

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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May 2010

1 st	Galatians 4:8-20	Numbers 35-36		Psalms 41	Psalms 52-54	1 Samuel 20-21, Psalms 34, & Luke 21:20-38	1 Chronicles 16:1-19:9
2 nd	Galatians 4:21-31	Deuteronomy 1-2		Galatians 1	Jeremiah 9-12 & Proverbs 18	1 Samuel 22, Psalms 56, & Luke 22:1-23	1 Chronicles 19:10-23:11
3 rd	Galatians 5:1-12	Deuteronomy 3	John 19	Galatians 2	Deuteronomy 19-20	Psalms 52, 57 & 142, & Luke 22:24-46	1 Chronicles 23:12-26:19
4 th	Galatians 5:13-26	Deuteronomy 4	John 20	Galatians 3	Deuteronomy 21-22	1 Samuel 23, Psalms 54, 63, & Luke 22:47-71	1 Chronicles 26:20-29:19
5 th	Galatians 6:1-18	Deuteronomy 5	John 21	Galatians 4	Deuteronomy 23-24	1 Samuel 24-27, & Luke 23:1-25	1 Chronicles 29:20-30 & 2 Chronicles 1:1-4:10
6 th	Acts 1:1-11	Deuteronomy 6	Acts 1	Galatians 5	Deuteronomy 25-26	1 Samuel 28-29, & Luke 23:26-56	2 Chronicles 4:11-7:22
7 th	Acts 1:12-26	Deuteronomy 7	Acts 2	Galatians 6	Deuteronomy 27-28	1 Samuel 30-31, & Luke 24:1-35	2 Chronicles 8:1-11:12
8 th	Acts 2:1-13	Deuteronomy 8-9		Psalms 42-43	Psalms 55-57	2 Samuel 1-2, & Luke 24:36-53	2 Chronicles 11:13-15:19
9 th	Acts 2:14-21	Deuteronomy 10-11		1 Thessalonians 1	Jeremiah 13-16 & Proverbs 19	2 Samuel 3-5, & John 1:1-28	2 Chronicles 16:1-20:13
10 th	Acts 2:22-36	Deuteronomy 12	Acts 3	1 Thessalonians 2	Deuteronomy 29-30	2 Samuel 6-7, Psalms 30, & John 1:29-51	2 Chronicles 20:14-24:14
11 th	Acts 2:37-47	Deuteronomy 13	Acts 4	1 Thessalonians 3	Deuteronomy 31-32	2 Samuel 8-9, Psalms 60, & John 2	2 Chronicles 24:15-28:27
12 th	Acts 3:1-10	Deuteronomy 14	Acts 5	1 Thessalonians 4	Deuteronomy 33-34	2 Samuel 10-12, & John 3:1-15	2 Chronicles 29-31
13 th	Acts 3:11-16	Deuteronomy 15	Acts 6	1 Thessalonians 5	Joshua 1-2	Psalms 32 & 51, & John 3:16-36	2 Chronicles 32:1-35:19
14 th	Acts 3:17-26	Deuteronomy 16	Acts 7	Psalms 44-45	Joshua 3-4	2 Samuel 13-14, & John 4:1-26	2 Chronicles 35:20-36:23 & Ezra 1-3
15 th	Acts 4:1-12	Deuteronomy 17-18		Proverbs 11	Psalms 58-60	2 Samuel 15, Psalms 3 & 69, & John 4:27-54	Ezra 4-7
16 th	Acts 4:13-22	Deuteronomy 19-20		2 Thessalonians 1	Jeremiah 17-20 & Proverbs 20	2 Samuel 16-18, & John 5:1-24	Ezra 8-10 & Nehemiah 1
17 th	Acts 4:23-31	Deuteronomy 21	Acts 8	2 Thessalonians 2	Joshua 5-6	2 Samuel 19-20, & John 5:25-47	Nehemiah 2-5
18 th	Acts 4:32-37	Deuteronomy 22	Acts 9	2 Thessalonians 3	Joshua 7-8	Psalms 64 & 70, & John 6:1-21	Nehemiah 6:1-8:8
19 th	Acts 5:1-11	Deuteronomy 23	Acts 10	Psalms 46-47	Joshua 9-10	2 Samuel 21-22, Psalms 18, & John 6:22-40	Nehemiah 8:9-11:21
20 th	Acts 5:12-16	Deuteronomy 24	Acts 11	Philippians 1	Joshua 11-12	2 Samuel 23-24, & John 6:41-71	Nehemiah 11:22-13:22
21 st	Acts 5:17-26	Deuteronomy 25	Acts 12	Philippians 2	Joshua 13-14	Psalms 4-6, & John 7:1-27	Nehemiah 13:23-31 & Esther 1-4
22 nd	Acts 5:27-42	Deuteronomy 26-27		Philippians 3	Psalms 61-63	Psalms 7-8, & John 7:28-53	Esther 5-10
23 rd	Acts 6:1-7	Deuteronomy 28-29		Philippians 4	Jeremiah 21-24 & Proverbs 21	Psalms 9-11, & John 8:1-27	Job 1:1-5:16
24 th	Acts 6:8-15	Deuteronomy 30	Acts 13	Psalms 48-49	Joshua 15-16	Psalms 12-14, & John 8:28-59	Job 5:17-8:22
25 th	Acts 7:1-10	Deuteronomy 31	Acts 14	Colossians 1	Joshua 17-18	Psalms 15-16, & John 9:1-23	Job 9:1-12:12
26 th	Acts 7:11-22	Deuteronomy 32	Acts 15	Colossians 2	Joshua 19-20	Psalms 17-19, & John 9:24-41	Job 12:13-16:10
27 th	Acts 7:23-38	Deuteronomy 33	Acts 16	Colossians 3	Joshua 21-22	Psalms 20-22, & John 10:1-21	Job 16:11-20:11
28 th	Acts 7:39-53	Deuteronomy 34	Acts 17	Colossians 4	Joshua 23-24	Psalms 24-26, & John 10:22-42	Job 20:12-24:12
29 th	Acts 7:54-60	Joshua 1-2		Psalms 50	Psalms 64-66	Psalms 27-29, & John 11:1-29	Job 24:13-29:13
30 th	Acts 8:1-8	Joshua 3-4		Psalms 51-53	Jeremiah 25-28 & Proverbs 22	Psalms 31 & 35, & John 11:30-57	Job 29:14-32:10
31 st	Acts 8:9-25	Joshua 5	Acts 20	Proverbs 12	Judges 1-2	Psalms 36-38, & John 12:1-26	Job 32:11-35:16