



## Walking into a New Year

Health experts tell us that it would be beneficial to do more walking. Some have set a goal of 10,000 steps a day in order to increase cardiovascular health. While we may know the benefits that walking provides, that does not mean that we are going to do anything about it. Many people say to themselves, “I should get some exercise,” but then they proceed to just sit down again. Exercise is an individual decision, and it is not enough to have the desire to go for a walk. You have to actually do it. You are free to walk or to sit still, but the decision you make will affect your health, one way or the other.

God’s Word has something to say about walking in the way of spiritual fitness: In Psalm 119 it says: “Your Word is a lamp to my feet and a light for my path.” God invites you today—and every day—to let His Word light your way through life. And just like walking itself, you are free to use God’s Word this way or to leave it alone. The decision you make here will also affect your health, one way or another.

So how much do you walk? It depends on how healthy you want to be. Do you need to change the way you walk in God’s Word? We need the help of the Holy Spirit to exchange our poor habits for good ones. When a child is learning to walk, there is a lot of falling that happens. But there is a built-in determination to get it right! Maybe you have fallen down in the study of the Word. Now is the time to get up and get into it again. There really is no in-between—you’re either walking in the Word towards spiritual health or letting your faith muscles weaken with each passing day.

But there is help! St. Mark provides a variety of Bible Studies that are designed to help you exercise your faith. There are more personal devotional resources available to Christians now than at any time in history—many right here in our own church library—just waiting for someone to take them off the shelves and open them up. Do you need to change the way you walk? Then get on your feet and let God’s Word light your way through life.