

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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June 2010

1 st	Galatians 8:26-40	<i>Joshua 6</i>	Acts 22	<i>Ephesians 1</i>	Judges 3-4	<i>Psalms 39-41 & John 12:27-50</i>	Job 36:1-39:12
2 nd	1 Corinthians :1-9	<i>Joshua 7</i>	Acts 23	<i>Ephesians 2</i>	Judges 5-6	<i>Psalms 53, 55, & 58, & John 13:1-20</i>	Job 39:13-42:9
3 rd	1 Corinthians 1:10-17	<i>Joshua 8</i>	Acts 24	<i>Ephesians 3</i>	Judges 7-8	<i>Psalms 61, 62, & 65, & John 13:21-38</i>	Job 42:10-17, & Psalms 1:1-5:7
4 th	1 Corinthians 1:18-31	<i>Joshua 9-10</i>	Acts 25	<i>Ephesians 4</i>	Judges 9-10	<i>Psalms 68, 72, & 86, & John 14</i>	Psalms 5:8-8:9
5 th	1 Corinthians 2:1-10	<i>Joshua 11-12</i>		<i>Psalms 54-55</i>	Psalms 67-68	<i>Psalms 101, 103, & 108, & John 15</i>	Psalms 9-10
6 th	1 Corinthians 2:10-16	<i>Joshua 13</i>		<i>Proverbs 13</i>	Jeremiah 29-32 & Proverbs 23	<i>Psalms 109, 110, & 138, & John 16</i>	Psalms 11:1-17:5
7 th	1 Corinthians 3:1-9	<i>Joshua 14</i>	Acts 26	<i>Ephesians 5</i>	Judges 11-12	<i>Psalms 139-141, & John 17</i>	Psalms 17:6-18:36
8 th	1 Corinthians 3:10-23	<i>Joshua 15</i>	Acts 27	<i>Ephesians 6</i>	Judges 13-14	<i>Psalms 143-145, & John 18:1-18</i>	Psalms 18:37-21:13
9 th	1 Corinthians 4:1-13	<i>Joshua 16</i>	Acts 28	<i>Hebrews 1</i>	Judges 15-16	<i>1 Kings 1-2, & John 18:19-40</i>	Psalms 22:1-24:6
10 th	1 Corinthians 4:14-21	<i>Joshua 17</i>	Romans 1	<i>Hebrews 2</i>	Judges 17-18	<i>1 Kings 3-4, Proverbs 1, & John 19:1-22</i>	Psalms 24:7-27:6
11 th	1 Corinthians 5:1-13	<i>Joshua 18-19</i>	Romans 2	<i>Hebrews 3</i>	Judges 19-20	<i>Proverbs 2-4, & John 19:23-42</i>	Psalms 27:7-31:5
12 th	1 Corinthians 6:1-11	<i>Joshua 20-21</i>		<i>Hebrews 4</i>	Psalms 69-70	<i>Proverbs 5-7, & John 20</i>	Psalms 31:6-33:5
13 th	1 Corinthians 6:12-20	<i>Joshua 22</i>		<i>Psalms 56-57</i>	Jeremiah 33-36 & Proverbs 24	<i>Proverbs 8-9, & John 21</i>	Psalms 33:6-35:21
14 th	1 Corinthians 7:1-16	<i>Joshua 23</i>	Romans 3	<i>Hebrews 5</i>	Judges 21	<i>Proverbs 10-12, & Acts 1</i>	Psalms 35:22-37:26
15 th	1 Corinthians 7:17-40	<i>Joshua 24</i>	Romans 4	<i>Hebrews 6</i>	Ruth 1-2	<i>Proverbs 13-15, & Acts 2:1-21</i>	Psalms 37:27-39:13
16 th	1 Corinthians 8:1-13	<i>Judges 1</i>	Romans 5	<i>Hebrews 7</i>	Ruth 3-4	<i>Proverbs 16-18, & Acts 2:22-47</i>	Psalms 40-42
17 th	1 Corinthians 9:1-14	<i>Judges 2</i>	Romans 6	<i>Hebrews 8</i>	1 Samuel 1-2	<i>Proverbs 19-21, & Acts 3</i>	Psalms 43:1-45:12
18 th	1 Corinthians 9:15-27	<i>Judges 3-4</i>	Romans 7	<i>Hebrews 9</i>	1 Samuel 3-4	<i>Proverbs 22-24, & Acts 4:1-22</i>	Psalms 45:13-48:14
19 th	1 Corinthians 10:1-13	<i>Judges 5-6</i>		<i>Psalms 58-59</i>	Psalms 71-73	<i>Proverbs 25-26, & Acts 4:23-37</i>	Psalms 49:1-51:9
20 th	1 Corinthians 10:14-22	<i>Judges 7</i>		<i>Proverbs 14</i>	Jeremiah 37-40 & Proverbs 25	<i>Proverbs 27-29, & Acts 5:1-21</i>	Psalms 51:10-54:7
21 st	1 Corinthians 10:23-33	<i>Judges 8</i>	Romans 8	<i>Hebrews 10</i>	1 Samuel 5-6	<i>Proverbs 30-31, & Acts 5:22-42</i>	Psalms 55:1-57:3
22 nd	Colossians 1:1-14	<i>Judges 9</i>	Romans 9	<i>Hebrews 11</i>	1 Samuel 7-8	<i>Song of Songs 1-3, & Acts 6</i>	Psalms 57:4-60:12
23 rd	Colossians 1:15-23	<i>Judges 10</i>	Romans 10	<i>Hebrews 12</i>	1 Samuel 9-10	<i>Song of Songs 4-5, & Acts 7:1-21</i>	Psalms 61-64
24 th	Colossians 1:24 - 2:1-5	<i>Judges 11</i>	Romans 11	<i>Hebrews 13</i>	1 Samuel 11-12	<i>Song of Songs 6-8, & Acts 7:22-43</i>	Psalms 65:1-68:4
25 th	Colossians 2:6-23	<i>Judges 12-13</i>	Romans 12	<i>James 1</i>	1 Samuel 13-14	<i>1 Kings 5-7, & Acts 7:44-60</i>	Psalms 68:5-69:4
26 th	Colossians 3:1-17	<i>Judges 14-15</i>		<i>Psalms 60-61</i>	Psalms 74-76	<i>1 Kings 8-9, & Acts 8:1-25</i>	Psalms 69:5-71:16
27 th	Colossians 3:18 - 4:1	<i>Judges 16</i>		<i>James 2</i>	Jeremiah 41-44 & Proverbs 26	<i>1 Kings 10-11, & Acts 8:26-40</i>	Psalms 71:17-73:20
28 th	Colossians 4:2-18	<i>Judges 17</i>	Romans 13	<i>James 3</i>	1 Samuel 15-16	<i>Ecclesiastes 1-3, & Acts 9:1-22</i>	Psalms 73:21-76:7
29 th	John 1:1-18	<i>Judges 18</i>	Romans 14	<i>James 4</i>	1 Samuel 17-18	<i>Ecclesiastes 4-6, & Acts 9:23-43</i>	Psalms 76:8-78:24
30 th	John 1:19-28	<i>Judges 19</i>	Romans 15	<i>James 5</i>	1 Samuel 19-20	<i>Ecclesiastes 7-9, & Acts 10:1-23</i>	Psalms 78:25-72