

Take a Daily Walk

for better health of body, mind, and spirit

As you begin this journey, may it also be a time to spend with our Heavenly Father.

You may want to pray for a special intention or spend time reflecting.



Here are some questions....you may want to select one of them to ponder as you walk:

- How has my faith developed over the years?
- Were there special people who mentored my faith?
- Are there relationships in my life that need repair?
- Do I need to make some phone calls?
- Do I need to simplify my life?
- God thinks of me constantly. How often do I think of Him?
- What percentage of my day is spent on enriching my relationships with family and friends?

- Walking with a companion makes the walk seem much shorter. Is there someone who I could ask to walk with me?
- Isn't it a mystery that we don't know the number of our days or what the future holds? Only a wise God could create such a system.
- Do I live and act as if I know everything and can control my future?
- Am I including God in my decision making? Do I trust Him to direct my path?
- Am I taking time to see and appreciate people, things, and blessings in my life or am I riding the superhighway?
- How do I handle detours along the way? Am I flexible to change or very rigid?
- Do I have physical and spiritual goals for this week?
- Do I have physical and spiritual goals for my life?
- What is one thing I can do to help achieve my physical goal?
- What is one thing I can do to help achieve my spiritual goal?
- How can I encourage someone in their faith this week?
- Think of a time when someone has been a great encouragement to you.
- Do I have someone in my life with whom I can share deep spiritual thoughts, hopes, and desires? If not, is there someone I know who might be willing to share their spiritual journey with me?
- What are some of the benefits of following God?
- Think of some good things God has given to you.
- When was the last time you walked with a spring in your step?
- If you walk through your neighborhood, consider it an opportunity to pray for your neighbors, for any pain and strife that they may be experiencing.
- What is your favorite hymn? Sing it as you walk, meditating on the words.
- Think about your deepest desires. Do you think they are in line with God's will?
- Have you ever unexpectedly and spontaneously helped a stranger? How did you feel?
- Think about the people you know who are hurting. As you walk this week, pray for them. Does God want you to take some action?
- What can it possibly mean to love the Lord your God with all your heart, soul, strength, and mind?
- Think about yourself. Are you pleased with yourself? Do you love yourself? Are you able to love others?
- Do you need your strength renewed? Do you know someone who needs their strength renewed?
- Have you ever been so thirsty that all you can think about is getting a drink of water? Have you ever been spiritually thirsty? What does that feel like?
- Am I more likely to strive for excellence in my secular life or my spiritual life?
- Do I need to rearrange my priorities and revise my to-do list?