

## 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: <i>Reading The Bible – A Path of Discovery</i>						
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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### April 2010

1 <sup>st</sup>	Luke 22:1-13	<i>Leviticus 24</i>	Luke 21	<i>Mark 1</i>	Numbers 11-12	Deuteronomy 23-25 & Luke 6:27-49	1 Samuel 30:11-31:13 & 2 Samuel 1-2
2 <sup>nd</sup>	Luke 22:14-30	<i>Leviticus 25</i>	Luke 22	<i>Mark 2</i>	Numbers 13-14	Deuteronomy 26-27 & Luke 7:1-30	2 Samuel 3:1-6:11
3 <sup>rd</sup>	Luke 22:31-38	<i>Leviticus 26.27</i>		<i>Mark 3</i>	Psalms 40-42	Deuteronomy 28-29 & Luke 7:31-50	2 Samuel 6:12-10:19
4 <sup>th</sup>	Luke 22:39-46	<i>Numbers 1-2</i>		<i>Mark 4</i>	Isaiah 57-61 & Proverbs 14	Deuteronomy 30-31 & Luke 8:1-25	2 Samuel 11-13
5 <sup>th</sup>	Luke 22:47-53	<i>Numbers 3</i>	Luke 23	<i>Mark 5</i>	Numbers 15-16	Deuteronomy 32-34 & Luke 8:26-56	2 Samuel 14-16
6 <sup>th</sup>	Luke 22:54-62	<i>Numbers 4</i>	Luke 24	<i>Mark 6</i>	Numbers 17-18	Joshua 1-3 & Luke 9:1-17	2 Samuel 17-19
7 <sup>th</sup>	Luke 22:63-71	<i>Numbers 5</i>	John 1	Proverbs 9	Numbers 19-20	Joshua 4-6 & Luke 9:18-36	2 Samuel 20:1-22:34
8 <sup>th</sup>	Luke 23:1-12	<i>Numbers 6</i>	John 2	<i>Mark 7</i>	Numbers 21-22	Joshua 7-9 & Luke 9:37-62	2 Samuel 22:35-24:17
9 <sup>th</sup>	Luke 23:13-25	<i>Numbers 7</i>	John 3	<i>Mark 8</i>	Numbers 23-24	Joshua 10-12 & Luke 10:1-24	2 Samuel 24:18-25 & 1 Kings 1:1-2:18
10 <sup>th</sup>	Luke 23:26-43	<i>Numbers 8-9</i>		<i>Mark 9</i>	Psalms 43-45	Joshua 13-15 & Luke 10:25-42	1 Kings 2:19-4:19
11 <sup>th</sup>	Luke 23:44-49	<i>Numbers 10-11</i>		<i>Mark 10</i>	Isaiah 62-66 & Proverbs 15	Joshua 16-18 & Luke 11:1-28	1 Kings 4:20-7:39
12 <sup>th</sup>	Luke 23:50-56	<i>Numbers 12</i>	John 4	Psalms 36	Numbers 25-26	Joshua 19-21 & Luke 11:29-54	1 Kings 7:40-9:9
13 <sup>th</sup>	Luke 24:1-12	<i>Numbers 13</i>	John 5	<i>Mark 11</i>	Numbers 27-28	Joshua 22-24 & Luke 12:1-31	1 Kings 9:10-11:25
14 <sup>th</sup>	Luke 24:13-27	<i>Numbers 14</i>	John 6	<i>Mark 12</i>	Numbers 29-30	Judges 1-3 & Luke 12:32-59	1 Kings 11:26-13:34
15 <sup>th</sup>	Luke 24:28-35	<i>Numbers 15</i>	John 7	<i>Mark 13</i>	Numbers 31-32	Judges 4-6 & Luke 13:1-22	1 Kings 14-17
16 <sup>th</sup>	Luke 24:36-53	<i>Numbers 16</i>	John 8	<i>Mark 14</i>	Numbers 33-34	Judges 7-8 & Luke 13:23-35	1 Kings 18:1-20:25
17 <sup>th</sup>	2 Timothy 1:1-18	<i>Numbers 17-18</i>		<i>Mark 15</i>	Psalms 46-48	Judges 9-10 & Luke 14:1-24	1 Kings 20:26-22:36
18 <sup>th</sup>	2 Timothy 2:1-13	<i>Numbers 19-20</i>		<i>Mark 16</i>	Jeremiah 1-4 & Proverbs 16	Judges 11-12 & Luke 14:25-35	1 Kings 22:37-53 & 2 Kings 1:1-4:28
19 <sup>th</sup>	2 Timothy 2:14-2:26	<i>Numbers 21</i>	John 9	Psalms 37	Numbers 35-36	Judges 13-15 & Luke 15:1-10	2 Kings 4:29-8:15
20 <sup>th</sup>	2 Timothy 3:1-9	<i>Numbers 22</i>	John 10	1 Peter 1	Deuteronomy 1-2	Judges 16-18 & Luke 15:11-32	2 Kings 8:16-10:24
21 <sup>st</sup>	2 Timothy 3:10-3:17	<i>Numbers 23</i>	John 11	1 Peter 2	Deuteronomy 3-4	Judges 19-21 & Luke 16	2 Kings 10:25-14:10
22 <sup>nd</sup>	2 Timothy 4:1-8	<i>Numbers 24</i>	John 12	1 Peter 3	Deuteronomy 5-6	Ruth 1-4 & Luke 17:1-19	2 Kings 14:11-17:18
23 <sup>rd</sup>	2 Timothy 4:9-22	<i>Numbers 25</i>	John 13	1 Peter 4	Deuteronomy 7-8	1 Samuel 1-3 & Luke 17:20-37	2 Kings 17:19-19:24
24 <sup>th</sup>	Galatians 1:1-10	<i>Numbers 26-27</i>		1 Peter 5	Psalms 49-51	1 Samuel 4-6 & Luke 18:1-23	2 Kings 19:25-23:9
25 <sup>th</sup>	Galatians 1:11-1:24	<i>Numbers 28-29</i>		Psalms 38	Jeremiah 5-8 & Proverbs 17	1 Samuel 7-9 & Luke 18:24-43	1 Kings 23:10-25 & 1 Chronicles 1:1-16
26 <sup>th</sup>	Galatians 2:1-10	<i>Numbers 30</i>	John 14	2 Peter 1	Deuteronomy 9-10	1 Samuel 10-12 & Luke 19:1-27	1 Chronicles 1:17-3:9
27 <sup>th</sup>	Galatians 2:11-2:21	<i>Numbers 31</i>	John 15	2 Peter 2	Deuteronomy 11-12	1 Samuel 13-14 & Luke 19:28-48	1 Chronicles 3:10-6:30
28 <sup>th</sup>	Galatians 3:1-14	<i>Numbers 32</i>	John 16	2 Peter 3	Deuteronomy 13-14	1 Samuel 15-16 & Luke 20:1-26	1 Chronicles 6:31-8:28
29 <sup>th</sup>	Galatians 3:15-3:25	<i>Numbers 33</i>	John 17	Psalms 39-40	Deuteronomy 15-16	1 Samuel 17-18 & Luke 20:27-47	1 Chronicles 8:29-11:21
30 <sup>th</sup>	Galatians 3:26-4:7	<i>Numbers 34</i>	John 18	Proverbs 10	Deuteronomy 17-18	1 Samuel 19, Psalms 23 & 59, & Luke 21:1-19	1 Chronicles 11:22-15:29