

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)

PATHWAY OF PROMISES

AN INTERMEDIATE WALKING PROGRAM



HEALTH, PEACE, AND JOY



Faithfully Walking exists to guide and encourage you to discover who Jesus is, grow deeper in your relationship with Him or to begin a personal relationship with Jesus. With 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 equipped to live a joy-filled, surrendered life in a personal relationship with Jesus.

“For we walk by faith not by sight.”
- 2 Corinthians 5:7 (KJV)



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 that lead to increased levels of health and fitness. It is an inexpensive, simple way to move daily and can be tailored to meet your individual needs and goals. Walking 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, find another form of physical movement and do it for 15-20 minutes as you focus on the promises and scripture for the week. Some examples include riding a bike, elliptical, marching in place, stationary squats, arm circles or heel taps.



GETTING STARTED WITH YOUR 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, 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, look straight ahead, 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.



THE PROMISES

God's promises are truths that believers can depend on and live by with absolute certainty. There are thousands of promises from God in the Bible. Each promise reveals God's infinite love and endless supply of grace available to all of His children. Through His promises, He equips us to navigate life's challenges with confidence, knowing He is sovereign over all situations. These promises are the gateway to experiencing God's peace - the peace that surpasses all human understanding (Philippians 4:7).



Memorizing your favorite promises allows you to have God's Word in your heart to recite them when you need a reminder of His strength and provision for your life. His promises are a constant reminder that you are chosen, cared for and unconditionally loved by God - the Creator of all!

**“I have hidden your word in my heart that I might not sin against you.”
- Psalm 119:11 (NIV)**



PATHWAY OF PROMISES



This is a 12-week program for intermediate walkers.

You will walk for 12 weeks covering 12 miles per week. You can choose to walk a shorter distance daily or go a longer distance fewer days a week. Here are some examples of how to break up the mileage:

12 miles per week = 1.7 miles per day for 7 days

12 miles per week = 2 miles per day for 6 days

12 miles per week = 3 miles per day for 4 days

12 miles per week = 4 miles per day for 3 days

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



12 WEEKS/12 PROMISES

The promises are stated in bold followed by several Bible passages declaring that promise. The versions of the Bible are represented as follows:

NIV = New International Version

NLT = New Living Translation

ESV = English Standard Version



Feel free to explore the scripture verses in other versions of the Bible. You can also download the You Version Bible App or Google the verse on your phone and listen to it. We suggest reading the promise and the associated verses before you walk, then reflect on the many times you have experienced the power of these promises in your daily life. Invite a friend to join while you read, walk, and discuss the verses, spending quality time together!

“As iron sharpens iron, so one person sharpens another.”

- Proverbs 27:17 (NIV)



REFLECTION QUESTIONS



1. How do these promises impact your thoughts and mindset on a daily basis?
2. What does this promise tell you about the character of God?
3. How do you see the character God displayed through this promise?
4. How can this promise help you to live more like Jesus wants you to?
5. When would knowledge of this promise help you to experienced the love and peace of God desires for you?
6. When God does not answer your prayer they way you want Him to, what is God saying to us in those times?
7. How can you dig deeper with God instead of turning to distrust or apathy?

“And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” - Phillipians 4:7 (ESV)

PROMISE/WEEK 1 – PRESENCE

God promises that He will always be with us and never leave or forsake us. No matter what you are going through, He will always be with you.

Matthew 28:20 (NIV). “...And surely I am with you always, to the very end of the age.”

Psalms 121:7-8 (NIV). “The Lord will keep you from all harm—He will watch over your life; the Lord will watch over your coming and going both now and forevermore.”

Deuteronomy 31:6 (NIV). “Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.”

PROMISE/WEEK 2 – PROTECTION

God promises to protect us from harm, evil, disease, and those who are against us. He is the Protector of your mind, body, and soul.

2 Thessalonians 3:3 (NIV). “But the Lord is faithful, and He will strengthen you and protect you from the evil one.”

Psalms 18:2 (NLT). “The Lord is my rock, my fortress and my savior; my God is my rock, in whom I find protection. He is my shield, the power that saves me, and my place of safety.”

Psalms 91:4 (NLT). “He will cover you with his feathers. He will shelter you with his wings. His faithful promises are your armor and protection.”

PROMISE/WEEK 3 – POWER & STRENGTH

God promises to give us the power and strength to overcome adversity. He is omniscient which means all-powerful and all-knowing. God knows us better than we know ourselves and has the power to do anything in our lives – big or little.

2 Timothy 1:7 (NIV). “For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.”

Isaiah 40:29 (ESV). “He gives power to the faint, and to him who has no might he increases strength.”

Psalms 29:11 (NIV). “The Lord gives strength to his people; the Lord blesses his people with peace.”

PROMISE/WEEK 4 – PROVISION/SUPPLYING OUR NEEDS

God promises provision for all of His children. God continually provides for the physical and spiritual needs of those who trust in Him.

Philippians 4:19 (NLT). “And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus.”

Romans 8:28 (NIV). “And we know that in all things God works for the good of those who love him who have been called according to his purpose.”

Psalms 23:1 (NIV). “The Lord is my shepherd, I lack nothing.”

PROMISES/WEEK 5 – GUIDANCE/WISDOM

God promises to lead, guide and direct us at all times, as we listen to and obey Him. He will give us wisdom to discern the path He has prepared for us.

Psalm 32:8 (NLT). “The Lord says, “I will guide you along the best pathway for your life. I will advise you and watch over you.”

Proverbs 19:21 (NLT). “You can make many plans, but the Lord’s purpose will prevail.”

Proverbs 2:6 (ESV). “For the Lord gives wisdom; from his mouth come knowledge and understanding.”

PROMISE/WEEK 6 – FORGIVENESS/CLEANSING

Through the death and resurrection of Jesus, we are cleansed and forgiven of all our sins. We receive eternal life after our earthy life has ended. By confessing our sins, we are made holy and righteous by our Father.

1John 1:9 (NIV). “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

Psalm 86:5 (NLT). “O Lord, you are so good, so ready to forgive, so full of unfailing love for all who ask for your help.”

Psalm 32:1 (ESV). “Blessed is the one whose transgression is forgiven, whose sin is covered.”

PROMISE/WEEK 7 – REST/PEACE OF MIND

God promises to give us His peace which is beyond our understanding. We rest in the truth that God is sovereign and in control of everything and with him all things will come to pass.

Matthew 11:28-30 (NIV). “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

Philippians 4:7 (NIV). “And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

John 14:27 (NLT). “I am leaving you with a gift - peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.”

PROMISE/WEEK 8 – PURPOSE/HOPE FOR FUTURE

God is our hope for the future, no matter what happens. He sent us to earth with a purpose and our destiny is in His hands. God promises that He will make a way where there seems to be no way.

Jeremiah 29:11 (NIV). “For I know the plans I have for you, declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

Proverbs 3:5-6 (NLT). “Trust in the Lord with all your heart; do not depend on your own understanding. Seek His will in all you do, and he will show you which path to take.”

Proverbs 16:9 (NIV). “In their hearts, humans plan their course, but the Lord establishes their steps.”

PROMISE/WEEK 9 – GOODNESS/ANSWERED PRAYER

God promises to draw near to us when we draw near to Him (James 4:8). He listens and answers our prayers but in His timing and perfect will for us.

Matthew 7:7 (NIV). “Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.”

Psalms 55:22 (NIV). “Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.”

1 John 5:14 (ESV). “And this is the confidence that we have toward him, that if we ask anything according to his will he hears us.”

PROMISE/WEEK 10 – HEALING

Suffering and trials are part of life and we will all struggle at some point. The Bible is full of spiritual and physical healing miracles and God performs healing miracles today. Scripture tells us that He is the same yesterday, today and tomorrow (Hebrews 13:8).

Jeremiah 33:6 (NIV). “Nevertheless, I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security.”

Isaiah 53:5 (NIV). “But He was pierced for our transgressions, He was crushed for our iniquities; the punishment that brought us peace was on Him, and by His wounds we are healed.”

Psalms 103:2-3 (ESV). “Bless the Lord, O my soul, and forget not all His benefits, who forgives all your iniquity, who heals all your diseases...”

PROMISE/WEEK 11 – ENDLESS LOVE

God is Love (1 John 4:8). He demonstrated His love for us on the cross paying the penalty for our sins and dying the death that we deserve. Nothing we can do will change His unconditional and endless love for us.

John 3:16 (NIV). “For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.”

Romans 8:38-39 (NIV). “For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all of creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.”

Isaiah 54:10 (NLT). “For the mountains may move and the hills disappear, but even then my faithful love for you will remain...”

PROMISE/WEEK 12 – SALVATION/ETERNAL LIFE

God promises that if we confess our sins, ask for forgiveness and we surrender our lives to Him, Jesus will be the Lord of our life, and forgive our sins. We are made new and promised eternity with Him in Heaven. This is called Salvation.

Romans 10:9 (NIV). “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.”

John 5:24 (NIV). “Very truly I tell you, whoever hears my word and believes Him who sent me has eternal life and will not be judged but has crossed over from death to life.”

Acts 4:12 (NLT). “There is salvation in no one else! God has given no other name under heaven by which we must be saved.”

CONGRATULATIONS!!

You persevered and finished the race! We know you are feeling stronger, both physically and spiritually. Our prayer is that through reading, meditating, and memorizing these verses, you have stored God's promises in your heart to lean on every day.

You have a strong and steady momentum, so why not continue move forward on this healthy pathway!

Here are some suggestions:

- Continue walking daily choosing the distance you can sustain over a long period of time.
- Record your walks to ensure you are walking 4-5 days a week.
- Revisit all of the verses we used. Keep them close and refer to them often.

ADDITIONAL CHALLENGE...here are several other promise verses. See if you can determine which promise category they fall into from the twelve studied in the Pathway of Promises. Remember, the more we saturate our minds with God's Word, the more strength and confidence in Christ we will have to handle the challenges we face!



CHALLENGE VERSES

Proverbs 18:10 (NLT) “The name of the Lord is a strong fortress; the godly run to Him and are safe.”

1 Peter 5:6-7 (NIV) “Humble yourselves, therefore, under God’s mighty hand, that He may lift you up in due time. Cast all your anxiety on Him because He cares for you.”

Matthew 6:14 (NIV) “For if you forgive other people when they sin against you, your Heavenly Father will also forgive you.”

Lamentations 3:22-23 (NLT) “The faithful love of the Lord never ends! His mercies never cease.”

Psalms 42:3 (NIV) “The Lord sustains them on their sickbed and restores them from their bed of illness.”

John 14:6 (NIV) “Jesus answered, ‘I am the way and the truth and the life. No one comes to the Father except through me.’”

Joshua 1:9 (NIV) “Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

Colossians 1:11 (NIV) “...being strengthened with all power according to His glorious might so that you may have great endurance and patience...”

Isaiah 26:3-4 (NIV) “You will keep in perfect peace those whose minds are steadfast, because they trust in you.”

1 Corinthians 13:13 (NLT) “Three things will last forever - faith, hope, and love - and the greatest of these is love.”



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 info.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 ministry.

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.

