

FAITHFULLY



WALKING

“...let us run with perseverance the race marked out for us,
fixing our eyes on Jesus, the pioneer and perfecter of our faith.”
- Hebrews 12:1-2 (NIV)

THE MIRACLE MILES

**A WALKING PROGRAM
FOR BEGINNERS**



HEALTH, PEACE, AND JOY



Faithfully Walking exists to guide and encourage you to discover who Jesus is, grow deeper in your life with Him or to begin a personal relationship with Jesus. By beginning a routine of daily movement and time in scripture, together your body and spirit will grow stronger. As you commit to this, you will discover the joy, strength and comfort of spending daily time with Jesus.



With a strong sense of accomplishment, encouragement from God's Word, and healthy habits, you will be equip to live a joy-filled life surrendered to Christ.

“Don’t you realize that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? Therefore, honor God with your bodies.”

- 1 Corinthians 6:19-20

WHY WALK?

Walking is an excellent activity for everyone. Whether you are just beginning your journey to better health or are already active, walking provides enormous health benefits - physically, emotionally, mentally, and spiritually.

Walking is a low-impact exercise with benefits leading to increased levels of health and fitness. It is an inexpensive, simple way to move each day and can be tailored to meet your individual needs and goals. Walks can be a planned or spontaneous activity, able to be done in all seasons, indoors or outdoors. Whether you are walking for fitness, friendships or fresh air, the following tips will help you get the most out of your walking program.

If you are unable to walk or run one mile a day, find another form of physical movement and do it for 15-20 minutes as you focus on the scripture lesson of the day. Some examples include riding a bike, elliptical, marching in place, stationary squats, arm circles or heel taps.

GETTING STARTED: BEGINNING A WALKING ROUTINE



1. Before beginning an exercise routine, talk to your doctor. Obtaining a “thumbs up” is recommended before starting.
2. Invest in a good pair of shoes to ensure that you are wearing the correct size and fit for your feet.
3. Begin each walk with a dynamic warm up, like high knees and walking lunges, and some gentle stretching.
4. Pay attention to your body. Your heart rate and breathing should be steady and you should be able to speak normally and hold a conversation when walking. If you can't do these things, you may be working too hard.
5. Maintain a good posture with your head up. While looking straight, take natural strides, and swing your arms while you walk.
6. Carry plenty of water to stay properly hydrated - especially with long distances or in hot/humid weather.
7. On sunny days, wear sunscreen, sunglasses, and a hat.

WHY MIRACLES?



Miracle Miles confirms the truth that Jesus was the awaited Messiah who was prophesized. The miracles prove Jesus was who He claimed to be, the Son of God.

God still performs miracles, displaying His power and control over all things through them. Miracles don't have to be a large phenomenon, but can be something small, like meeting someone new. The miracles in the Gospels prove the sovereign power of God over all - past, present, and future.



“You are the God who performs miracles; you display your power among the peoples.”

- Psalm 77:14 (NIV)

THE MIRACLES MILES

Miracles are extraordinary occurrences that can only be attributed to the supernatural nature of God. They display the greatness of God providing evidence of His presence and power in the world; transcending human understanding with no natural explanation. For three years, Jesus traveled through Palestine performing miraculous signs and wonders to demonstrate the Glory of God. The miracles are divided into four distinct categories: Healing Miracles, Exorcisms, Nature Miracles and Restoration Miracles.



**“He performs wonders that cannot be fathomed,
miracles that cannot be counted.” - Job 5:9 (NIV)**

37 DAYS/37 MIRACLES

The New Testament records around 37 specific miracles performed by Jesus. The miracles listed on the following pages are in order with corresponding Bible verses. The first Gospel verse listed is our favorite. We encourage you to explore other Gospel accounts to compare and find your favorite!



We use the NIV (New International Version) Bible translation for the scripture verses. Feel free to use the Bible translation that you prefer. The Bible verse address will be the same. You can also download the You Version Bible App or simply Google the verse on your phone and listen to it. We suggest reading the miracle before you walk, using your walk to reflect on the sovereign power Jesus displayed in that day's miracle. Invite a friend to join you to read, walk and discuss as you spend quality time together!

“For where two or three are gathered together in my name there I am in the midst of them.” - Matthew 18:20 (KJV)

Miracle/Day 1 - Jesus turns water into wine at the wedding. John 2:1-11

Miracle/Day 2 - Jesus heals an official's son. John 4:46-54

Miracle/Day 3 - Jesus drives an evil spirit from a man.

Mark 1:21-27 ~ Luke 4:31-36

Miracle/Day 4 - Jesus heals Peter's mother-in-law who's sick with fever. Mark 1:29-31 ~ Matthew 8:14-15 ~

Luke 4:38-39

Miracle/Day 5 - Jesus heals many sick and oppressed.

Matthew 8:16-17 ~ Mark 1:32-34 ~ Luke 4:40-41

Miracle/Day 6 - First miraculous catch of fish. Luke 5:1-11

Miracle/Day 7 - Jesus cleanses man with leprosy.

Matthew 8:1-4 ~ Mark 1:40-45 ~ Luke 5:12-14

Miracle/Day 8 - Jesus heals a centurion's paralyzed servant. Matthew 8:5-13 ~ Luke 7:1-10

Miracle/Day 9 - Jesus heals a paralytic. Mark 2:1-12 ~

Luke 5:17-26 ~ Matthew 9:1-8

Miracle/Day 10 - Jesus heals a man's withered hand on the Sabbath. Mark 3:1-6 ~ Matthew 12:9-14 ~ Luke 6:6-11

Miracle/Day 11 - Jesus raises a widow's son from the dead. Luke 7:11-17

Miracle/Day 12 - Jesus calms the storm on the sea.
Mark 4:35-41 ~ Matthew 8:23-27 ~ Luke 8:22-25

Miracle/Day 13 - Jesus casts demons into a herd of pigs.
Luke 8:26-39 ~ Matthew 8:28-33 ~ Mark 5:1-20

Miracle/Day 14 - Jesus heals a woman in the crowd with a blood issue. Mark 5:25-34 ~ Matthew 9:20-22 ~
Luke 8:43-48

Miracle/Day 15 - Jesus raises Jairus' daughter back to life. Luke 8:40-42, 49-56 ~ Matthew 9:18-19, 23-26 ~
Mark 5:21-24, 35-43

Miracle/Day 16 - Jesus heals two blind men.
Matthew 9:27-31

Miracle/Day 17 - Jesus heals a man who was mute.
Matthew 9:32-34

Miracle/Day 18 - Jesus heals an invalid in Bethesda.
John 5:1-15

Miracle/Day 19 - Jesus feeds 5,000. John 6:1-15 ~
Matthew 14:13-21 ~ Mark 6:30-44 ~ Luke 9:10-17

Miracle/Day 20 - Jesus walks on water. Mark 6:45-52 ~
Matthew 14:22-33 ~ John 6:16-21

Miracle/Day 21 - Jesus heals many sick in Gennesaret as they touch His garment. Matthew 14:34-36 ~ Mark 6:53-56

Miracle/Day 22 - Jesus heals a Gentile woman's demon possessed daughter. Mark 7:24-30 ~ Matthew 15:21-28

Miracle/Day 23 - Jesus heals a deaf and dumb man.
Mark 7:31-37

Miracle/Day 24 - Jesus feeds 4,000. Matthew 15:32-39 ~
Mark 8:1-13

Miracle/Day 25 - Jesus heals a blind man. Mark 8:22-26

Miracle/Day 26 - Jesus heals a man born blind by rubbing mud on his eyes. John 9:1-11

Miracle/Day 27 - Jesus heals a boy with an unclean spirit.
Matthew 17:14-21 ~ Mark 9:14-29 ~ Luke 9:37-43

Miracle/Day 28 - Miraculous temple tax appears in fish's mouth. Matthew 17:24-27

Miracle/Day 29 - Jesus heals a blind, mute demoniac.

Luke 11:14-23 ~ Matthew 12:22-23

Miracle/Day 30 - Jesus heals a woman crippled for 18 years. Luke 13:10-17

Miracle/Day 31 - Jesus heals a man with dropsy on Sabbath. Luke 14:1-6

Miracle/Day 32 - Jesus cleanses 10 lepers. Luke 17:11-19

Miracle/Day 33 - Jesus raises Lazarus from the dead in Bethany. John 11:1-45

Miracle/Day 34 - Jesus restores sight to a beggar.
Mark 10:46-52 ~ Matthew 20:29-34 ~ Luke 18:35-43

Miracle/Day 35 - Jesus withers a fig tree. Matthew 21:18-22 ~ Mark 11:12-14

Miracle/Day 36 - Jesus heals a servant's severed ear while He is being arrested. Luke 22:47-51

Miracle/Day 37 - The second miraculous catch of fish.
John 21:1-7

REFLECTION AND DISCUSSION QUESTIONS



1. What part of this miracle resonates with you the most?
2. What does this miracle tell you about the character of God?
3. How does the power God displayed through this miracle give you hope in your life?
4. How can you use the message of this miracle to love and live more like Jesus?
5. Where have you seen a miracle in your life this week?

“I have fought the good fight, I have finished the race, I have kept the faith.” - 2 Timothy 4:7 (NIV)

THE GOSPEL... THE GOOD NEWS



We were designed to be in perfect relationship with God. However mankind disobeyed God and now we have a problem we cannot solve on our own. It is called sin. Sin separates us from a loving God, and we cannot fix this brokenness on our own (Romans 3:23). The Gospel is the good news that Jesus has made a way for us to be reconciled to God, by offering forgiveness, peace, and eternal life. He came down to earth and lived a perfect life that we could never live and died a death that we deserve. Jesus died on the cross and, three days later, was resurrected, conquering sin and death, and offering forgiveness of sins and new life to all who believe in Him (Romans 10:9).



SALVATION

Salvation is the most important decision you will ever make. Salvation is God's free gift offered to everyone, but we must accept it. Salvation secures us a place in Heaven after we die where we will live forever with Him. This is called Eternal Life. If you have decided that you are tired of navigating life in your own ways and are ready for God to lead you, then you can have the gift of Salvation today!



To begin a life surrendered to Christ, follow these steps:

1. Admit that you are a sinner in need of a Savior.
2. Believe that Jesus died for you and rose three days later, proving He was who He said He was.
3. Commit to live the rest of your life for Him and make Him your Lord and Savior.

“If you declare with your mouth, ‘Jesus is Lord,’ and believe in your heart that God raised him from the dead, you will be saved.” - Romans 10:9 (NIV)

SALVATION PRAYER



To begin your new life in Christ, pray the following prayer. It is your way of letting God know that you are surrendering your life to Him today, that He is in control.

**Jesus,
I need you.
I ask you to forgive me all of my sins.
I believe you died for me,
I believe God raised you from the dead.
Today I make you my Lord and Savior.
Thank you for a brand new beginning.
In Jesus' Name
Amen.**

Congratulations! If you have prayed this prayer, let us know by emailing julie.faithfullywalking@gmail.com so we can equip and encourage you in your new walk with Christ.



My name is Julie and I am the creator and founder of Faithfully Walking.

Faithfully Walking is a ministry that God has entrusted to me; an opportunity to combine my passion for exercise and movement with my love for His people. As I move forward in obedience to my Heavenly Father, it is my prayer that God will use me and this ministry to change lives, redeem souls and increase His Kingdom. Nothing is greater than the life-changing identity as a saved, forgiven and loved Child of God! I pray that you fall in love with Jesus and make Him your Lord and Savior through this minstry.

Jesus, thank you for this mission and ministry. I pray you give me perseverance to spread Your Gospel message through Faithfully Walking. Send those who are lost and need to hear about You and Your gift of Salvation. Amen.

