

## Walking with God

Walking with God can be powerful, invigorating, cleansing, and clarifying. Consider talking aloud with him as you walk, to help your mind stay with him. Bring him your problems, confusions, unsettled issues, fears and so much more. The fresh air is part of his gift to you. Here in the midwest, we have the glorious seasons to enjoy outdoors. As you talk things over with him, recall the scriptures you are engaging that day.

Here are some suggestions:

“Go for a walk and be with God. Notice signs of God’s love. Read nature as a revelation from God. If possible, find a symbol of your time with God - a rock, a branch, a flower. Notice and thank God for how he reveals himself in his creation.” From page 279 of *Spiritual Disciplines Handbook* by Adele Ahlberg Calhoun. First edition copyright (c) 2005 by Adele Ahlberg Calhoun. Used by permission of InterVarsity Press, Downers Grove, IL. [www.ivpress.com](http://www.ivpress.com)

“If you are strolling out of doors alone, you can recall God...if you remember that ‘beauty is the voice of God.’ Every flower and tree, river and lake, mountain and sunset is God speaking. ‘This is my Father’s world, and to my listening ears all nature sings...’ So as you look at each lovely thing, you may keep asking: “Dear Father, what are you telling me through this, and this, and this?”

If you have wandered to a place where you can talk aloud without being overheard, you may speak to the Invisible Companion inside you or beside you. Ask Him what is most on His heart and then answer back aloud with your voice what you believe God would reply to you.

...It really is not necessary to be sure that our answer is right, for the answer is not the great thing – He is! God is infinitely more important than His advice or His gifts; indeed, He, Himself, is the great gift. The most precious privilege in talking with God is this intimacy which we can have with Him. We may have a glorious succession of heavenly minutes. How foolish people are to lose life's most poignant joy, seeing it may be had while taking a walk alone!" (Laubach, Frank. *Letters by a Modern Mystic*. Purposeful Design Publications, 2007, pp. 101-102.)