

February 25, 2020

Are you someone who takes walks as physical exercise, as a break from an already busy schedule, or as an opportunity to spend time with a friend who also enjoys walking? If so, here is a Lenten suggestion to augment your walks. As you walk, ponder for a time on the walk that Jesus took to the cross for you and all humanity. Then ask the Holy Spirit to strengthen your faith as you walk on this earthly path. Even if you have a partner when you walk, a true friend will grant you this time to ponder and pray before you start the chit chat.

For those of us who aren’t so inclined to take regular walks, or are unable to walk any distance, you too can participate. Take a “virtual” walk by closing your eyes, and in your mind’s eye, smell the air, hear the birds, feel the wind, and “see” the road ahead. As you imagine your “walk” ponder and pray just as a person who is taking a physical walk.

Keep “walking” this Lenten season until you experience Easter morning, when we can declare, “Christ is Risen! He is risen indeed! Alleluia!”



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