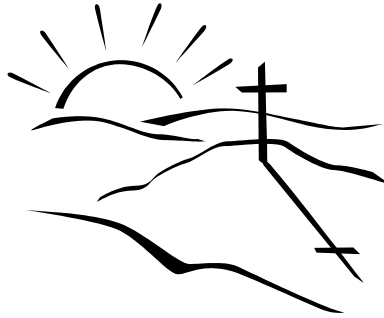


# **MILES, MINUTES, MEDITATIONS PRAYER MARATHONS**



## **Marathon I-Getting Started**

**Compiled by**

**Bob Harrison, Ph. D.**



**And Electronically Published by**

**The West Virginia Institute for Spirituality  
Charleston, West Virginia  
February 2014**

## **DEDICATION**

**This journal is dedicated to all past, present, and future runners who use their running time for prayer and spiritual growth.**

## **A FRAMEWORK**

**A marathon running course is 26.2 miles. This journal then is designed for 26 days of running and praying with a special section called “Point Two-The Finish Line” for rereading, reflecting and responding.**

**This journal combines a running log, Scripture passages and opportunities to record one’s thoughts that surfaced during the running prayer periods.**

**If you have any questions, comments, or feedback you wish to provide, feel free to contact Bob Harrison at [DRBOBWV@AOL.COM](mailto:DRBOBWV@AOL.COM) or 304-343-2647.**

**All Scripture passages cited in this journal are from the New American Bible, sponsored by the Bishop’s Committee of the Confraternity of Christian Doctrine in 1970. Although there are more recent revisions, this edition is the author’s personal prayer Bible.**

**There will be a total of 14 Marathons eventually available.**

## **RULES FOR RUNNING**

### **Rule I-Read**

**Before reading the Scripture passage for the day, say an opening prayer such as:**

***Lord, I ask that this day and my whole life be dedicated to the service of Christ and the will of the Father. Let it be Thy will be done, not my will be done. I ask for the grace to love and serve unconditionally so that I may see God’s presence in everyone and everything including myself. Amen***

**Next, prayerfully read the Scripture passage.**

## **Rule II-Run**

**The day, the hours, and the amount of time spent running do not matter.**

**Personal safety, health, physical condition and well being do.**

## **Rule III-Reflect**

**While running, reflect on the Scripture passage. Ask yourself, how is God using this Scripture to teach me something about God, other people, myself, or life in general?**

## **Rule IV-Respond**

**Write in this journal only on the days, you actually run. Record the date (next to the Day), the number of miles and the amount of time you spent during your run.**

**In the space below the Scripture passage, write whatever insights you received while you ran and reflected on the Scripture passage.**

**Close all prayer periods with a spontaneous prayer followed by the Lord's Prayer, a Hail Mary, and Glory Be.**

**At the end of 26 running periods, allow for two additional prayer periods in the special section entitled, "Point Two-The Finish Line" This section allows you to reread your running log and prayerful reflections for the marathon; develop a summary; and set goals for your next running and prayer marathon.**

**Day 1** \_\_\_\_\_ **Miles:** \_\_\_\_\_ **Minutes:** \_\_\_\_\_

**“Why do you want to run, my son? You will receive no reward.”  
But, he insisted, “Come what may, I want to run.”**

**(2 Samuel 19: 22 and 23)**

**Day 2** \_\_\_\_\_ **Miles:** \_\_\_\_\_ **Minutes:** \_\_\_\_\_

**“They that hope in the Lord, will renew their strength.  
They will soar as with eagles wings;  
They will run and not grow weary,  
walk and not grow faint.”**

**(Isaiah 40:31)**

**Day 3** \_\_\_\_\_ **Miles:** \_\_\_\_\_ **Minutes:** \_\_\_\_\_

**“The Lord is my shepherd; I shall not want.  
In verdant pasture he gives me repose;  
Beside restful waters he leads me;  
He refreshes my soul.”**

**(Psalm 23:1 and 2)**

**Day 4** \_\_\_\_\_ **Miles:** \_\_\_\_\_ **Minutes:** \_\_\_\_\_

**“I will run the way of your commands.”**

**(Psalm 119:32)**



**Day 5** \_\_\_\_\_ **Miles:** \_\_\_\_\_ **Minutes:** \_\_\_\_\_

**“You know that while all the runners in the stadium take part in the race. The award goes to one man. In that case, run as to win.”**

**(I Corinthians 9:24)**

**Day 6** \_\_\_\_\_ **Miles:** \_\_\_\_\_ **Minutes:** \_\_\_\_\_

**“Athletes deny themselves all sorts of thing. They do this to win a crown of leaves that withers, but wear a crown that is imperishable.”**

**(I Corinthians 9:25)**

**Day 7** \_\_\_\_\_ **Miles:** \_\_\_\_\_ **Minutes:** \_\_\_\_\_

**“I do not run like a man that loses sight of the finish line.”**

**(I Corinthians 9:26)**

**Day 8** \_\_\_\_\_ **Miles:** \_\_\_\_\_ **Minutes:** \_\_\_\_\_

**“What I do is discipline my body and master it.”**

**(I Corinthians 9:27)**

**Day 9** \_\_\_\_\_ **Miles:** \_\_\_\_\_ **Minutes:** \_\_\_\_\_

**“For nothing is impossible with God.”**

**(Luke 1:37)**

**Day 10** \_\_\_\_\_ **Miles:** \_\_\_\_\_ **Minutes:** \_\_\_\_\_

**“I am the servant of the Lord. Let it be done to me as you say.”**

**(Luke 1:38)**

**Day 11** \_\_\_\_\_ **Miles:** \_\_\_\_\_ **Minutes:** \_\_\_\_\_

**“Blest are the single-hearted for they shall see God.”**

**(Matthew 5:8)**

**Day 12** \_\_\_\_\_ **Miles:** \_\_\_\_\_ **Minutes:** \_\_\_\_\_

**“Should anyone press you into service for one mile, go with him two miles.”**

**(Matthew 5:41)**



**Day 13** \_\_\_\_\_ **Miles:** \_\_\_\_\_ **Minutes:** \_\_\_\_\_

**“There is an appointed time for everything, and a time for every affair under the heavens.”**

**(Ecclesiastes 3:1)**

**Day 14** \_\_\_\_\_ **Miles:** \_\_\_\_\_ **Minutes:** \_\_\_\_\_

**“If a man goes walking by day, he day does not stumble because he sees the world bathed in light.”**

**(John 11:9)**

**Day 15** \_\_\_\_\_ **Miles:** \_\_\_\_\_ **Minutes:** \_\_\_\_\_

**“But if he goes walking at night, he will stumble since there is not light in him.”**

**(John 11:10)**

**Day 16** \_\_\_\_\_ **Miles:** \_\_\_\_\_ **Minutes:** \_\_\_\_\_

**“When you walk, your step will not be impeded, and should you run, you will not stumble.”**

**(Proverbs 4:12)**

**Day 17** \_\_\_\_\_ **Miles:** \_\_\_\_\_ **Minutes:** \_\_\_\_\_

**“You were running so well; who diverted you from the path of truth?”**

**(Galatians 5:7)**

**Day 18** \_\_\_\_\_ **Miles:** \_\_\_\_\_ **Minutes:** \_\_\_\_\_

**“Get up! Do not be afraid.”**

**(Matthew 17:7)**

**Day 19** \_\_\_\_\_ **Miles:** \_\_\_\_\_ **Minutes:** \_\_\_\_\_

**“To anyone who thirsts, I will give to drink without cost from the life-giving water.”**

**(Revelation 21:6)**

**Day 20** \_\_\_\_\_ **Miles:** \_\_\_\_\_ **Minutes:** \_\_\_\_\_

**“You must be made perfect as your heavenly Father is perfect.”**

**(Matthew 5:41)**



**Day 21** \_\_\_\_\_ **Miles:** \_\_\_\_\_ **Minutes:** \_\_\_\_\_

**“For with your aid, I run against an armed band, and by the help of my God I leap over a wall.”**

**(Psalm 18:30)**

**Day 22**\_\_\_\_\_ **Miles:**\_\_\_\_\_ **Minutes:** \_\_\_\_\_

**“I recognize that there is nothing better than to do be glad and do well during life.”**

**(Ecclesiastes 3:12)**

**Day 23** \_\_\_\_\_ **Miles:** \_\_\_\_\_ **Minutes:** \_\_\_\_\_

**“My days are swifter than a runner, they flee away.”**

**(Job 9:25)**

**Day 24** \_\_\_\_\_ **Miles:** \_\_\_\_\_ **Minutes:** \_\_\_\_\_

**“The race is not run by the swift.”**

**(Ecclesiastes 9:11)**

**Day 25** \_\_\_\_\_ **Miles:** \_\_\_\_\_ **Minutes:** \_\_\_\_\_

**“As I look to the day of Christ, you gave me cause to boast that I did not run the race in vain or work to no purpose.”**

**(Philippians 2:16)**

**Day 26** \_\_\_\_\_ **Miles:** \_\_\_\_\_ **Minutes:** \_\_\_\_\_

**“Let us lay aside every encumbrance of sin which clings to us and persevere in running the race which lies ahead; let us keep our eyes fixed on Jesus, who inspires and perfects our faith.”**

**(I Hebrews 12:1 and 2)**

## **POINT TWO-THE FINISH LINE**

**Day 27** \_\_\_\_\_ **Miles:** \_\_\_\_\_ **Minutes:** \_\_\_\_\_

**“I have fought the good fight.**

**I have finished the race.**

**I have kept the faith.**

**From now on a merited crown awaits me.”**

**(2 Timothy 4:7 and 8)**



**Day 28** \_\_\_\_\_ **Miles:** \_\_\_\_\_ **Minutes:** \_\_\_\_\_

**“The gift you have received; give as a gift.”**

**(Matthew 10:8)**