

Suggested Walk Meditation

*Since we live by the Spirit,
let us keep in step with the Spirit.*

Galatians 5:25

While reading scripture, pay attention to a word, verse, or verses you sense God is "highlighting" and jot it down on an index card or small piece of paper. Tuck it in your jacket, put on your walking shoes, and head outdoors (or if you're like me, your indoor treadmill). There's no right or wrong way, but here's something I've tried:

- Begin by acknowledging who God is -- His characteristics, thanking Him for what comes to mind.
- Read the word, verse, or verses you wrote down aloud.
- Ask God what He wants to teach you through them as you continue walking, while also observing your surroundings.
- Consider each word written down, one at a time, for a period of time.
- Read the word, verse, or verses aloud again, asking God how to apply His truth.
- Finish the walk thanking God for His Word and whatever else the Holy Spirit leads you to pray.

Keep the piece of paper with you throughout the day, speaking, reading, and praying over God's words, blanketing the beauty of God's Word over your soul.