

A rainy day walk Bible verse: Exodus 14:29

“But the sons of Israel  
walked on dry land  
through the midst of the sea,  
and the waters were like a wall to them  
on their right hand and on their left.”

Practice good posture: Proverbs 30:29-31

“There are three things  
which are stately in their march,  
Even four which are stately when they walk:  
The lion which is mighty among beasts  
And does not retreat before any,  
The strutting rooster, the male goat also,  
And a king when his army is with him.”

Walk and talk with your children: Deuteronomy 6:4-7, 9

“Hear, O Israel! The Lord is our God, the Lord is one!  
You shall love the Lord your God with all your heart  
and with all your soul and with all your might. These  
words, which I am commanding you today, shall be on  
your heart. You shall teach them diligently to your sons  
and shall talk of them when you sit in your house  
and when you walk by the way and when you lie down  
and when you rise up... You shall write them on the  
doorposts of your house and on your gates.”

Ask God for daily strength: Isaiah 40:31

“Yet those who wait for the Lord  
Will gain new strength;  
They will mount up with wings like eagles,  
They will run and not get tired,  
They will walk and not become weary.”

Walk with a purpose: Joshua 18:8

“Then the men arose and went,  
and Joshua commanded those who went  
to describe the land, saying,  
“Go and walk through the land  
and describe it, and return to me;  
then I will cast lots for you  
here before the Lord in Shiloh.”

Share the gospel on your walk: Jonah 3:4

Then Jonah began to go  
through the city one day’s walk;  
and he cried out and said,  
“Yet forty days and Nineveh  
will be overthrown.”

Lay down your burdens: 1 Samuel 17:39

“David girded his sword over his armor  
and tried to walk,  
for he had not tested them.  
So David said to Saul, “I cannot go  
with these, for I have not tested them.”  
And David took them off.”

Everybody walked in Jesus' day: Matthew 4:18-20

“Now as Jesus was walking by the Sea of  
Galilee, He saw two brothers, Simon who was  
called Peter, and Andrew his brother, casting a  
net into the sea; for they were fishermen. And  
He said to them, “Follow Me, and I will make  
you fishers of men.” Immediately they left  
their nets and followed Him.”

Daily exercise with a purpose: Esther 2:11

“Every day Mordecai  
walked back and forth  
in front of the court of the harem  
to learn how Esther was  
and how she fared.”

Walking and leaping and praising God! Acts 3:6-8

But Peter said, “I do not possess silver and gold,  
but what I do have I give to you:  
In the name of Jesus Christ the Nazarene—walk!”  
And seizing him by the right hand, he raised him up;  
and immediately his feet and his ankles were  
strengthened. With a leap he stood upright and began  
to walk; and he entered the temple with them,  
walking and leaping and praising God.”