



Christ Walk: A 40 Day Spiritual Fitness Program

Anna Fitch Courie

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Many people struggle with health and illness. Many people deeply want to connect their spiritual beliefs to their whole life, but would like assistance. Christ Walk, is a 40-day journey designed for individuals or groups to focus on improving their physical health while also engaging in spiritual and mental reflection and growth. Christ Walk is a 40-day challenge where individuals or groups select different routes in the Bible to challenge them to complete (through walking, running, biking, acts of kindness, etc.) while reading a reflective passage on health and spirituality each day of the journey. I believe there is a mind, body and spiritual connection to health and when we do not approach our health holistically and God-centered, then all the medicine in the world will not get us well.

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