:16-9:21
27 th	Luke 12:35-48	<i>Exodus 21-22</i>		<i>Acts 20</i>	Psalms 25-27	<i>Leviticus 8-10 & Mark 6:30-56</i>	Deuteronomy 9:22-12:32
28 th	Luke 12:49-59	<i>Exodus 23-24</i>		<i>Psalms 23-24</i>	Isaiah 33-36 Proverbs 9	<i>Leviticus 11-12 & Mark 7:1-13</i>	Deuteronomy 13:1-16:8