

COMPANION TO DAY 5 • LIVING “BLESSED”

Integrity Walk Guide

Bring Scripture into motion, then carry its truth into your daily choices.

Faithful Fitness, Day 5, pages 17–19. Read Psalm 1:1–6 and Psalm 15:1–2.

The book’s assignment: Commit to a daily walk of at least fifteen minutes as an outward sign of the inward steps you are taking with Christ. Invite someone to join you if you can. Adapt the movement to your health and ability.

1 Receive

Before you begin, read Psalm 1. Choose one phrase to remember, keeping the whole passage in view.

2 Reflect

As you walk, consider how that truth meets your choices, influences, and responsibilities. Bring your honest response to God.

3 Respond

Name one action that agrees with the truth you have considered. Afterward, record a brief note and put it into practice.

When will I walk? Connect it to an existing part of my day.

Where will I go? Choose a suitable route or space.

What is my backup for weather, schedule, or capacity changes?

Someone I could invite or ask for encouragement

Adapt with wisdom. Shorter periods of activity count. If walking is not suitable, choose an appropriate movement option. Ask a qualified professional for guidance when a condition or disability affects what is safe. Keep your eyes open and stay aware of your surroundings as you pray.

Movement guidance: [CDC • Physical Activity for People with Disability](#).

RETURN TO THE PRACTICE

Seven days of walking in truth

Keep a brief note after each walk or adapted practice. Record what you actually did and one truth or next step to remember. Begin on any date.

	DATE / MOVEMENT / MINUTES	TRUTH TO PRACTICE / MY NEXT STEP
1		
2		
3		
4		
5		
6		
7		

After seven days: What helped me return? What will I adjust?

If you miss a day: Tell the truth about what happened, adjust what you can, and return at the next opportunity. Let the log support the practice.

For the full video devotional with Coach Alex, [join the CORPS](#).