



# Strides Of GRACE:

A 30-DAY PRAYER WALK WITH PAULINE PRAYERS

ROBO JOAN

## DEDICATION

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his guide is lovingly dedicated to my Lord, Saviour, and the Lover of my soul, Jesus Christ. You have carried me through every season of my life with unfailing grace. My heart overflows with gratitude for two remarkable encounters with You: the first, at 15, when I said "yes" to Your call; and the second, during the darkest season of my life, when You met me again and gave me beauty for ashes. It was in that sacred encounter that Run2Win was birthed, a testament to Your redeeming power and purpose.

## APPRECIATION



My deepest appreciation goes to my beloved sons, Tosin and Tobi, who have been my constant encouragers in my fitness journey. Your love and support inspire me daily.

To the amazing members of the Run2Win Fitness Community, especially those who participated in the inaugural Run2Win 30-Day Prayer Walking Challenge, I say thank you! Your commitment and faith have been a driving force behind the creation of this guide. Together, we are walking in purpose and grace.

### Design Concept

Special thanks to Oladipupo Sokunbi for bringing the vision of Strides of Grace to life with your creative and inspiring design. Your work reflects the heart and soul of this journey.

To God be all the glory, forever and always.

## PREFACE:



My fitness journey has been far from straightforward. If you've ever struggled with your body image, unhealthy eating habits, or feelings of inadequacy, then you know exactly how challenging it can be to maintain a healthy relationship with your body. For much of my life, I battled with being overweight, and by the time I was 13, I had developed anorexia nervosa due to destructive eating patterns, fad diets, starvation, and compulsive exercising. My obsession with my appearance led to years of emotional and psychological turmoil, and I despised my body to the point where I avoided photos and social gatherings.

Looking back, it pains me to realize how much I missed out on due to my ignorance about true wellness. I lost critical moments that could have enriched my life—moments of becoming a well-rounded person in spirit, soul, and body, just as 1 Thessalonians 5:23 encourages.

This cycle of unhealthy habits persisted into adulthood until motherhood shifted my focus. Despite trying countless diets, I continued to fail at achieving sustainable weight loss, stuck in a vicious loop. But the turning point came nearly thirteen

years ago, just three months before my 40th birthday. The Lord spoke to my heart, revealing that if I truly wanted lasting health, I needed to focus on Him rather than my physical appearance. My journey was no longer about weight loss—it was about honouring God with my body, His temple.

1 Corinthians 6:19-20 reminds us that our bodies are not our own; they belong to God. We are called to honour Him with our physical health, and this became my new motivation. Instead of exercising out of self-hatred or frustration, I began caring for my body out of love for God and a desire to be a good steward of the temple He entrusted to me.

Today, I am fit, strong, and healthy—ready to pursue God's calling for my life. My journey is a testament to God's grace and His ability to work through us for His glory. I share this story with you to inspire and encourage you. No matter where you are in your fitness journey, God can and will do great things in you.

Join me on this 30-day Christ-centered fitness and wellness journey, where we will not only strengthen our bodies but also refresh our spirits as we pray the Pauline Prayers

Robo Joan



## INTRODUCTION: STRIDES OF GRACE



ave you ever longed for a deeper, more powerful connection with God? Do you desire a prayer life that aligns with His purposes and transforms every part of your being? *Strides of Grace: A 30-Day Prayer Walk with Pauline Prayers* is your invitation to an extraordinary journey of faith, fitness, and spiritual renewal.

This guide is more than a program; it's a sacred call to steward your body—God's temple while revolutionizing your prayer life. The Pauline Prayers, inspired by the Apostle Paul's Spirit-filled words, will lead you into prayers that open the eyes of your heart, reveal God's inexhaustible riches, and help you claim your inheritance in Christ.

As you walk and pray daily, you'll not only strengthen your body but also deepen your intimacy with God, aligning your life with His will and purpose. This is more than fitness; it's faith in motion.

## HOW TO USE THE STRIDES OF GRACE GUIDE

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o make the most of this life-changing journey, follow these steps:

**Set Aside Time:** Dedicate 15-45 minutes each day for your prayer walk. Choose a time and space where you can walk freely and focus.

**Begin with Worship:** Start your walk by worshiping God, inviting His presence to guide you as you pray.

**Use the Pauline Prayers:** Each day's guide includes a Pauline Prayer. Read it slowly, meditate on the words, and let them sink into your spirit.

**Listen to the Word:** If possible, use an audio Bible with earphones. Play the Scripture for the day, pausing to internalize and personalize the prayer.

**Pray in the Spirit:** As you walk, allow the Holy Spirit to guide your prayers. Pray intermittently in the Holy Ghost, letting His power flow through you.

**Personalize the Prayers:** Replace “you” with your name or the names of loved ones. Pray these truths over your life and those you care about.

**Reflect and Journal:** After each walk, take a few moments to write down what God revealed to you. Record your growth, insights, and answered prayers.

**Be Consistent:** Commit to the journey for the full 30 days, trusting God to work in your heart, mind, and body.

This is your opportunity to grow stronger spiritually and physically, walking in the fullness of God's promises. Take each stride with grace, faith, and expectation because you are about to experience a life transformed by prayer!





## **UNDERSTANDING PRAYER WALKS - THE INTERCONNECTEDNESS OF FAITH AND FITNESS**



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Prayer walks are a powerful and transformative way to engage both your body and spirit in communion with God. At their core, prayer walks combine the physical act of walking with the spiritual discipline of prayer, creating an intentional space where you can deepen your relationship with the Lord while taking care of your physical health. It is a holistic approach to fitness that recognizes the interconnectedness of the body, mind, and spirit.

In a prayer walk, each step becomes an opportunity to connect with God. As you move, you can meditate on His Word, speak to Him about your needs and desires, and listen for His guidance. Walking naturally allows the mind to focus, and combining it with prayer enables you to become more present with God, free from the distractions that often cloud our prayer time. Prayer walks give you the chance to tune in to the quiet whisper of the Holy Spirit.

## BENEFITS OF PRAYER WALKS

1.

**Spiritual Refreshment**— Walking clears your mind, and when paired with prayer, it becomes a time of refreshing and renewal. Prayer walks give you the space to reflect on God's goodness, intercede for others, and express gratitude, all while being in motion.

**2. Physical Well-being** — Walking is a simple, low-impact exercise that strengthens the heart, improves circulation, and boosts overall well-being. By integrating prayer into your walk, you enhance both your spiritual and physical health.

**3. Mental Clarity**— Prayer walks help relieve stress and bring mental clarity. Movement has been shown to reduce anxiety and depression, and when combined with prayer, it can bring peace and calmness that surpasses all understanding (Philippians 4:6-7).

**4. Connection with God's Creation** — As you walk outdoors, you are surrounded by God's creation. This environment can serve as a reminder of His greatness and the beauty of His works. Nature often speaks of His majesty, giving us even more reasons to praise Him during our walk.

## WELCOME TO THE 30-DAY PRAYER WALKING CHALLENGE: WHERE FAITH AND FITNESS MEET!



Dear Participant,

Welcome to **Strides of Grace: A 30-Day Faith and Fitness Journey with Pauline Prayers**". The **30-Day Prayer Walking Challenge**, a transformative **Faith and Fitness program** is brought to you by **Run2Win Fitness!** This is not just a physical journey-it's a spiritual adventure that will strengthen your body, which is God's temple, while deepening your connection with Him through the powerful Pauline Prayers.

The Bible calls us to a life of holistic health. **1 Thessalonians 5:23** encourages us to preserve our spirit, soul, and body blameless, and **1 Corinthians 6:18-20** reminds us to glorify God in both our spirit and body, which are His. This challenge is your opportunity to honour that call by walking with purpose, praying with power, and growing in faith.

As you step into this challenge:

- **Your Spirit** will be renewed through daily prayers rooted in the wisdom and promises of Pauline scripture.
- **Your Body** will be strengthened as you engage in intentional walks, reminding you that physical fitness is an act of worship.
- **Your Faith** will be activated as you combine movement with prayer, creating a dynamic rhythm of devotion and discipline.

Imagine the impact of 30 days of walking not just for fitness but for purpose. With every step, you'll align with God's will, draw closer to His heart, and experience the unity of mind, body, and spirit that He designed for you.

This program is where **Faith and Fitness unite**. So lace up your shoes, open your heart, and let the power of prayer guide every stride. Let's walk, pray, and transform together!

Are you ready? Let's begin this extraordinary journey



## Day 1

### PAULINE PRAYER GUIDE TO FUEL YOUR PRAYER WALK - PHILIPPIANS 1:9-11 (NKJV)



*And this I pray, that your love may abound still more and more in knowledge and all discernment, that you may approve the things that are excellent, that you may be sincere and without offence till the day of Christ.”*

#### **Prayer Points:**

##### **1. Love to Abound:**

“Lord, let my love grow and overflow in every area of my life.”

##### **2. Knowledge and Discernment:**

“Grant me wisdom and insight to make choices aligned with Your will.”

##### **3. Excellence in Choices:**

“Help me to approve what is excellent in every situation.”

##### **4. Purity and Integrity:**

“Give me a sincere heart, free from offence, to live blamelessly before You.”

## 5. Fruitfulness:

“Fill me with the fruits of righteousness, reflecting Your glory and praise.”

This is just a guide-make it your own by personalizing the prayers and praying as led by the Holy Spirit.

In Jesus' name, Amen.

**Workout:** 15 minutes of Walking

### Bonus Tip

As we get into today's routine and Pauline prayer, remember that what you do in the other 23 hours of your day counts just as much!

- **Drink up:** Start your day with water and aim for at least 2 litres a day.
- **Move more\*\*:** Take the stairs, stretch, or walk around – keep your body active.
- **Rest well:** Make sure you're getting enough sleep to recharge.
- **Meditate daily:** Keep God's Word front and centre. It's life and health to you (Joshua 1:8; Proverbs 4:20-22).

## Day 2

### PAULINE PRAYER GUIDE TO FUEL YOUR PRAYER WALK - ROMANS 15:13



*May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.”*

#### **Personalized Prayer:**

"Lord, fill me with joy and peace as I trust in You. Let my life overflow with hope through the power of Your Spirit."

#### **Prayer Points:**

1. Lord, fill my heart with joy and peace as I walk today.
2. Help me trust You more in every area of my life.
3. May I overflow with hope through the power of the Holy Spirit.
4. Strengthen me physically and spiritually for the journey ahead.

**Workout:** 15 minutes of Walking

## Day 3

### PAULINE PRAYER GUIDE TO FUEL YOUR PRAYER WALK: EPHESIANS 1:17-19



*Lord, give us the Spirit of wisdom and revelation so that we may know You better. Enlighten the eyes of our hearts to know the hope of Your calling, the riches of Your glorious inheritance, and the greatness of Your power toward us who believe."*

**It's Rest Day-no workout today**, but that doesn't mean we aren't recharging! Just as rest is essential for our muscles to recover and grow, it's also a time to nurture our souls and strengthen relationships. Take this time to connect with loved ones, recharge your body, and rest in God's presence. And as you gather with your local church today, may your spirit be refreshed and your faith renewed.

Enjoy the day and have an awesome time in the presence of God!



## Day 4

### PAULINE PRAYER GUIDE TO FUEL YOUR PRAYER WALK - COLOSSIANS 1:9



*We continually ask God to fill you with the knowledge of His will through all wisdom and understanding that the Spirit gives, so that you may live a life worthy of the Lord and please Him in every way: bearing fruit in every good work, growing in the knowledge of God."*

#### **"Personalized Prayer:**

"Father, fill me with the knowledge of Your will through all wisdom and spiritual understanding. Help me walk in a manner worthy of You, fully pleasing in every way, bearing fruit in all good works, and growing in my knowledge of You."

#### **Personalized Prayer Points:**

1. Lord, fill me with wisdom and spiritual understanding in every decision I make and every area of my life.
2. Help me walk in a way that pleases You, living a life that honors Your purpose for me.
3. Make me fruitful in every good work, that I may serve others and glorify Your name through my actions.

4. Increase my knowledge of You, Lord, that I may grow deeper in my relationship with You each day.

**Workout:** 30 minutes of prayer walking with Colossians 1:9-10 as our Pauline Prayer guide.

Let's stay strong and prayerful today as we walk in purpose!

### **Bonus Tip**

Wellness Tip: Mind Management for Mental Fitness

“Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.”- Philippians 4:8 (NLT)

Our minds shape our reality. The Bible encourages us to fill our minds with thoughts that align with God's truth and values. This practice of mindful thinking renews our minds and brings peace, clarity, and focus. As we manage our thoughts through God's Word, we create a foundation for sound mental health.

Additionally, exercise plays a vital role in mental fitness. Physical activity boosts endorphins, improves mood, and reduces anxiety, helping us stay mentally strong. A healthy body supports a healthy mind, making exercise an essential partner in our journey toward wholeness.

A healthy mind does not dwell on negative thoughts, but trains itself to focus on God's truth.

## Day 5

### PAULINE PRAYER GUIDE TO FUEL YOUR PRAYER WALK - EPHESIANS 3:16-17



*I pray that from His glorious, unlimited resources He will empower you with inner strength through His Spirit. Then Christ will make His home in your hearts as you trust in Him. Your roots will grow down into God's love and keep you strong."\**

#### **Personalised Prayer:**

“Father, I thank You for Your glorious, unlimited resources available to me today. I receive inner strength through Your Spirit to overcome every challenge. Let Christ dwell fully in my heart as I trust in You, and may my roots grow deep in Your love, keeping me strong and immovable.”

#### **Prayer Points:**

1. Empowerment- “Lord, strengthen me with Your Spirit's power to live victoriously and grow spiritually.”
2. Christ's Dwelling - “Let Christ make His home in my heart, guiding my thoughts, words, and actions.”
3. Rooted in Love - “Father, establish me firmly in Your love, that I may remain steadfast no matter what comes my way.”

**Workout:** 30 minutes with Ephesians 3:16-17 (NLT) as our prayer guide:

As you walk, pray these Pauline prayers \*with persuasion and a heartfelt disposition, This fuels your spirit and propels you towards deeper spiritual growth! Let's keep our whole spirit, soul, and body\* healthy for our Saviour and Master. Keep going strong.



## Day 6

### PAULINE PRAYER GUIDE TO FUEL YOUR PRAYER WALK - COLOSSIANS 1:11-14



*We also pray that you will be strengthened with all His glorious power so you will have all the endurance and patience you need. May you be filled with joy, always thanking the Father. He has enabled you to share in the inheritance that belongs to His people, who live in the light. For He has rescued us from the kingdom of darkness and transferred us into the Kingdom of His dear Son, who purchased our freedom and forgave our sins.”*  
*-Colossians 1:11-14 (NLT)*

#### Personalized Prayer Points

##### 1. Strengthened with His Glorious Power

“Father, strengthen me today with Your mighty power. I receive supernatural endurance and patience for every area of my life.”

**(Pray in the Holy Ghost)**

##### 2. Endurance and Patience

“Lord, I declare that I will endure every challenge before me with joy. Fill me with patience to walk this journey of faith and fitness in Your strength.”

**(Pray in the Holy Ghost)****3. Filled with Joy and Thanksgiving**

“Father, I thank You for the joy of my salvation. I walk in the light, filled with gratitude for the inheritance You have given me in Christ.”

**(Pray in the Holy Ghost)****4. Delivered from Darkness**

“Thank You, Lord, for delivering me from the power of darkness and transferring me into Your Kingdom. I walk in victory and freedom today.”

**(Pray in the Holy Ghost)****Let's Walk in Power, Joy, and Thanksgiving!****Workout: 30-minute Prayer Walking with Colossians: 11-14 as our guide**

**As we walk for 30 minutes**, intersperse these prayers with praying in the Holy Ghost to build up your most holy faith. Let every step be a declaration of God's strength working in and through you.

**Bonus Tip: Mastering Mind Management**

The mind is a battlefield—where the battles of life are won or lost. It's here that we either rise or fall. By renewing our minds with God's Word, we reshape our perceptions and break free from limiting beliefs.

Romans 12:2 (NLT) says it clearly:

\*"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect."\*

Norman Vincent Peale once said, \*"Change your thoughts, and you change your world."\* Our thoughts are the architects of our lives; they have the power to build us up or tear us down. Proverbs 23:7 reminds us that, \*"As a man thinks in his heart, so is he!"\*

### **Reflection:**

- What \*dominant thoughts\* have been shaping your life recently?
- Identify a \*lie or limiting belief\* you've been holding onto. Write it down and replace it with the \*truth\* of God's Word.
- When faced with challenges, how do you respond mentally? Are you typically hopeful or more pessimistic?



## Day 7

### PAULINE PRAYER GUIDE TO FUEL YOUR PRAYER WALK - 1 THESSALONIANS 5:23-24 (AMPC)



*And may the God of peace Himself sanctify you through and through [separate you from profane things, make you pure and wholly consecrated to God]; and may your spirit and soul and body be preserved sound and complete [and found] blameless at the coming of our Lord Jesus Christ (the Messiah). Faithful is He Who is calling you [to Himself] and utterly trustworthy, and He will also do it [fulfill His call by hallowing and keeping you].*

“

#### Let us Personalize 1 Thessalonians 5:23-24

Heavenly Father, God of peace, purify every part of me-my spirit, soul, and body-make me holy and fully dedicated to You. I trust that You will keep me whole and blameless until the return of Jesus, because You are faithful and will fulfill Your promise.

#### Prayer Point:

Lord, sanctify us completely-spirit, soul, and body. Keep us pure, whole, and blameless, as we trust in



Your faithfulness to fulfill Your promise in Jesus' name, Amen.

**Workout:** 30-minute Prayer Walking with 1 Thessalonians 5:23-24 as our guide.

Beloved, build up yourselves in your most holy faith praying in the Holy Ghost - Jude 1:20. Begin to pray in the Holy Ghost.

### **Bonus Tip:**

Avoid sugary snacks that cause quick energy spikes followed by crashes. Instead, choose whole foods like fruits, nuts, and veggies, which provide sustained energy and nourish your body. These nutrient-dense choices will keep you fuller for longer and support your fitness goals.

**"Eating well is a form of self-respect."**



## Day 8

### **PAULINE PRAYER GUIDE TO FUEL YOUR PRAYER WALK - 2 THESSALONIANS 1:11-12 (NLT)**



*So we keep on praying for you, asking our God to enable you to live a life worthy of His call. May He give you the power to accomplish all the good things your faith prompts you to do. Then the name of our Lord Jesus will be honoured because of the way you live, and you will be honoured along with Him. This is all made possible because of the grace of our God and Lord, Jesus Christ."*

#### **Prayer Points:**

##### **Living Worthy of His Call**

“Lord, enable me to live a life worthy of Your call. Help me walk in a manner that reflects Your love and grace.”

##### **Empowerment to Fulfill His Purpose**

“Father, I ask for Your power to accomplish all the good things my faith prompts me to do. Strengthen me to carry out every task for Your glory.”

## Honour to Jesus in All We Do

“May the name of Jesus be honoured in the way I live, and may my life bring honor to Your name in every action.”

## Dependence on His Grace

“Thank You, Lord, for Your grace that makes all things possible. Let me walk daily in the awareness of Your grace and guidance.

## Workout Routine: 30-Minute Prayer Walk

1. **Warm-up (5 minutes):**
  - Gentle stretching (reach for the sky, hamstring stretches, side bends)
  - Slow-paced walk to loosen up muscles and prepare your body.
2. **Main Walk (20 minutes):**
  - Increase your walking pace to a brisk walk.
  - Focus on your breathing and the movement of your body.
  - Meditate on the scripture and pray through the prayer points during this time.
3. **Cool Down (5 minutes):**
  - Slow your pace down to a relaxed walk.
  - Deep breathing and stretching exercises to ease your muscles.

## Bonus Tip

As we continue with the **Prayer Walking Challenge**, remember that consistency is key. These Pauline prayers are not just words;

they are powerful tools to shape your walk with God as they offer us a powerful example of how New Testament believers should pray. As saints, we're called to engage in prayers that align our hearts with God's will, asking for empowerment, wisdom, and grace to walk worthy of His calling. Let's be intentional in incorporating these prayers into our daily lives and let God's grace empower you to live out His call daily. You are not walking alone; God is with you every step of the way! Keep going strong!



## Day 9

### PAULINE PRAYER GUIDE TO FUEL YOUR PRAYER WALK: PHILEMON 1:4-6 (NIV)



*I always thank my God as I remember you in my prayers because I hear about your love for all His holy people and your faith in the Lord Jesus. I pray that your partnership with us in the faith may be effective in deepening your understanding of every good thing we share for the sake of Christ."*

#### Workout Routine: 30-Minute Prayer Walk

##### 1. Warm-up (5 minutes):

- Gentle dynamic stretches (arm circles, leg swings, torso twists)
- Slow-paced walk to prepare your body and focus your mind.

##### 2. Main Walk (20 minutes):

- Increase to a brisk, steady pace.
- Focus on the rhythm of your steps and breathing, meditating on today's scripture and praying through the prayer points.

### 3. Cool Down (5 minutes):

- Gradually reduce your pace to a slow walk.
- Gentle stretching (hamstrings, shoulders, back) as you reflect on the prayers and cool down.

## **Pauline Prayer Guide: Philemon 1:4-6**

### **Prayer Points:**

#### **1. Thankfulness in Prayer**

“Lord, I thank You for the people You've placed in my life, those who walk in faith and love. Help me to always remember them in prayer.” \_

#### **2. Love and Faith in Action**

“Father, let my love for Your people and my faith in the Lord Jesus continue to grow. May my faith be visible in how I live and love.”

#### **3. Partnership in Faith**

I pray that my partnership in the faith will deepen my understanding of all that we share in Christ. Help me to be effective in living out the fullness of Your purpose.” \_

#### **4. Living for Christ's Sake**

“Lord, let everything I do be for the sake of Christ, and may my life be a reflection of the good things we share in Him.”

## Day 10

### PAULINE PRAYER GUIDE TO FUEL YOUR PRAYER WALK:2 THESSALONIANS 3:16 (NIV)



*Now may the Lord of peace Himself give you peace at all times and in every way. The Lord be with all of you."*

Today is a rest day, a time to embrace recovery and allow peace to restore your mind and body. Rest is a crucial part of the training equation—both physically and spiritually. Proper rest helps muscle recovery, improves performance, and prepares you for the journey ahead. Even spiritually, Jesus invites us to find rest in Him. Take today as an opportunity to reset, rejuvenate, and prepare for the upcoming week.

#### **Active Recovery Routine:**

- Gentle Walk (15 minutes): Slow-paced walking to ease your muscles and promote circulation.
- Stretching (10 minutes): Focus on deep, gentle stretches for your legs, back, and shoulders.
- Breathing Exercises (5 minutes): Take time to practice slow, deep breaths to calm your mind and relax your body.

## Pauline Prayer Guide: 2 Thessalonians 3:16

### **Prayer Points:**

#### **1. Thank God for His peace**

"Lord, I thank You for Your peace that surpasses all understanding. Fill my heart and mind with Your rest today."

#### **2. Pray for physical and spiritual recovery**

"Father, I ask for Your divine strength to renew my body, mind, and spirit. Let today's rest restore me completely." \_

#### **3. Guidance for the journey ahead**

Guide my steps, Lord, as I prepare for the days to come. Give me endurance and peace to accomplish all you have assigned me this week."

### **Reminder:**

Remember, rest is just as important as the work we do. By taking time to rest, we allow our bodies and spirits to heal and grow stronger. Today, let the peace of God refresh you, knowing that rest is part of the divine plan for your transformation. Stay committed and embrace this rest day-it's preparing you for what's next!



## Day 11

### PAULINE PRAYER GUIDE TO FUEL YOUR PRAYER WALK: 1 THESSALONIANS 3:12-13 (TPT)



*And may the Lord increase your love until it overflows toward one another and for all people, just as our love overflows toward you. Then your hearts will be strengthened in holiness, so that you may be flawless and pure before the face of our God and Father at the appearing of our Lord Jesus with all His holy ones. Amen."*

#### Personalized Prayer Points:

1. Lord, increase my love for others, that it may overflow in every relationship, just as Your love overflows for me.
2. Father, strengthen my heart in holiness, helping me to walk blameless and pure before You in every step I take today.
3. Lord, help me live each day in readiness for Your coming, filling my heart with love, strength, and endurance.

In Jesus name, Amen.

## **Workout Routine:**

### **- Warm-up (5 minutes):**

- Leg Swings (front to back, 10 per leg)
- Arm Circles (forward and backward, 10 each direction)

### **- Main Workout (40 minutes):**

- Alternate every between normal walking and walking lunges.
- Walking lunges will increase strength, stability, and endurance while engaging your core and legs.

## **Cooldown:**

- Walk slowly for 5 minutes, then stretch your legs, hips, and arms.

## Day 12

### PAULINE PRAYER GUIDE TO FUEL YOUR PRAYER WALK: ROMANS 15:5-6 (NLT)



*May God, who gives this patience and encouragement, help you live in complete harmony with each other, as is fitting for followers of Christ Jesus. Then all of you can join together with one voice, giving praise and glory to God, the Father of our Lord Jesus Christ.”*

#### Pauline Prayer Guide for Day 12

1. Pray for Unity: Ask God to strengthen harmony among believers, families, and communities.
2. Pray for Encouragement: Thank God for the encouragement He provides and ask Him to help others feel uplifted today.
3. Pray for God's Glory: Ask that your life and actions reflect God's love, bringing praise and glory to Him.
4. Personal Reflection: Use part of your walk to reflect on areas where you can promote peace and unity with others.

#### Today's Workout Routine: 45-Minute Walk

1. Warm-up – 5 minutes: Light stretching and brisk walking to loosen up.

2. **Main Walk – 35 minutes:** Keep a steady pace, enjoy the outdoors, and focus on prayer.
3. **Cool Down – 5 minutes:** Slow down your pace and finish with gentle stretches.



## Day 13

### PAULINE PRAYER GUIDE TO FUEL YOUR PRAYER WALK - EPHESIANS 3:18-19 (NLT)



*And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God.”*

#### Pauline Prayer Guide

1. **Pray to Know God's Love:** Ask God to help you grasp the vastness of His love for you and others.
2. **Pray for Deeper Experience:** Invite Christ's love to fill areas in your life where you feel empty or weak.
3. **Pray for Fullness of Life:** Ask for the fullness of God's power and presence to shape your thoughts, actions, and purpose.
4. **Personal Reflection:** As you walk, reflect on moments where you have seen God's love in your life and how you can share it with others.

#### Today's Workout Routine: 45-Minute Walk

1. **Warm-up – 5 minutes:** Light stretching and brisk walking to loosen up.

2. Main Walk – 35 minutes: Walk at a steady, comfortable pace, focusing on today's prayer.
3. Cool Down – 5 minutes: Slow down to a relaxed pace, finishing with some gentle stretches.



## Day 14

### PAULINE PRAYER GUIDE TO FUEL YOUR PRAYER WALK - 1 TIMOTHY 1:2B (NLT)



*ay God the Father and Christ Jesus our Lord give you grace, mercy, and peace. - 1 Timothy 1:2b (NLT)*

#### **Personalized Prayer**

“Father, thank You for Your grace that sustains me, Your mercy that renews me, and Your peace that calms me. Fill my heart today with Your presence as I walk and move in step with You.”

#### **Prayer Point**

Ask God to flood your life with His grace, mercy, and peace, and pray the same for your family and community.

**Workout** : 45 minutes of walking, including warm-up and cool-down. Let's stay active, care for our bodies, and stay connected to God through prayer!

## Day 15

### PAULINE PRAYER GUIDE TO FUEL YOUR PRAYER WALK - ROMANS 1:8-9 (CEV)



*I thank my God through Jesus Christ for all of you, because the news about your faith is spreading all over the world. God knows how often I pray for you. Day and night I bring you and your needs in prayer to Him."*

#### **Personalized Prayer:**

"Lord, I thank You for the people in my life who are growing in faith. May my life also reflect Your goodness and inspire others to draw closer to You. Help me walk faithfully, praying consistently and trusting Your will every step of the way."

#### **Prayer Point:**

Pray for strength to walk in faith daily, and thank God for those who encourage you spiritually.

**Workout:** 45 minutes of walking (including warm-up and cool down). Keep moving—every step counts toward building your strength and faith!



## Day 16

### PAULINE PRAYER GUIDE TO FUEL YOUR PRAYER WALK - ROMANS 1:10-11 (CEV)



*Pauline Prayer: "I ask that God in His good plan will let me visit you. After all, I want to see you and give you the spiritual blessing that will help you grow strong in the Lord." - Romans 1:10-11 (CEV)*

#### **Personalized Prayer:**

"Lord, align my steps with Your good plan. Help me be a blessing to others and strengthen them in faith. Lead me to opportunities to share Your love and grace with those around me."

#### **Prayer Point:**

Pray for God to guide your path today and use you to encourage others in their faith journey.

**Workout:** 45 minutes of walking (don't forget to warm up and cool down!).

Let's Walk! Keep pressing forward with every step—physically and spiritually. Stay active and stay prayerful!

## Day 17

### REST DAY – PAULINE PRAYER GUIDE TO FUEL YOUR PRAYER WALK - (2 CORINTHIANS 13:14 NLT)



*May the grace of the Lord Jesus, the love of God, and the fellowship of the Holy Spirit be with you all.”*

#### Quote of the Day:

“Sometimes the most productive thing you can do is relax.” - Mark Black

#### Affirmation:

“I give myself permission to rest and recharge for the week ahead.”

#### Today's Tip:

Enjoy a light, nourishing meal-try vegetable soup or a smoothie; **Try the active recovery Routine in the evening**; Reflect on your progress so far and journal how staying focused has impacted your journey. Spend quality time with family and embrace the peace that rest brings.

**Take a deep breath**-you're recharging for the days ahead!

## Day 18

### PAULINE PRAYER GUIDE TO FUEL YOUR PRAYER WALK - HEBREWS 13:21-22



*Pauline Prayer: "May He equip you with all you need for doing His will. May He produce in you, through the power of Jesus Christ, every good thing that is pleasing to Him. All glory to Him forever and ever! Amen."*

#### **Personalized Prayer:**

"Lord, thank You for walking this journey with me. Equip me today with everything I need to fulfill Your will. Through Your power, work in me and produce good things that honor and please You. May my words, actions, and attitude reflect Your love, giving glory to You in all that I do."

#### **Prayer Point:**

Pray for God's strength to walk faithfully in His will today and ask Him to shape you into a blessing for others through every step.

**Workout :** 45 minutes of walking (don't forget to warm up and cool down!).

## Day 19

### PAULINE PRAYER GUIDE TO FUEL YOUR PRAYER WALK - (ROMANS 16:25-27 )



*Now to him who is able to establish you in accordance with my gospel, the message I proclaim about Jesus Christ, in keeping with the revelation of the mystery hidden for long ages past, but now revealed and made known through the prophetic writings by the command of the eternal God, so that all the Gentiles might come to the obedience that comes from faith to the only wise God be glory forever through Jesus Christ! Amen.”*

#### **Personalized Prayer:**

Lord, thank You for strengthening me according to Your Word. As I walk today, may Your revealed truth guide me to live in obedience by faith. Establish me firmly in Your will, and may every step glorify You. Amen.

#### **Workout**

45 minutes of walking

Start with a 5-min warm-up & end with a 5-min cool-down

Stay Active, Stay Strong

With each step, you are growing stronger in Him!

Keep going..

## Day 20

### PAULINE PRAYER GUIDE TO FUEL YOUR PRAYER WALK - (1 CORINTHIANS 1:4-7 AMPC)



*I thank my God at all times for you because of the grace of God which was given you in Christ Jesus, [so] that in Him you were enriched in all things-in all speech and all knowledge-so that you are not lacking in any spiritual gift”*

#### **Personalized Prayer:**

Lord, I thank You for the grace You've given me through Jesus. Let me walk in Your strength today, enriched in every way and equipped with everything I need to fulfill Your purpose. Keep me growing, lacking nothing, and walking by faith. Amen.

#### **Workout :**

45 minutes of walking

Start with a 5-min warm-up & end with a 5-min cool-down

**Stay Active, Stay Strong!**

As you walk, reflect on God's abundant grace in your life. You're growing stronger physically and spiritually every day! Keep pressing on!



## Day 21

### PAULINE PRAYER GUIDE TO FUEL YOUR PRAYER WALK EPHESIANS 3:20-21 (TPT)



*Never doubt God's mighty power to work in you and accomplish all this. He will achieve infinitely more than your greatest request, your most unbelievable dream, and exceed your wildest imagination! He will outdo them all, for his miraculous power constantly energizes you. Now we offer up to God all the glorious praise that rises from every church in every generation through Jesus Christ-and all that will yet be manifest through time and eternity. Amen! “*

#### **Personalized Prayer:**

“Lord, thank You for Your mighty power at work in me. Help me believe that You can do far more than I could ever imagine or request. Energize me with Your Spirit as I walk today, and may every step be filled with faith. I offer You all the praise and glory, knowing You are working in me and through me to bless others.”

#### **Prayer Point:**

Pray that God strengthens your faith to believe in His limitless power and allows you to see His hand at work in every area of your life.

**Workout:** 45 minutes of walking (don't forget to warm up and cool down!).





## Day 22

### PAULINE PRAYER GUIDE TO FUEL YOUR PRAYER WALK (EPHESIANS 6:23-24)



*May God the Father and the Lord Jesus Christ give to all Christians peace and love with faith. May God's grace be with all those who love our Lord Jesus Christ with undying love.”*

#### **Personalized Prayer:**

Heavenly Father, thank You for the peace and love You pour into my life through faith in Jesus Christ. As I walk today, may Your grace strengthen me, and may Your peace guide every step. Help me love You with an undying love and remain grounded in faith, reflecting Your love in all I do. Amen.

#### **Workout:**

45 minutes of walking

Start with a 5-min warm-up & end with a 5-min cool-down

As you walk today, dwell on God's peace and love filling your heart. Every step you take draws you closer to Him, growing stronger physically, spiritually, and in unwavering faith. Keep going...you're pressing on toward the prize!

## Day 23

### PAULINE PRAYER GUIDE TO FUEL YOUR PRAYER WALK - 1 THESSALONIANS 5:18



*Give thanks in all circumstances; for this is God's will for you in Christ Jesus."*

**Workout of the Day:** 30-Minutes of Extravagant Worship & Praise

Today's focus is on **adoration, gratitude, and thankfulness** to God for everything He has done and the greater things that He will to do!

For 30 minutes, we encourage you to worship in the way that feels most authentic and personal to you. Whether through movement, music, or stillness, let your body and spirit express thanksgiving!

Here are some ideas, but feel free to \*"Do You" in adoration\*:

- **Prostrate before the Lord:** Lay yourself down in surrender and gratitude, acknowledging God's sovereignty and faithfulness.
- **Worship with Isometric Exercises:** Engage in wall sits, planks, or held squats while lifting your heart and words in thanksgiving.

- **Dance Before the Lord:** Put on your \*dancing shoes\* and dance like King David-let the joy of the Lord overflow!
- **Lift Holy Hands:** Play your favorite worship song, \*raise your hands\* in surrender, and sing or pray along.
- **Sing a New Song:** Create your own song of praise and thanksgiving right from your heart.

It's not about perfection; it's about giving God your all. Let every breath and every movement declare your gratitude!

**Quote for Today:**

"Gratitude is not only the greatest of virtues but the parent of all others." - Cicero

Take a moment today to flood your space with worship and praise. Let's fill the heavens with extravagant worship.



## Day 24

### PAULINE PRAYER GUIDE TO FUEL YOUR PRAYER WALK - 2 THESSALONIANS 3:16



*Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you."*

#### Quote of the Day

"Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel." - Eleanor Brown

#### Workout:

**Stretch for Mobility & Flexibility:** Try gentle stretches, focusing on your legs, hips, and back. A little movement can relieve soreness and improve circulation.

**Relax with Family:** Be fully present with your loved ones. Enjoy a meal, share stories, and laugh together.

Take this time to reflect on how far you've come in the challenge. With just a few days left, trust that God is renewing your strength for the final stretch!

## Day 25

### PAULINE PRAYER GUIDE TO FUEL YOUR PRAYER WALK - PHILIPPIANS 3:14



*press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."*

**Workout:** Walk for 45 minutes

We're in the final week! It's time to press on and finish strong, today, knowing every step counts.

**Quote:** Endurance is not just the ability to bear a hard thing but to turn it into glory." – William Barclay.

## Day 26

### PAULINE PRAYER GUIDE TO FUEL YOUR PRAYER WALK - GALATIANS 6:9 (NIV)



*Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." – Galatians 6:9 (NIV)*

**Workout:**

**45-minute walk with faith and determination.**

**Quote:**

The only way to finish is to start." – Anonymous

Keep moving - great things are on the other side of endurance!

## Day 27

### PAULINE PRAYER GUIDE TO FUEL YOUR PRAYER WALK – PHILIPPIANS 4:13



*I can do all this through him who gives me strength”*

**Workout:** 45-minute walk,  
We're almost at the finish line! When it feels tough, lean into God's strength. Take on today's knowing He empowers you to finish well.

**Quote:** Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't. – Rikki Rogers

You are stronger than you think. Let's keep going today!

## Day 28

### PAULINE PRAYER GUIDE TO FUEL YOUR PRAYER WALK



*So dear brothers and sisters, be strong, immovable. Always work enthusiastically for the Lord, for you know that nothing you do for the Lord is ever useless”. - 1 Corinthians 15:58*

**Workout:** 45 minutes walk with joy, knowing you are making every moment count.

**Quote:** “Endurance is patience concentrated.” – Thomas Carlyle

You are almost there - stay focused and finish strong!



## Day 29

### PAULINE PRAYER GUIDE TO FUEL YOUR PRAYER WALK



*herefore, since we have such a hope, we are very bold.”— 2 Corinthians 3:12*

**Workout:** 45 minutes Walk. It's the last prep day before the grand finale! Walk your 45 minutes today with boldness and faith - you've come so far!

**Quote of the Day:** Run when you can, walk if you have to, crawl if you must; just never give up.” – Dean Karnazes

The finish line is in sight. Let's keep moving.

## Day 30

### GRAND FINALE: 5KM FUN ENDURANCE WALK



*Today is the day! It's time for our 5 km fun endurance walk. Celebrate how far you've come-this is what we've trained for!*

I have fought the good fight, I have finished the race, I have kept the faith." – 2 Timothy 4:7

**Quote:** "Success is not final, failure is not fatal: It is the courage to continue that counts."- Winston Churchill

Let's cross that finish line with gratitude and joy. You've run your race well - now let's finish strong, together!

### Final Thoughts: Strides with Grace

As you close this 30-day prayer walking challenge, be thankful for how far you've come. These weeks were about more than physical activity - they were about keeping your spirit, soul and body intact for God's purposes. Every step and every prayer brought you closer to Him and reminded you of the gift of life He has given.

The journey doesn't end here. This challenge was a spark to ignite a lifestyle of honouring God through both faith and fitness. The Apostle Paul urges us in Romans 12:1 to present our bodies as living sacrifices, holy and pleasing to God. Caring for your physical health is part of your spiritual worship, a daily act of gratitude for His grace.

As you move forward, let your prayer walks continue to be a space where faith meets Fitness. Make every step a declaration of God's goodness and a commitment to stewarding your temple well. This is not just about Fitness; it's about equipping yourself to serve Him fully and live out his plans and purpose.

Your consistency will inspire others to take their own steps of faith. Let your journey be a testimony of God's power at work, not just for 30 days, but for a lifetime.

Go forward with purpose. Walk in faith. Stride with grace. The best is yet to come.

With love and encouragement

Robo Joan





ABOUT THE  
*Author*

Robo Joan is a passionate fitness coach with a divine calling to help Believers steward their bodies-God's temple and be fit for their God-given assignments. As the founder of Run2Win Fitness and Wellness, she combines faith, fitness, and purpose to empower others to live healthier, purpose-driven lives.

She is also the author of the No-Excuse Guide to a Fit, Strong, and Healthy You, a practical and inspiring resource for anyone seeking to take charge of their physical and spiritual well-being.

A graduate of the Word of Faith Bible Institute and Kenneth Hagin's Rhema Bible Training Centre Nigeria, Robo brings a wealth of spiritual insight and biblical wisdom to her work. Her mission is to equip Believers to honour God with their bodies, aligning their physical and spiritual health to fulfill their divine destinies.

Robo is the proud mother of two amazing young adults, Tosin and Tobi.

Through Strides of Grace - A 30-Day Prayer Walk with Pauline Prayers, Robo invites you to embark on a transformative journey of faith and fitness. This guide is your tool to deepen your prayer life, strengthen your walk with God, and care for the temple He has entrusted to you.

**Strides** of  
**GRACE:**