

**THE RUNNER'S BIBLE;
COMPILED AND ANNOTATED
FOR THE READING OF HIM
WHO RUNS**

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The Runner's Bible; Compiled and Annotated for the Reading of Him Who Runs by N. S. Holm

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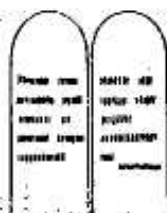
The Runner's Bible

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READING OF HIM WHO RUNS

BY
N. S. HOLM

"Write the vision and make it plain upon tablets
that he may run that readeth it."

—Habakkuk 2:2



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For him who must run and yet would read, and particularly for her who at seventeen has already begun to run, these commands and promises of Holy Writ are gathered and grouped by one who, while running, has felt the need.

303980

Both the King James and the Standard-American Revised versions have been used in this compilation. References in brackets indicate source of idea when not direct or continuous quotation. Black-faced type indicates direct quotation.

**"In the Morning Will I Order My
Prayer Unto Thee"**

THERE is nothing as important when making ready for the day, as an early morning period of physical stillness, wherein to make sure that the Truth, and the Truth only, controls our consciousness. However, that the consciousness may be clear enough to perceive the Truth, we must let go of thoughts and sensations of the material world, must relax—be still (Ps. 46:10) and know that all that truly exists is Good, and determine to know nothing else. This will free from all obstruction the "mind of the flesh" and bring it into harmony with the Mind of the Spirit—with life indeed. (Rom. 8:6.) We must also be humble, (Ps. 37:11) willing to be taught, (Prov. 13:18) to receive, and then when joy has been let into the heart, (Neh. 8:10) and gratitude is felt, we are in a condition to receive the blessing—to know the Truth, and we can be assured that Love will guide us throughout the day, that success will ultimately crown every endeavor, for all things will work together for good (Rom. 8:28). We will learn, too, that by thus daily seeking the kingdom of God, not only will all things be