

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
*	**	***	****	*****	*****	*****

August 2010

1 st	John 9:13-25	2 Samuel 4 - 2 Samuel 5		Matthew 22	Ezekiel 5-8 & Proverbs 31	Psalms 119:1-88 & 1 Thessalonians 5	Proverbs 21-23
2 nd	John 9:26-41	2 Samuel 6	2 Corinthians 3	Psalms 74-75	1 Kings 9-10	Psalms 119:89-176 & 2 Thessalonians 1	Proverbs 24:1-27:10
3 rd	John 10:1-10	2 Samuel 7	2 Corinthians 4	Psalms 76-77	1 Kings 11-12	Psalms 120– 22 & 2 Thessalonians 2	Proverbs 27:11-30:33
4 th	John 10:11-21	2 Samuel 8	2 Corinthians 5	Proverbs 19	1 Kings 13-14	Psalms 123-125 & 2 Thessalonians 3	Proverbs 31 & Ecclesiastes 1:1-3:8
5 th	John 10:22-30	2 Samuel 9	2 Corinthians 6	Matthew 23	1 Kings 15-16	Psalms 127-129 & Acts 18	Ecclesiastes 3:9-8:17
6 th	John 10:31-42	2 Samuel 10	2 Corinthians 7	Matthew 24	1 Kings 17-18	Psalms 130-132 & 1 Corinthians 1	Ecclesiastes 9-12 & Song of Songs 1-2
7 th	Revelation 1:1-8	2 Samuel 11 - 2 Samuel 12		Matthew 25	Psalms 90-92	Psalms 133-135 & 1 Corinthians 2	Song of Songs 3-8 & Isaiah 1:1-9
8 th	Revelation 1:9-20	2 Samuel 13 - 2 Samuel 14		Psalms 78	Ezekiel 9-12 & Ecclesiastes 1	Psalms 136, 146 & 1 Corinthians 3	Isaiah 1:10-5:17
9 th	Revelation 2:1-11	2 Samuel 15 -	2 Corinthians 8	Matthew 26	1 Kings 19-20	Psalms 147-148 & 1 Corinthians 4	Isaiah 5:18-9:12
10 th	Revelation 2:12-29	2 Samuel 16	2 Corinthians 9	Matthew 27	1 Kings 21-22	Psalms 149-150 & 1 Corinthians 5	Isaiah 9:13-13:16
11 th	Revelation 3:1-13	2 Samuel 17	2 Corinthians 10	Matthew 28	2 Kings 1-2	1 Chronicles 1-3 & 1 Corinthians 6	Isaiah 13:17-19:10
12 th	Revelation 3:14-22	2 Samuel 18	2 Corinthians 11	Psalms 79-80	2 Kings 3-4	1 Chronicles 4-6 & 1 Corinthians 7:1-19	Isaiah 19:11-24:6
13 th	Revelation 4:1-11	2 Samuel 19	2 Corinthians 12	Psalms 81-83	2 Kings 5-6	1 Chronicles 7-9 & 1 Corinthians 7:20-40	Isaiah 24:7-28:22
14 th	Revelation 5:1-14	2 Samuel 20 - 2 Samuel 21		Romans 1	Psalms 93-95	1 Chronicles 10-12 & 1 Corinthians 8	Isaiah 28:23-32:20
15 th	Revelation 6:1-17	2 Samuel 22 - 2 Samuel 23		Romans 2	Ezekiel 13-16 & Ecclesiastes 2	1 Chronicles 13-15 & 1 Corinthians 9	Isaiah 33:1-37:29
16 th	Revelation 7:1-8	2 Samuel 24	2 Corinthians 13	Romans 3	2 Kings 7-8	1 Chronicles 16, Psalms 42, 44 & 1 Corinthians 10:1-18	Isaiah 37:30-40:31
17 th	Revelation 7:9-17	1 Kings 1	Galatians 1	Psalms 84-85	2 Kings 9-10	Psalms 45-47 & 1 Corinthians 10:19-33	Isaiah 41-44
18 th	Revelation 8:1-13	1 Kings 2	Galatians 2	Psalms 86-88	2 Kings 11-12	Psalms 48-50 & 1 Corinthians 11:1-16	Isaiah 45-49
19 th	Revelation 9:1-21	1 Kings 3	Galatians 3	Romans 4	2 Kings 13-14	Psalms 73, 85 & 1 Corinthians 11:17-34	Isaiah 50-54
20 th	Revelation 10:1-11	1 Kings 4	Galatians 4	Romans 5	2 Kings 15-16	Psalms 87, 88 & 1 Corinthians 12	Isaiah 55:1-60:9
21 st	Revelation 11:1-14	1 Kings 5 - 1 Kings 6		Romans 6	Psalms 96-98	1 Chronicles 17-19 & 1 Corinthians 13	Isaiah 60:10-65:25
22 nd	Revelation 11:15-19	1 Kings 7 - 1 Kings 8		Romans 7	Ezekiel 17-20 & Ecclesiastes 3	1 Chronicles 20-22 & 1 Corinthians 14:1-20	Isaiah 66 & Jeremiah 1:1-2:25
23 rd	James 1:1-18	1 Kings 9	Galatians 5	Romans 8	2 Kings 17-18	1 Chronicles 23-25 & 1 Corinthians 14:21-40	Jeremiah 2:26-5:19
24 th	James 1:19-27	1 Kings 10	Galatians 6	Psalms 89	2 Kings 19-20	1 Chronicles 26, 27 & 1 Corinthians 15:1-28	Jeremiah 5:20-8:22
25 th	James 2:1-13	1 Kings 11	Ephesians 1	Proverbs 20	2 Kings 21-22	1 Chronicles 28, 29 & 1 Corinthians 15:29-58	Jeremiah 9-12
26 th	James 2:14-26	1 Kings 12	Ephesians 2	Psalms 90-91	2 Kings 23-24	2 Chronicles 1-3 & 1 Corinthians 16	Jeremiah 13:1-16:9
27 th	James 3:1-12	1 Kings 13	Ephesians 3	Romans 9	2 Kings 25	2 Chronicles 4-6 & 2 Corinthians 1	Jeremiah 16:10-20:18
28 th	James 3:13-18	1 Kings 14 - 1 Kings 15		Romans 10	Psalms 99-101	2 Chronicles 7 - 9 & 2 Corinthians 2	Jeremiah 21-24
29 th	James 4:1-10	1 Kings 16 - 1 Kings 17		Romans 11	Ezekiel 21-24 & Ecclesiastes 4	2 Chronicles 10, 12 & 2 Corinthians 3	Jeremiah 25-27
30 th	James 4:11-17	1 Kings 18	Ephesians 4	Psalms 92-93	1 Chronicles 1-2	2 Chronicles 13, 14 & 2 Corinthians 4	Jeremiah 28:1-31:20
31 st	James 5:1-12	1 Kings 19	Ephesians 5	Psalms 94	1 Chronicles 3-4	2 Chronicles 15, 16 & 2 Corinthians 5	Jeremiah 31:21-33:26