



When I retired, I promised myself I would start my morning walks again. I remembered how much better and healthier I felt when I walked, but I just couldn't get started. Days turned into weeks, then months, as I kept making excuses. I wanted an indoor track because its softer surface would be easier on my knees. But gas prices had risen, and I couldn't find anywhere nearby to walk. God always finds a gentle way to push us past our excuses.

A friend gave me the push I needed. She called to tell me about a new indoor track-and-field center just over 4 miles from my house. Seniors can walk there for free every morning from 7:00 to 9:00. Then she asked, "So, do you want to start next week?"

From that moment on, my excuses faded. I now lace up my shoes four or five times a week. Walking has made me feel better inside and out, and I will strive to keep it up.

But there is an even more vital walk for us: our walk with the Lord. This journey is about nurturing a daily relationship with God that leads to inner transformation. The results are pleasing to God and visible to others. As we continue on this walk, we discover the rewards and blessings that come from investing time in growing our faith.

Walking with God means spending time in His Word and letting it guide us as we learn and grow. When we pray and seek a closer relationship with God, we begin to trust His plan for our lives. This journey shapes our faith and helps us rely on His promises. God teaches us patience and resilience, especially when life is tough and we want to give up. As we continue our walk with God, our connection with Him deepens, and our spiritual journey becomes more rewarding.

My friend encouraged me to walk for my physical health, and it has made a difference. Likewise, as Christians, let's invite others to walk with us as we strengthen our spiritual health. The more time we spend walking with God, the more positive results we'll see.

Father, thank You for the blessings and growth we experience each day as we walk with You.





Scriptures	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 John 2:6	And He walks with me, and He talks with me, and He tells me I am His own; And the joy we share as we tarry there, none other has ever known. Lyrics by Charles Austin Miles				1 Pray we will walk in love and compassion, just as Jesus did.	2 Pray we will walk in obedience, just as Jesus did.	3 Pray we will walk as servants, just as Jesus did.
Colossians 2:6 Isaiah 30:21	4 Pray that we realize that to 'walk in Christ' means walking in obedience to God's word.	5 Pray that we realize our knowledge of God will deepen as we walk in Christ.	6 Pray that we realize we will remain loyal to God as we walk in Christ.	7 Pray that we realize we will live fruitful lives when we walk in Christ.	8 Give praise, when we walk in Christ, we will accomplish what He has planned for our lives.	9 Pray that we realize we imitate His character when we walk in Christ.	10 Pray that we will be a godly example to others as we walk in Christ.
Psalm 1:1 Proverbs 4:14-15	11 Pray that we realize that walking with God may mean walking away from things that draw us away from Him.	12 Pray that we will walk away from those things that are displeasing to God.	13 Pray for wisdom when we must walk away from things that do not align with our faith.	14 Pray that we will walk away from temptation.	15 Pray that we will walk away from conflict and turmoil.	16 Pray that we will walk away from situations that hinder our spiritual growth.	17 Praise God, He knows that walking away can be tough, but He is with us.
Ephesians 2:10 Colossians 1:10	18 Praise God for the good works He placed within us.	19 Give praise, for we were uniquely designed by God to do His good works.	20 Pray that we will use the gifts God has given us to serve others.	21 Pray that we will use the gifts God has given us to give Him glory.	22 Pray that we will walk worthy of God's calling on our lives.	23 Pray that we will be fruitful in every good work.	24 Pray that we will increase in the knowledge of God during our walk with Him.
Ephesians 5:2	25 Pray that our walk will mirror Jesus as He walked in love.	26 Pray that we will walk in a manner that reflects God's character.	27 Pray that we will live in such a way that others will accept the invitation to walk with God.	28 Pray that we realize we have been called to love one another.	29 Pray that our walk in love will honor God.	30 Pray that our love will reflect God's compassion, mercy, kindness, and forgiveness.	31 Praise Jesus for being our example of how to walk in love.