

## 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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#### July 2010

1 <sup>st</sup>	John 1:29-42	<i>Judges 20</i>	Romans 13	<i>Psalms 62-64</i>	1 Samuel 21-22	<i>Ecclesiastes 10-12 &amp; Acts 10:24-48</i>	Psalms 79-82
2 <sup>nd</sup>	John 1:43-51	<i>Judges 21</i>	Romans 14	<i>Matthew 1</i>	1 Samuel 23-24	<i>1 Kings 12-13 &amp; Acts 11</i>	Psalms 83-86
3 <sup>rd</sup>	John 2:1-11	<i>Ruth 1-2</i>		<i>Psalms 65-67</i>	Psalms 77-78	<i>1 Kings 14-15 &amp; Acts 12</i>	Psalms 87:1-89:37
4 <sup>th</sup>	John 2:12-25	<i>Ruth 3-4</i>		<i>Proverbs 15</i>	Jeremiah 45-48 & Proverbs 27	<i>1 Kings 16-18 &amp; Acts 13:1-25</i>	Psalms 89:38-91:13
5 <sup>th</sup>	John 3:1-15	<i>1 Samuel 1</i>	Romans 15	<i>Matthew 2</i>	1 Samuel 25-26	<i>1 Kings 19-20 &amp; Acts 13:26-52</i>	Psalms 91:14-94:16
6 <sup>th</sup>	John 3:16-21	<i>1 Samuel 2</i>	Romans 16	<i>Matthew 3</i>	1 Samuel 27-28	<i>1 Kings 21-22 &amp; Acts 14</i>	Psalms 94:17-98:3
7 <sup>th</sup>	John 3:22-36	<i>1 Samuel 3</i>	1 Corinthians 1	<i>Matthew 4</i>	1 Samuel 29-30	<i>2 Kings 1-3 &amp; James 1</i>	Psalms 98:4-102:7
8 <sup>th</sup>	John 4:1-15	<i>1 Samuel 4</i>	1 Corinthians 2	<i>Matthew 5</i>	1 Samuel 31	<i>2 Kings 4-6 &amp; James 2</i>	Psalms 102:8-104:4
9 <sup>th</sup>	John 4:16-26	<i>1 Samuel 5</i>	1 Corinthians 3	<i>Matthew 6</i>	2 Samuel 1-2	<i>2 Kings 7-9 &amp; James 3</i>	Psalms 104:5-105:24
10 <sup>th</sup>	John 4:27-42	<i>1 Samuel 6-7</i>		<i>Psalms 68</i>	Psalms 79-81	<i>2 Kings 10-12 &amp; James 4</i>	Psalms 105:25-106:33
11 <sup>th</sup>	John 4:43-54	<i>1 Samuel 8-9</i>		<i>Proverbs 16</i>	Jeremiah 49-52 & Proverbs 28	<i>2 Kings 13-14 &amp; James 5</i>	Psalms 106:34-107:38
12 <sup>th</sup>	John 5:1-15	<i>1 Samuel 10</i>	1 Corinthians 4	<i>Matthew 7</i>	2 Samuel 3-4	<i>Jonah 1-4 &amp; Acts 15:1-21</i>	Psalms 107:39-109:31
13 <sup>th</sup>	John 5:16-30	<i>1 Samuel 11</i>	1 Corinthians 5	<i>Matthew 8</i>	2 Samuel 5-6	<i>Amos 1-3 &amp; Acts 15:22-41</i>	Psalms 110-113
14 <sup>th</sup>	John 5:31-47	<i>1 Samuel 12</i>	1 Corinthians 6	<i>Matthew 9</i>	2 Samuel 7-8	<i>Amos 4-6 &amp; Galatians 1</i>	Psalms 114:1-118:9
15 <sup>th</sup>	John 6:1-15	<i>1 Samuel 13</i>	1 Corinthians 7	<i>Matthew 10</i>	2 Samuel 9-10	<i>Amos 7-9 &amp; Galatians 2</i>	Psalms 118:10-119:40
16 <sup>th</sup>	John 6:16-24	<i>1 Samuel 14</i>	1 Corinthians 8	<i>Matthew 11</i>	2 Samuel 11-12	<i>2 Kings 15-16 &amp; Galatians 3</i>	Psalms 119:41-96
17 <sup>th</sup>	John 6:25-40	<i>1 Samuel 15-16</i>		<i>Psalms 69-70</i>	Psalms 82-84	<i>2 Kings 17-18 &amp; Galatians 4</i>	Psalms 119:97-160
18 <sup>th</sup>	John 6:41-59	<i>1 Samuel 17-18</i>		<i>Proverbs 17</i>	Lamentations 1-5 & Proverbs 29	<i>2 Kings 19-21 &amp; Galatians 5</i>	Psalms 119:161-124:8
19 <sup>th</sup>	John 6:60-71	<i>1 Samuel 19</i>	1 Corinthians 9	<i>Matthew 12</i>	2 Samuel 13-14	<i>2 Kings 22-23 &amp; Galatians 6</i>	Psalms 125-131
20 <sup>th</sup>	John 7:1-13	<i>1 Samuel 20</i>	1 Corinthians 10	<i>Matthew 13</i>	2 Samuel 15-16	<i>2 Kings 24-25 &amp; Acts 16:1-21</i>	Psalms 132:1-135:14
21 <sup>st</sup>	John 7:14-24	<i>1 Samuel 21</i>	1 Corinthians 11	<i>Matthew 14</i>	2 Samuel 17-18	<i>Psalms 1-2, 10 &amp; Acts 16:22-40</i>	Psalms 135:15-138:3
22 <sup>nd</sup>	John 7:25-36	<i>1 Samuel 22</i>	1 Corinthians 12	<i>Matthew 15</i>	2 Samuel 19-20	<i>Psalms 33, 43, 66 &amp; Philippians 1</i>	Psalms 138:4-140:13
23 <sup>rd</sup>	John 7:37-44	<i>1 Samuel 23</i>	1 Corinthians 13	<i>Matthew 16</i>	2 Samuel 21-22	<i>Psalms 67, 71 &amp; Philippians 2</i>	Psalms 141:1-145:7
24 <sup>th</sup>	John 7:45-53	<i>1 Samuel 24-25</i>		<i>Psalms 71-72</i>	Psalms 85-87	<i>Psalms 89, 92 &amp; Philippians 3</i>	Psalms 145:8-148:6
25 <sup>th</sup>	John 8:1-11	<i>1 Samuel 26-27</i>		<i>Proverbs 18</i>	Ezekiel 1-4 & Proverbs 30	<i>Psalms 93-95 &amp; Philippians 4</i>	Psalms 148:7-150:6 & Proverbs 1:1-2:9
26 <sup>th</sup>	John 8:12-20	<i>1 Samuel 28</i>	1 Corinthians 14	<i>Matthew 17</i>	2 Samuel 23-24	<i>Psalms 96-98 &amp; Acts 17:1-15</i>	Proverbs 2:10-5:14
27 <sup>th</sup>	John 8:21-30	<i>1 Samuel 29</i>	1 Corinthians 15	<i>Matthew 18</i>	1 Kings 1-2	<i>Psalms 99, 100, 102 &amp; Acts 17:16-34</i>	Proverbs 5:15-8:11
28 <sup>th</sup>	John 8:31-41	<i>1 Samuel 30</i>	1 Corinthians 16	<i>Matthew 19</i>	1 Kings 3-4	<i>Psalms 104, 105 &amp; 1 Thessalonians 1</i>	Proverbs 8:12-11:11
29 <sup>th</sup>	John 8:42-47	<i>1 Samuel 31</i>	2 Corinthians 1	<i>Matthew 20</i>	1 Kings 5-6	<i>Psalms 106, 111, 112 &amp; 1 Thessalonians 2</i>	Proverbs 11:12-13:25
30 <sup>th</sup>	John 8:48-59	<i>2 Samuel 1</i>	2 Corinthians 2	<i>Matthew 21</i>	1 Kings 7-8	<i>Psalms 113-115 &amp; 1 Thessalonians 3</i>	Proverbs 14-16
31 <sup>st</sup>	John 9:1-12	<i>2 Samuel 2-3</i>		<i>Psalms 73</i>	Psalms 88-89	<i>Psalms 116-118 &amp; 1 Thessalonians 4</i>	Proverbs 17-20