A LENTEN JOURNEY!

Walk to Jerusalem
St. Andrew’s Presbyterian Church

Participants Packet
Feb. 10, 2016-March 27, 2016
ST. ANDREW’S PRESBYTERIAN CHURCH

WALK TO JERUSALEM FAQS

1. The Walk to Jerusalem is an imaginary walk that encourages walkers and those who choose other forms of exercise, to increase physical activity, spiritual growth and cultural awareness.

2. Those who want to join our walk should pick up a packet at the church. Packets include a mileage log, devotions, and other information. Be sure to read your devotionals before you walk. Each devotional offers a question or two to ponder along the road…

3. Persons of all ages may participate. Participation is not limited to St. Andrew’s members. In fact, we need as many people as possible to participate and report their mileage each week. That will help us make the more than 6,000 mile journey to Jerusalem!!

4. The Walk starts on Ash Wednesday, February 10, 2016 and ends on Easter!

5. Participants may join the walk at any time.

6. Participants will log and record their miles each week. Weekly totals should be brought to worship each Sunday morning. (You get 5 bonus miles for coming to worship!!!) Put your mileage on your tally sheet at the back of this booklet. Each Sunday, we will give out the next week’s tally sheet.

7. We will tally all of the mileage and show our progress on a large map in the sanctuary.

8. For other forms of exercise, such as swimming, playing basketball, racquet ball, etc., every 20 minutes is equal to one mile. These miles will also be logged and recorded by the participant. In addition, for those who are homebound or have limited physical mobility, miles may be accumulated by participating in armchair isometrics, physical therapy praying, reading scripture, participating in Sunday School, choir practice, any mission activity or worship, hymn singing, or reading the devotions involved in the Walk to Jerusalem.

9. Any students involved in Physical Education classes at school or other athletic activities may also participate and keep track of their miles or minutes of physical activity.

10. Weekly miles walked, and miles needed to reach Jerusalem, will be posted weekly on a map in the sanctuary, on bulletin boards and in the bulletins.
Mileage Conversion Chart!!

1 mile walked = 1 mile closer to Jerusalem
☐ 20 minutes of any physical activity = 1 mile
☐ These activities may include, but is not limited to:
   Aerobic exercise
   Swimming
   Biking
   Golf
   Treadmill Walking
   Yoga/Zumba
   Square/Line Dancing
   Swimming
   Jumping Rope
   Parking at farthest end of parking lot when shopping
   Walking or marching in place (use chair and sit on your journey)

☐ 20 minutes of reading scripture = 1 mile
☐ Attend worship at St. Andrew’s (or any other house of worship) = 5 miles
☐ Attend Sunday School = 2 miles
☐ Attend Choir Practice = 2 miles
☐ Sing hymns while showering, gardening, walking, shopping = 1 bonus mile
☐ Saying grace aloud before your meal = 1 mile
☐ Practicing any church music on your musical instrument = 2 miles
☐ Reading aloud to any child any where = 1 mile
☐ Reading a church related book aloud to any child any where = 2 miles
☐ Singing a church related song with any other person = 2 miles

Did you participate in a non-listed activity that you think should be counted? Put it on your tally sheet for the week!
Day 1

Making the Decision:

“For we walk by faith, not by sight.”

2 Corinthians 5:7

The 259 steps up to the Whispering Gallery of St. Paul’s Cathedral in London are challenging. The passageway is narrow, the steps sometimes slippery and the light is dim. The view at the top, however, is breathtaking.

Not all visitors to St. Paul’s make the decision to climb to the Whispering Gallery. Some have legitimate physical reasons for bypassing the challenge, but others are too hurried or not convinced that the climb is worth the exertion and energy.

We make decisions everyday regarding our physical, spiritual and emotional health. It is so easy to procrastinate and fill our days with everything but that which is good for us. This week as you begin on this walking journey and decide to be good stewards of the body God has given you, may you walk by faith and grow stronger spiritually and physically as you spend time with your Heavenly Father. Congratulations on making that decision to come on this journey!

Questions to ponder:

How has my faith developed throughout the years?

Were there special people who mentored me in my faith?

What steps am I taking to strengthen that faith?

Is God telling me to step out in faith about some issue?
Day 2

Preparing for the Journey

He told them, “Take nothing for the journey – no staff, no bag, no bread, no money, no extra tunic.”

Luke 9:3

I remember the excitement I felt as a child, anticipating a journey to grandparents who lived 1200 miles away. The suitcases were out for a month prior to departure. We wanted to make sure that all items were in place and that we would be well equipped for the journey. Nothing could be left behind that might be necessary for the journey!

When Jesus commissioned the disciples to preach the kingdom of God and to heal the sick in the Gospel of Luke, He instructed them to travel light! No staff – no bag – no bread – no money – no extra tunic! Now that is light travel! Ah – to travel light! What a feeling to be able to simplify our lives of clutter and things and enjoy those things in life that truly last – God, people and the Word of God. Those are the only “items” we will take into eternity – our ultimate journey.

What preparations am I making for that final journey? A deep and personal relationship with the Lord Jesus Christ will make Heaven an easy transition and continuation of that relationship. Loving relationships with family and friends will continue into eternity. So – to life! Seize the moment! Enjoy God and people! Keep short accounts! Repair relationships as much as it is in your ability to repair! Forgive! The energy and time put into those relationships will bring life, hope and health – physical, spiritual and emotional.

Questions to ponder:

Are there any relationships in my life that need some repair?

Do I need to make some phone calls?

Do I need to simplify my life?
Day 3

**Taking the Time**

“All the days ordained for me were written in your book before one of them came to be.”

Psalm 139:16

Have you ever said, “There just aren’t enough hours in the day ….” Our days can become pretty cluttered – and yet God says in Psalm 139 that “all the days ordained for me were written in your book before one of them came to be.” Does that mean that God knows when we waste time or when we pack too much into our days? Isn’t it a mystery that we don’t know the number of our days or what the future holds? Only a wise God – ever knowing and ever wise – could create such a system. And yet, we live and act as if we know everything and can control our future! Maybe we need to ponder how we fill our days. We can take the time to ponder, and while we walk this week, let’s do just that – take the time to ponder the mystery of our all knowing, all loving God who knows what lies behind, before and with us today.

**Questions to ponder:**

God thinks of me constantly. How often do I think of Him?

What percentage of my day is spent on God?

What percentage of my day is spent on enriching my relationships with family and friends?
Day 4

Plotting the Journey

“In his heart a man plans his course, but the Lord determines his steps.”

Proverbs 16:9

It was one of those long automobile rides through Tennessee on Interstate 75. The triptik did not indicate any detours or road construction, but the large orange “detour” sign and the accompanying orange barrels were unavoidable. The course had been smooth and sleek up until this point with nicely angled roads and well planned rest stops. The detour would delay our arrival and change our plans. We exited the freeway and found ourselves on a narrow winding road dripping with fresh mountain streams, fringed with delightful wild flowers of purple hues, bright yellows and soft magenta. The turns in the road were hard and narrow, and the prospect of an unseen approaching car suddenly appearing on one of those hard turns kept us alert and expectant. But the flowers were beautiful and the streams refreshing even though the road was difficult. The road was also quite brief. It seemed like time stood still as we focused on the beauty and the winding road. In a minute we were back on the super-highway. The drone of the widely paved road lulled us into a senseless stupor of grey cement, blurry green forests and flashy billboards. We struggled to keep awake.

As you walk this week, let your senses come alive as you ponder God’s creation and creativity.

Questions to ponder: Am I including God in my decision making? Do I trust Him to direct my paths?

Am I taking the time to see and appreciate people, things, 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?
Change Happens

"And we know that all things work together for good to them that love God, to them who are the called according to his purpose." Romans 8:28

Change is something that we all go through. We have big changes in our lives and we have little changes. Some of us get set in our ways and we don't like change and I'm not saying that all change is good. There are some things I don't want to change myself but the fact is in life we all go through some type of change and it affects us in some way. Here are some people in the Bible who went through change.

Ruth
Ruth lost her husband which caused change. The loss of her husband caused Ruth's life to be displaced. I remember when my father passed away. My mother seemed so alone and it was hard to see her that way. I know many ladies who have lost their husbands and it is such a struggle for them, especially at the beginning right after their loss. They are so used to functioning as a couple that moving on alone is almost unbearable for them. That's where Ruth found herself. Ruth moved to a different location too. I've moved many times and I think I've mentioned before that whenever I see a U-Haul or a moving van I send up a prayer for the family it belongs to. Believe me. It's tough to move. Sometimes you move away from family and friends. You may not even know a single soul where you are moving to. It takes some time to adjust to a move even if it isn't far away and just from one house to another.
Ruth had to learn to adjust to where she was in her life. God blessed Ruth with a new husband because that was God's plan, but that's not always his plan for every widow. He may not bless in that way but God has a purpose to everything that happens.

Mary, the Mother of Jesus
Mary found out she was going to have a baby through an angel. Not only was she carrying a child, but it was the Son of God. What a change that would turn out to be in her life. Becoming a parent always causes change in our lives. No matter what your circumstances are, when you find out you are having a baby, it causes dramatic change. We may be overjoyed at the prospect of having a child and feel totally blessed about it but still it changes our whole lives. It is not only a change for you but affects everyone in the household. Look at where Mary was in her life. She wasn't even married to Joseph officially yet. I wonder how she felt and what went through her mind when her life was changed so dramatically. We know now how we all have been blessed by Mary carrying our Savior. It was what God had in his master plan to bring salvation to the world.

Paul
Paul's life was changed dramatically when he met Christ on the Road to Damascus. I think we all look at him as this strong Christian who faced life with courage and he did, but what a change it was in his life. Even his name was changed. Even those we think of as "strong" Christians have struggles when it comes to change. Look at the things that happened to Paul because of the change in his life by accepting Christ as Lord. Life wasn't easy for him. He was even put in prison but God had a plan for Paul's life and we are still encouraged and blessed today by how he lived and what he shared in his letters.

Conclusion:
Change can be hard. On the other hand, some change can be easy but in the end, we can learn from it. Sometimes it helps make us stronger. Sometimes we look back and see how God worked through it and that is such a blessing. Other times though, we don't know why we had to endure change. Sometimes we can't see God's plan and sometimes we never will know why He worked in a certain way. Change will happen. In the end, all we can do is trust the Lord and allow His moving and leading because we know that God always has a plan.

"And we know that all things work together for good to them that love God, to them who are the called according to his purpose." Romans 8:28

Question to Ponder: So, what have you learned from change?
Day 6

Where am I Going?

“I press toward the goal for the prize of the upward call of God in Christ Jesus.”

Phil 3:14

Are we almost there now? Are we really going to Jerusalem? How much longer before we get there? Are you sure we’re heading in the right direction? These are questions that may bring to mind memories of past journeys traveled as a child or with children. Most of us know what it’s like to be the child and the adult in such a situation. As a child, we must trust that the adult really knows the way. As an adult we must press on toward the goal, knowing that if we follow the map and continue to travel, we will eventually reach our goal. Having a goal helps us to continue until we reach the prize or the destination.

Your physical goal this week may be to walk 2 miles – or 5 miles – or 50 miles. Having that goal helps us to continue on. Your spiritual goal may be to read the Word of God daily, pray daily or memorize a Bible verse. The deeper spiritual goal may be to have a deeper personal relationship with Jesus, to confront each other in a kinder more loving manner or to forgive someone. The ultimate spiritual goal is to become more Christ-like in our everyday encounters with people and society.

Questions to ponder:

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?
Day 7
*Daily Walking Close To Thee*

"Blessed be the Lord, who daily loadeth us with benefits, even the God of our salvation. Selah." Psalm 68:19

I remember everyone making New Year’s resolutions in January. But actually, I am not a big fan of them. I think that we generally don’t follow them anyway. When we really resolve to do something to change our lives, it is usually at a time in our life when we are to the point that we see the need for change. Of course if a resolution works for you, then great!

A resolution usually means that we want to resolve to improve or better ourselves and that’s always good, especially in the spiritual areas of our lives. I’m always for anything to improve our lives and relationships with our Lord. When it boils down to it, bettering ourselves as Christians involves bettering our relationships with God. We have to draw closer to Him before we can improve our Christian lives. Sure, we can make a New Year’s resolution to do that but I think just resolving, day by day, gets the job done in a better way.

Do you remember the old hymn? “Just a Closer Walk With Thee.” I can remember that playing off a record when I was little. We had a record in our family, I think by Tennessee Ernie Ford with that old song on it and I can remember learning the words when I was quite young.

> I am weak but Thou art strong, Jesus keep me from all wrong; I’ll be satisfied as long, As I walk let me walk close to Thee! Just a closer walk with Thee, Grant it Jesus, is my plea, Daily walking close to Thee, Let it be dear Lord, Let it be.

Whenever I think of that song it always turns my thoughts toward David. There are several passages in Scripture where we can see that David lived the day-by-day way to be closer to God. Yes, he was human and had his faults but he had some good practices in his life.

**First of all David prayed daily** -- Evening, and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice.” Psalm 55:17

**Secondly, David realized the benefit of God’s daily blessings** -- “Blessed be the Lord, who daily loadeth us with benefits, even the God of our salvation. Selah.” Psalm 68:19

**Thirdly, He praised God daily** -- “And he shall live, and to him shall be given of the gold of Sheba: prayer also shall be made for him continually; and daily shall he be praised.” Psalm 72:15

**Fourthly, David learned that he needed to rely on God daily** -- “And he shall live, and to him shall be given of the gold of Sheba: prayer also shall be made for him continually; and daily shall he be praised.” Psalm 72:15

**Conclusion:**
We’ve all got to live the Christian life just one day at a time. That in turn will cause us to have that improvement in our Christian life that we all so greatly need. Just resolve to live better for God, day by day, hour by hour, moment by moment and that will add up to our best for Him not only for this new year but for our entire lives as well.

**Question to ponder?**
What can you do to be sure you are praying daily like David?
What are your blessings?
How close have you walked with the Lord today?
Day 8

Visitors along the road:

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.”

Galatians 5:22-23.

When we think of visitors along the road, the story of the Good Samaritan in Luke 10 naturally comes to mind. We can all somehow relate to that story. The Good Samaritan actually stopped to help the hurting person while others ignored the hurting person. How often can we say that we have walked past a hurting person? How often have we helped a hurting person? The person may not even be a stranger. The excuses are many. To help the hurting person means stepping out of our comfort zone, rearranging plans and yes, showing and living the fruits of the Spirit which are love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. This week as you walk you may not see a physically hurting person, but ask God to help you see others as He sees them. If we are willing, He will show us the hurting of this world and fill us with His compassion and love.

Questions to ponder: Have you ever unexpectedly and spontaneously helped a stranger?

How did you feel?

Think about hurting people you know. As you walk this week pray for those hurting ones. Does God want you to take some action?
Day 9

Who is My Neighbor?

He answered, “Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind and, Love your neighbor as yourself.”

Luke 10:27

How’s the neighborhood? That is sometimes one of the first questions a perspective buyer asks when looking at a house, but for many, gone are the days when neighbors sit on porches and spend time with each other. It’s difficult enough carving out time for family, let alone neighbors. Jesus says we should love our neighbor as ourself!

This week if you walk through your neighborhood, consider it an opportunity to pray for your neighbors. Pray as you walk by each house. If you see bikes and swing sets, pray for the children in the house. If the drapes are drawn and there’s little activity, pray for those who live in the house. Sometimes homes become secret cocoons of pain and strife.

Just as only God knows what is going on inside our lives, God is sometimes the only one who knows what goes on in our homes. Pray that the Holy Spirit can break through and ease the pain and strife that your neighbors may be experiencing.

Questions to ponder:

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?
DAY 10
OUR LIFE FLOW!

“Blessed is the man that trusteth in the Lord, and whose hope the Lord is. For he shall be as a tree planted by the waters, and spreadeth out her roots by the river, and shall not see when heat cometh, but her leaf shall be green; and shall not be careful in the year of drought, neither shall cease from yielding fruit.” Jeremiah 17:7, 8

Where the waters flow there is life, because this flow of God's word brings life to all and all who are thirsty has this flowing water of God's word within. Not only is this flow of water in the rivers that bring life, but also this flow of life giving water is in us, as it is written, "He that believeth on me as the scripture hath said; out of his belly shall flow rivers of living water." John 7:38 If anyone should thirst let them come to these waters that flow, if anyone that has this water within them and should see another person drying up, let them share th life giving waters with them! Let these once again plant their roots where the waters of life flow! Today if you will take a moment and find a plant or a tree that has leaves, take a moment to look at that leaf, notice the veins and arteries within that leaf. They continually allow the flow of the waters that carry life giving nutrients throughout the entire plant, but if any one of those veins or arteries should be closed off, the area that lacks this life giving water shall soon die, it is the same in our lives! Blessed is the man that trust the Lord, because he is forever planted near to God's word, he is always near to the water that flows bringing nutrients into his life, he will always be protected, never suffering in the heat of the day, and when trials come, God's word of life surrounds him and keeps him in perfect peace! He is unmovable, unshakable, and never rattled by the incoming hardships of life, because his roots are deeply planted near these flowing waters of God's word.

The word of God continuously brings life, through Jesus we will never run dry in a drought, because his word is stored up in us for that dry day, and we will always bear fruit because Jesus abides in us, and we in him, and we are planted deeply having our roots attached to this vine, Jesus the true vine of God, the river of life, whose waters flow forever!

QUESTION TO PONDER:
What people or activity bring the flow of God into your daily life?
How can God’s love flow through you into the world?
Day 11
Walking Your Faith
Ryan Duncan, Crosswalk.com Culture Editor

He replied, "Because you have so little faith. I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there' and it will move. Nothing will be impossible for you." – Matthew 17:20

Recently CNN posted an article about a young man’s spiritual pilgrimage. When Andrew Domini learned that a friend had recently been diagnosed with stage IV cancer, the 19-year-old college student had traveled 70 miles to pray at the shine of Catholic Saint, Theodore Guerin. Domini could have easily driven the 70 mile distance, but he wanted his journey to be a sacrifice, so he chose to walk instead. The journey took him two days. He arrived with feet blistered and bloody, but as he prayed over the remains of the Catholic Saint, Domini said he finally felt at peace.

Now here’s the interesting part, Andrew Domini isn’t Catholic, and when asked he admitted to mixed feelings about the Church. Reading this story, I couldn’t help but be struck by the boy’s similarity to the Roman centurion from Luke 7,

“When Jesus had finished saying all this in the hearing of the people, he entered Capernaum. There a centurion’s servant, whom his master valued highly, was sick and about to die. The centurion heard of Jesus and sent some elders of the Jews to him, asking him to come and heal his servant. When they came to Jesus, they pleaded earnestly with him, “This man deserves to have you do this, because he loves our nation and has built our synagogue.” So Jesus went with them. He was not far from the house when the centurion sent friends to say to him: “Lord, don’t trouble yourself, for I do not deserve to have you come under my roof. That is why I did not even consider myself worthy to come to you. But say the word, and my servant will be healed. For I myself am a man under authority, with soldiers under me. I tell this one, ‘Go,’ and he goes; and that one, ‘Come,’ and he comes. I say to my servant, ‘Do this,’ and he does it.” When Jesus heard this, he was amazed at him, and turning to the crowd following him, he said, “I tell you, I have not found such great faith even in Israel.”- Luke 7:1-9

I have to admit, I felt pretty ashamed after reading that article. Here was a boy willing to make sacrifices in order to pray to a God he barely understood, while my prayer life consists of a few garbled words before falling asleep at night. Andrew Domini spent two days walking 70 miles to reach a place of worship, while I struggle to make the five minute drive to Church every Sunday. It is so easy to become complacent in our faith, to make it such a part of our daily ritual that we end up forgetting God. But God wants more from us than our hollow actions and lifeless obedience; he wants to be the center of our lives. Being a true Christian means living with a passion for God, and a willingness to go the extra mile. It means living with vision, and not settling for the bare minimum your faith requires. It’s seeking to know an unfathomable God, and realizing that He will always have something new He wants to teach you.

Question to Ponder: When was the last time you sacrificed something for God?

Further Reading Romans 3:28
"Mine eyes are ever toward the LORD; for he shall pluck my feet out of the net." Psalm 25:15

It is finally warming up around here and I've been noticing all the little bugs and insects around. There are bees and wasps where I park every day and wait for my daughter to get out of school. They want so badly to come inside my car. I roll the windows down because I'm hot. Then I roll them up to keep the bees or wasps out. Depends which one is bugging me that day. I repeat that up and down with the windows several times in just the space of a few minutes (as I get panicky that they might get me). All those insects are a little buggy at times but I sure enjoy watching all those little critters that are God's creation. I was thinking about all these small things and the dragonfly came to mind. Now it is one of those mysterious ones that God created. Dragonflies have those big eyes wide open. I've read that their sight encompasses basically 360 degrees and that they can see everything at most angles. Wish I could see like that, especially those things that seem to sneak up on me and sideswipe me. There are things I wish I could have seen coming. I know there are things that as Christians we should watch out for so we don't get off track in our daily living. We need to have our eyes wide open like a dragonfly.

Eyes Open to Understanding -- If we would keep our eyes open to understanding the Lord, just think how much better we would get to know Him.

That the God of our Lord Jesus Christ, the Father of glory, may give unto you the spirit of wisdom and revelation in the knowledge of him: The eyes of your understanding being enlightened; that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints. Ephesians 1:17, 18

Eyes Open to the Word -- I guess if we had our eyes wide open to what God's Word says, we'd learn more and be better to handle those things that get into our view.

Mine eyes prevent the night watches, that I might meditate in thy word. Psalm 119:148
Open thou mine eyes, that I may behold wondrous things out of thy law. Psalm 119:18

Eyes Open to Temptation -- Just think how much smoother our lives would be if we were constantly on guard for this one. We know we are supposed to be on our toes for it to come sneaking in but sometimes it's there right in front of us before we see it.

Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak. Matthew 26:41

Eyes Open to God's Help -- We get into these situations and our eyes are bugging out because here comes trouble. How much better we could handle it if we constantly had our eyes on God and were really relying on the Lord.

I will lift up mine eyes unto the hills, from whence cometh my help. Psalms 121:1

QUESTIONS TO PONDER: So, are your eyes wide open?
What can you do to open your eyes to the Word?
What can you do to be more open to God's help?
Day 13
WALKING ON THE WATER

Matthew 14:26-32 And when the disciples saw him walking on the sea, they were troubled, saying, It is a spirit; and they cried out for fear. But straightway Jesus spake unto them, saying, Be of good cheer; it is I; be not afraid. And Peter answered him and said, Lord, if it be thou, bid me come unto thee on the water. And he said, Come. And when Peter was come down out of the ship, he walked on the water, to go to Jesus. But when he saw the wind boisterous, he was afraid; and beginning to sink, he cried, saying, Lord, save me. And immediately Jesus stretched forth his hand, and caught him, and said unto him, O thou of little faith, wherefore didst thou doubt? And when they were come into the ship, the wind ceased.

Peter exhibited GREAT faith when he stepped out on the water... but then he allowed his immediate surroundings to hinder his walk! Peter's faith began with a tremendous bold step, but it required a level of focus that he wasn't used to. Follow through.... that was the problem; those pesky waves, and the way he usually thought about and experienced water; (not something that generally supports your feet)...

We all know what Peter should have done, right? Keep his eyes on the Lord, NOT the waves!!! That's easy for us to say. But how many of us have ever stepped out of the boat? I didn't notice any of the other disciples playing follow the leader with Peter.

I see two things from this: First, put a little adventure into your life; step out on the water; you might actually enjoy the exhilaration and really glorify God on the way. And secondly, If and when you do, learn from Peter's mistake. Make sure you live life keeping your focus on the Lord (not on your own spiritual ambitions)...because you can be totally confident the waves will come, once you're out of the boat. But watching the Lord of Life walking there with you will give you the vision to follow through.

QUESTION TO PONDER:
When have you felt Jesus walking by your side?
What should you do to step out and glorify God?
DAY 14

ZIG and ZAG with GOD

A voice is calling,
“Clear the way for the LORD in the wilderness;
Make smooth in the desert a highway for our God.
“Let every valley be lifted up,
And every mountain and hill be made low;
And let the rough ground become a plain,
And the rugged terrain a broad valley;
Then the glory of the LORD will be revealed,
And all flesh will see it together;
For the mouth of the LORD has spoken.”
A voice says, “Call out.”
Then he answered, “What shall I call out?”
All flesh is grass, and all its loveliness is like the flower of the field.
The grass withers, the flower fades,
When the breath of the LORD blows upon it;
Surely the people are grass.
The grass withers, the flower fades,
But the word of our God stands forever.

Isaiah 40:3-8

Yesterday while I was talking one of my anxiety-prone kids through a seemingly endless set of worries and what-ifs, the weirdest thought came into my mind: All those years in the wilderness must have forced those Israelites to become really flexible!

The Exodus would have driven my young worrier nuts. Think about it: The Israelites were there in the desert without a plan, without a set destination, without a timetable, in a place they didn’t want to be, led by a guy they didn’t really know.

They had none of the comforts of home. The neighbor’s kids were either bawling or else flinging scorpions at each other. Grandma was cranky, the sun was too hot, and nothing was going the way it was supposed to. No one knew what to expect, and the food stunk. Flexibility had to be one of the keys to sanity… and survival.

Thus it dawned on me that while I’d always thought those 40 years in the desert were just about trust, they were also about flexibility. For how can we imagine we trust God if we’re not open to unexpected detours and radically roundabout pathways?

God is with us at every pivot point, at every intersection. He will be with us no matter which sand dune we cross, however many times we cross it. And in that sense it doesn’t matter if life works the way we want it to or not. It doesn’t matter if the path is smooth or bumpy, clear or uncertain. For as long as we are willing to traverse every zig and zag with God, the path is a good one, and we will be satisfied.

QUESTION TO PONDER: Is my path today smooth or bumpy? Where have I seen God along this path today?
Walk to Jerusalem TALLY
February 10-14

Name: ______________________________________

<table>
<thead>
<tr>
<th>Day</th>
<th>Physical activity (miles)</th>
<th>Spiritual activity (miles)</th>
<th>Specials or Bonus Miles (miles)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ash Wednesday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTAL</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**THIS WEEK’S TOTAL MILES =**

**THIS WEEK’S SPECIALS**
Earn extra miles—this week only!—for any of the following:

*Miles To Go Before I Sleep* - Commit to praying each night this week before bed and record 1 mile for each night you pray. If you continue it for the remainder of Lent, continue to include it as an extra mile each night you pray.

- See 1 Thessalonians 5:16-18

Please see reverse side for this week’s devotional and instructions.
INSTRUCTIONS

➔ Any spiritual or physical activity will be counted toward our mileage goal (6,243 miles). Since spiritual activities, and many physical ones, can’t be tracked in miles, please count 20 minutes of these activities as 1 mile (feel free to round up or down to make your calculation easier). For example, if you attend a Bible study, you may count every 20 minutes of that study as 1 mile; or if you walk around your neighborhood, but don’t know the exact mileage, every 20 minutes you walk, you should count as 1 mile.

➔ If the activity you’re participating in can be tracked in miles, please count whichever is greater: 20 minutes of activity as 1 mile, or actual miles. For example, if you bike 10 miles in an hour, record 10 miles for that activity (rather than 3 miles, as calculated by the minutes-to-miles formula). If you like, jot down in the “spiritual activity” or “physical activity” column what the activity was so that you can see at a glance what you did for the week.

Conversion chart

- 5 min = 0.25 mi
- 10 min = 0.5 mi
- 15 min = 0.75 mi
- 20 min = 1 mi
- 25 min = 1.25 mi
- 30 min = 1.5 mi
- 35 min = 1.75 mi
- 40 min = 2 mi
- 45 min = 2.25 mi
- 50 min = 2.5 mi
- 55 min = 2.75 mi
- 60 min = 3 mi
Whether you turn to the right or to the left, your ears will hear a voice behind you, saying; “This is the way, walk in it.” Isaiah 30:21

**Walk to Jerusalem TALLY**  
February 15-21

Name: ______________________________________

<table>
<thead>
<tr>
<th>Day</th>
<th>Physical activity (miles)</th>
<th>Spiritual activity (miles)</th>
<th>Specials or Bonus Miles (miles)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTAL</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**THIS WEEK’S TOTAL MILES =**

**THIS WEEK’S SPECIALS**  
Earn extra miles—this week only!—for any of the following:  
Call a friend you haven’t seen in a while and ask about how life is treating them? Is there anything you could do to reestablish your ties? Can you invite them to church? = 2 miles for making the phone call. 5 miles for a substantive conversation.
INSTRUCTIONS

任何精神或身体活动都将被计入我们的里程目标（6,243英里）。由于精神活动，以及许多身体活动不能以英里为单位进行追踪，因此，请将这些活动中的20分钟计为1英里（自由选择向上或向下取整，以便于计算）。例如，如果你参加圣经研究，你可以将每20分钟视为1英里；或者如果你在附近散步，但不知道具体里程，那么每20分钟你所走的路程，你都应该计为1英里。

如果参与的活动可以以英里为单位进行追踪，请选择较大的数量：20分钟的活动作为1英里，或者实际英里数。例如，如果你骑自行车10英里在一个小时内，记录10英里作为该活动的里程（而不是3英里，由分钟计算而得）。如果你愿意，可以在“精神活动”或“身体活动”列中注明活动内容，以便您能够一目了然地看到这周做了什么。

<table>
<thead>
<tr>
<th>Conversion chart</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 min = 0.25 mi</td>
</tr>
<tr>
<td>10 min = 0.5 mi</td>
</tr>
<tr>
<td>15 min = 0.75 mi</td>
</tr>
<tr>
<td>20 min = 1 mi</td>
</tr>
<tr>
<td>25 min = 1.25 mi</td>
</tr>
<tr>
<td>30 min = 1.5 mi</td>
</tr>
<tr>
<td>35 min = 1.75 mi</td>
</tr>
<tr>
<td>40 min = 2 mi</td>
</tr>
<tr>
<td>45 min = 2.25 mi</td>
</tr>
<tr>
<td>50 min = 2.5 mi</td>
</tr>
<tr>
<td>55 min = 2.75 mi</td>
</tr>
<tr>
<td>60 min = 3 mi</td>
</tr>
</tbody>
</table>
Whether you turn to the right or to the left, your ears will hear a voice behind you, saying; “This is the way, walk in it.” Isaiah 30:21

**Walk to Jerusalem TALLY**
February 22-28

Name: ______________________________________

<table>
<thead>
<tr>
<th>Day</th>
<th>Physical activity (miles)</th>
<th>Spiritual activity (miles)</th>
<th>Specials or Bonus Miles (miles)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTAL</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**THIS WEEK’S TOTAL MILES =**

**THIS WEEK’S SPECIALS**
Earn extra miles—this week only!—for any of the following:
Think of the person in your life who brings you the most challenges. Maybe the person is difficult or selfish or needy or demanding. Pray all week specifically for that person to find new joy in their lives. = 2 miles
Walk with that person, break bread with that person or meet them at Starbucks :), invite that person to church = 5 miles
INSTRUCTIONS

- Any spiritual or physical activity will be counted toward our mileage goal (6,243 miles). Since spiritual activities, and many physical ones, can’t be tracked in miles, please count **20 minutes of these activities as 1 mile** (feel free to round up or down to make your calculation easier). For example, if you attend a Bible study, you may count every 20 minutes of that study as 1 mile; or if you walk around your neighborhood, but don’t know the exact mileage, every 20 minutes you walk, you should count as 1 mile.

- If the activity you’re participating in *can* be tracked in miles, please count whichever is greater: **20 minutes of activity as 1 mile, or actual miles**. For example, if you bike 10 miles in an hour, record 10 miles for that activity (rather than 3 miles, as calculated by the minutes-to-miles formula). If you like, jot down in the “spiritual activity” or “physical activity” column what the activity was so that you can see at a glance what you did for the week.

**Conversion chart**

- 5 min = 0.25 mi
- 10 min = 0.5 mi
- 15 min = 0.75 mi
- 20 min = 1 mi
- 25 min = 1.25 mi
- 30 min = 1.5 mi
- 35 min = 1.75 mi
- 40 min = 2 mi
- 45 min = 2.25 mi
- 50 min = 2.5 mi
- 55 min = 2.75 mi
- 60 min = 3 mi