

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	<i>The Old Testament in 2 years, 2010 - 2011</i>	The New Testament in 1 year	<i>The New Testament, Psalms and Proverbs in 1 year</i>	The Old Testament in 1 year	<i>The Old Testament and the New Testament in 1 year together</i>	The Bible – Genesis – Revelation - in 1 year
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March 2010

1 st	Luke 13:1-9	<i>Exodus 25</i>	Mark 14	<i>Acts 21</i>	Exodus 33-34	<i>Leviticus 13 & Mark 7:14-37</i>	Deuteronomy 16:9-19:21
2 nd	Luke 13:10-21	<i>Exodus 26</i>	Mark 15	<i>Acts 22</i>	Exodus 35-36	<i>Leviticus 14 & Mark 8:1-21</i>	Deuteronomy 20:1-23:14
3 rd	Luke 13:22-30	<i>Exodus 27</i>	Mark 16	<i>Acts 23</i>	Exodus 37-38	<i>Leviticus 15-16 & Mark 8:22-38</i>	Deuteronomy 23:15-27:10
4 th	Luke 13:31-35	<i>Exodus 28</i>	Luke 1	<i>Psalms 13-15</i>	Exodus 39-40	<i>Leviticus 17-18 & Mark 9:1-29</i>	Deuteronomy 27:11-28:68
5 th	Luke 14:1-14	<i>Exodus 29</i>	Luke 2	<i>Acts 24</i>	Leviticus 1-2	<i>Leviticus 19-20 & Mark 9:30-50</i>	Deuteronomy 29:1-32:14
6 th	Luke 14:15-24	<i>Exodus 30-31</i>		<i>Acts 25</i>	Psalms 28-30	<i>Leviticus 21-22 & Mark 10:1-31</i>	Deuteronomy 32:15-34:12 & Joshua 1:1-9
7 th	Luke 14:25-35	<i>Exodus 32-33</i>		<i>Acts 26</i>	Isaiah 37-41 & Proverbs 10	<i>Leviticus 23-24 & Mark 10:32-52</i>	Joshua 1:10-4:24
8 th	Luke 15:1-10	<i>Exodus 34</i>	Luke 3	<i>Acts 27</i>	Leviticus 3-4	<i>Leviticus 25 & Mark 11:1-18</i>	Joshua 5:1-8:23
9 th	Luke 15:11-32	<i>Exodus 35</i>	Luke 4	<i>Acts 28</i>	Leviticus 5-6	<i>Leviticus 26-27 & Mark 11:19-33</i>	Joshua 8:24-11:9
10 th	Luke 16:1-9	<i>Exodus 36</i>	Luke 5	<i>Proverbs 6</i>	Leviticus 7-8	<i>Numbers 1-2 & Mark 12:1-27</i>	Joshua 11:10-14:15
11 th	Luke 16:10-18	<i>Exodus 37</i>	Luke 6	<i>Psalms 25-26</i>	Leviticus 9-10	<i>Numbers 3-4 & Mark 12:28-44</i>	Joshua 15-17
12 th	Luke 16:19-31	<i>Exodus 38</i>	Luke 7	<i>1 Timothy 1</i>	Leviticus 11-12	<i>Numbers 5-6 & Mark 13:1-20</i>	Joshua 18:1-21:12
13 th	Luke 17:1-10	<i>Exodus 39-40</i>		<i>1 Timothy 2</i>	Psalms 31-33	<i>Numbers 7-8 & Mark 13:21-37</i>	Joshua 21:13-23:16
14 th	Luke 17:11-19	<i>Leviticus 1-2</i>		<i>1 Timothy 3</i>	Isaiah 42-46 & Proverbs 11	<i>Numbers 9-11 & Mark 14:1-26</i>	Joshua 24; Judges 1-2
15 th	Luke 17:20-37	<i>Leviticus 3</i>	Luke 8	<i>1 Timothy 4</i>	Leviticus 13-14	<i>Numbers 12-14 & Mark 14:27-53</i>	Judges 3-5
16 th	Luke 18:1-8	<i>Leviticus 4</i>	Luke 9	<i>1 Timothy 5</i>	Leviticus 15-16	<i>Numbers 15-16 & Mark 14:54-72</i>	Judges 6-7
17 th	Luke 18:9-17	<i>Leviticus 5</i>	Luke 10	<i>1 Timothy 6</i>	Leviticus 17-18	<i>Numbers 17-19 & Mark 15:1-25</i>	Judges 8-9
18 th	Luke 18:18-30	<i>Leviticus 6</i>	Luke 11	<i>Psalms 27-29</i>	Leviticus 19-20	<i>Numbers 20-22 & Mark 15:26-47</i>	Judges 10-13
19 th	Luke 18:31-43	<i>Leviticus 7</i>	Luke 12	<i>2 Timothy 1</i>	Leviticus 21-22	<i>Numbers 23-25 & Mark 16</i>	Judges 14-16
20 th	Luke 19:1-10	<i>Leviticus 8-9</i>		<i>2 Timothy 2</i>	Psalms 34-36	<i>Numbers 26-27 & Luke 1:1-20</i>	Judges 17:1-20:11
21 st	Luke 19:11-27	<i>Leviticus 10-11</i>		<i>2 Timothy 3</i>	Isaiah 47-51 & Proverbs 12	<i>Numbers 28-30 & Luke 1:21-38</i>	Judges 20:12-21:25 & Ruth 1:1-2:13
22 nd	Luke 19:28-38	<i>Leviticus 12</i>	Luke 13	<i>2 Timothy 4</i>	Leviticus 23-24	<i>Numbers 31-33 & Luke 1:39-56</i>	Ruth 2:14-4:22 & 1 Samuel 1
23 rd	Luke 19:39-48	<i>Leviticus 13</i>	Luke 14	<i>Psalms 30-31</i>	Leviticus 25-26	<i>Numbers 34-36 & Luke 1:57-80</i>	1 Samuel 2-4
24 th	Luke 20:1-8	<i>Leviticus 14</i>	Luke 15	<i>Proverbs 7</i>	Leviticus 27	<i>Deuteronomy 1-2 & Luke 2:1-24</i>	1 Samuel 5:1-9:10
25 th	Luke 20:9-19	<i>Leviticus 15</i>	Luke 16	<i>Titus 1</i>	Numbers 1-2	<i>Deuteronomy 3-4 & Luke 2:25-52</i>	1 Samuel 9:11-12:18
26 th	Luke 20:20-26	<i>Leviticus 16</i>	Luke 17	<i>Titus 2</i>	Numbers 3-4	<i>Deuteronomy 5-7 & Luke 3</i>	1 Samuel 12:19-14:42
27 th	Luke 20:27-40	<i>Leviticus 17-18</i>		<i>Titus 3</i>	Psalms 37-39	<i>Deuteronomy 8-10 & Luke 4:1-30</i>	1 Samuel 14:43-17:25
28 th	Luke 20:41-47	<i>Leviticus 19-20</i>		<i>Psalms 32-33</i>	Isaiah 52-56 & Proverbs 13	<i>Deuteronomy 11-13 & Luke 4:31-44</i>	1 Samuel 17:26-19:24
29 th	Luke 21:1-9	<i>Leviticus 21</i>	Luke 18	<i>Proverbs 8</i>	Numbers 5-6	<i>Deuteronomy 14-16 & Luke 5:1-16</i>	1 Samuel 20-22
30 th	Luke 21:10-24	<i>Leviticus 22</i>	Luke 19	<i>Philemon</i>	Numbers 7-8	<i>Deuteronomy 17-19 & Luke 5:17-39</i>	1 Samuel 23:1-25:31
31 st	Luke 21:25-38	<i>Leviticus 23</i>	Luke 20	<i>Psalms 34-35</i>	Numbers 9-10	<i>Deuteronomy 20-22 & Luke 6:1-26</i>	1 Samuel 25:32-30:10