

## Saturday - April 9

*When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."*

*John 8:12 (NIV)*

I started walking on a regular basis about 6 years ago. My sister was going through treatment for breast cancer at the time. I had read that walking could possibly reduce the chances of breast cancer and help my anxiety. I was intentional with my efforts to boost my physical and mental health. I liked walking alone. I could set my own pace, spend time with myself to exercise, breathe and relax.

Instinctively, I found myself praying for my sister while I walked. I felt a spiritual connection as soon as I hit the path. I loved the smells, the sounds, the leaves in the breeze. Reflecting in this quiet space, reminded me that this is a beautiful world created by God. I quickly became intentional with my spiritual growth while walking. Some days I read a devotional before heading out on the path. Other days I listened to hymns while I walked. I no longer thought of it as walking alone, but as walking with God.

Walking in this intentional way, continues to deepen my faith. There are days that are dark, days that I fall, and days with thunderstorms. I continue to move forward through these days because I know that God is with us.

Karen

**Prayer:** God, help me recognize You are with me on the path of life. Take away my distractions and show me how to walk step by step with You in faith. Amen.