

## Spirit Filled Walking Plan

### **Week 1: Basic Beliefs** (*What are your beliefs based upon*)

What our Lord requires of us is this – to do justice, to love mercy, and to walk humbly with our God. Micah 6:8

### **Week 2: Health** (*What does health mean to you?*)

I am come in order that you might have life, and have it more abundantly. John 10:10

### **Week 3: Love** (*Do you see God's love in yourself and others?*)

You shall love the Lord your God with all your heart, with all your soul, and with all your mind. This is the first and greatest commandment. The second is like to it: you shall love your neighbor as yourself. Matthew 22:37-39

### **Week 4: Stress** (*How do you cope with stress? Does prayer play a role?*)

Have no anxiety about anything, but make all your wants known to God in prayer and entreaty, and with thanksgiving. Philippians 4:6

### **Week 5: Interaction** (*How do you commune with your community?*)

How excellent are the Lord's faithful people. My greatest pleasure is to be with them. Psalms 16:3

### **Week 6: Wisdom** (*Wisdom is knowing that there is more than one answer*)

For when wisdom finds a welcome within you, and knowledge becomes a pleasure to you, discretion will watch over you, reason will guard you. Proverbs 2:10-11.

### **Week 7: Witnessing** (*What does your life tell others about your values?*)

Be affectionate in your love for the brotherhood, eager to show one another honor, not wanting in devotion, but on fire with the Spirit. Serve the Lord. Romans 12:10-11

### **Week 8: Forgiveness** (*When we forgive others, we forgive ourselves*)

If you have a grievance against anyone, forgive him, so that your Father in heaven may also forgive you your offenses. Mark 11:26

### **Week 9: Expectation** (*Where do you expect God to lead you?*)

I will lead my blind people by roads they have never traveled. I will turn their darkness into light and make rough places smooth before them. Isaiah 42:16

### **Week 10: Healing** (*Reflect on areas of your life that need healing*)

...And he set my feet upon a rock, establishing my steps, and he put a new song in my mouth. Psalms 40: 1-3

### **Week 11: Faith** (*Reflect on faith-or lack-that shows in your actions*)

Therefore I tell you, whenever you pray or ask for anything, have faith that it has been granted you, and you shall have it. Mark 11:24

### **Week 12: Joy** (*Reflect on the gifts you have joyously brought to the Christ*)

For unto you this day, in the city of David, is born a Savior, he is Christ the Lord. Glory to God in the highest! Luke 2:11

*Walk in Peace*

**Adapted from: © National Episcopal Health Ministries, 2006**