

Whether you turn to the right or to the left, your ears will hear a voice behind you, saying; "This is the way, walk in it." Isaiah 30:21



Walk to Jerusalem WEEKLY TALLY

Week of March 7 - 13, 2010

Name: _____

Day	Physical activity (miles)	Spiritual activity (miles)	Specials or Bonus Miles (miles)
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
TOTAL			

THIS WEEK'S TOTAL MILES =	
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THIS WEEK'S SPECIALS Earn extra miles—this week only!—for any of the following:

"THE FORCE IS STRONG IN THIS ONE" - Use hand weights (light dumbbells or soup cans) to pump up your walk or exercise routine with resistance training. Double your miles every time you do. • See 2 Timothy 1:7.

IT'LL ONLY HURDLE LITTLE WHILE - Is there some obstacle in your walk of faith? Do what it takes to finally leap over that stumbling block this week. Record 3 miles if you do. • See Romans 14:13.

BE MY QUEST - Invite a friend, neighbor, or co-worker to accompany you to a St. Andrew activity, Bible study, or worship service. Earn 5 miles for each person you invite. • See Hebrews 13:2.

DEVOTION: DESPERATE FOR LIFE

Have you ever read the first verse of the 63rd Psalm? It goes like this:

“O God, you are my God, earnestly I seek you; my soul thirsts for you, my body longs for you, in a dry and weary land where there is no water” (Psalm 63:1, NIV).

I don't know about you, but when I read this psalm slowly, and repeat it a few times, I can FEEL the longing in it. The desperation, really. The single-minded focus that desperation can create. This Psalm was written when David was in the desert. So, images associated with dryness, water-lessness and thirst are understandable. Interestingly, though, this Psalm relates that same single-minded focus of being desperate for water to being *that* desperate for God; where life itself is at stake. Having never been in a desert without water, I thought through times in my life where such an over-powering, single-minded focus prevented me from even thinking about anything else.

I grew up in New Jersey, about 15 miles inland from the shore. We went to the beach a lot during the summers, especially during the week. A group of Mom's would haul all the kids in the family station wagons and we would spend the day chasing waves and each other, swimming in the ocean and eating sand-covered sandwiches. I loved the water, so I would be in it nearly the whole day. Spending that much time in the water, I got pretty experienced in sensing the rhythm of the ocean, in feeling its pull, in respecting its power. Riding the waves was my favorite thing to do. Catching a wave at just the right spot. Then swim, swim, swim, kicking hard toward the shore until you feel the rise of the wave under your body. Exquisite. A good ride was when one wave would take you all the way to the shore. One day the waves were coming pretty fast, and pretty hard, close together in time with their curls pounding the surface. Coming up from a decent ride, and before I could take in a breath, a wave crashed hard right on top of me sweeping me up into its curl and rolling me over and over and over again, occasionally striking me against the ocean floor. I COULD NOT breathe (of course). I was desperate for air. I could not find the surface. I could not see any light. At some point, the wave spit me out on the shore and rolled nonchalantly away, leaving me panting for breath and very shaken.

As I thought back on this, I was reminded of how desperate I was to breathe. To find air. And the way to that air, to life, was to look for the light and swim in that direction. As you continue your Lenten journey, may you seek the Light with the same desperation as someone under the mighty ocean, desperate for air.

INSTRUCTIONS

→ Any spiritual or physical activity will be counted toward our mileage goal (6,243 miles). Since spiritual activities, and many physical ones, can't be tracked in miles, **please count 20 minutes of these activities as 1 mile** (feel free to round up or down to make your calculation easier). For example, if you attend a Bible study, you may count every 20 minutes of that study as 1 mile; or if you walk around your neighborhood, but don't know the exact mileage, every 20 minutes you walk, you should count as 1 mile

→ If the activity you're participating in *can* be tracked in miles, **please count whichever is greater: 20 minutes of activity as 1 mile, or actual miles**. For example, if you bike 10 miles in an hour, record 10 miles for that activity (rather than 3 miles, as calculated by the minutes-to-miles formula). If you like, jot down in the "spiritual activity" or "physical activity" column what the activity was so that you can see at a glance what you did for the week.

Conversion chart

5 min = 0.25 mi
10 min = 0.5 mi
15 min = 0.75 mi
20 min = 1 mi
25 min = 1.25 mi
30 min = 1.5 mi
35 min = 1.75 mi
40 min = 2 mi
45 min = 2.25 mi
50 min = 2.5 mi
55 min = 2.75 mi
60 min = 3 mi