

RESET!

Spirit·Mind·Body



Walking with God

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Ephesians 4:1b-3

"I urge you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace."

I enjoy walking long distances. I thrive on the physical challenge of hiking over mountains, through forests, along rivers and around towns. God's creation astounds me during every walk: the views, the scent, the wildlife and the force of nature. However, what compels me to hike weekend after weekend is the solitude and the ability to tune out the busyness of life. It is in the quiet of the woods that I hear and feel God's presence without distraction. For me, hiking is moving meditation: miles of opportunity for prayer and reflection on scripture.

During a recent long and arduous hike through boulder fields and ice-crustrated snow, I prayed fervently for guidance and direction in my life. Because the trail was snow covered, I kept going off course and it made me wonder, was I walking the path that God intended for me?

I asked repeatedly, "Father, what is your plan?"

He answered, "Walk with me."

The word "walk" means an excursion by foot. It is also used to describe a "way of life". In our earthly journey of life, we can choose to walk alone or walk in faith. In Pope Francis's book, "Walking with Jesus", he says, "Faith transforms those who have opened their hearts to love God." When we love God, we seek to walk in Christ's good works and in unity with the Holy Spirit. We are called and aim to live in a manner worthy of God: desiring to please Him in all things and developing deeper faith, clearer insight and a stronger relationship with Him.

God has a plan for me and I know that he will guide me to stay on course. During the moments when I question the plan, I only need to remember that he desires that I walk in His love, with His son and filled with His spirit. He will take care of the rest.

Ephesians 5:1-2 - Therefore be imitators of God, as beloved children. And walk in love, as Christ loved us and gave himself up for us, a "fragrant" offering and sacrifice to God.

Ephesians 2:10 - For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

Galatians 5:16 - But I say, walk by the Spirit, and you will not gratify the desires of the flesh.

Colossians 1:10 - so as to walk in a manner worthy of the Lord, fully to him: bearing fruit in every good work and increasing in the knowledge of God; being strengthened with all power, according to his glorious might, for all endurance and patience with joy, giving thanks to the Father, who has qualified you to share in the inheritance of the saints in light.