

Walking Meditation

Walking is one of the most widespread forms of physical activity. Why not take advantage of this opportunity by strengthening your spiritual and healthy soul. Ezekiel 36:27 tells us that: “I will...cause you to walk in my statutes, and ye shall keep my judgments.”

Before your walk, start with a prayer, thanking God for nature, a new day, the opportunity to talk and stand in one spot to experience yourself with Him. As you begin walking, experience your body and notice all the motions that take place. Think about how you feel, notice if your mind is overactive or calm. While walking, give thanks for the many blessings God has stored in your life such as family and friends. Continue to walk, increasing to a brisk pace, allowing your mind to be more aware of your surroundings and God’s presence. Stay aware of your body parts and the sensations as you continue moving. Walking 15 to 30 minutes is a good start.

Acts 3:6-9 tells us: “Then said Peter, Silver and gold have I none; but such as I have I give thee: In the name of Jesus Christ of Nazareth rise up and walk. And he took him by the right hand, and lifted him up: and immediately his feet and ankle bones received strength. And he leapt up, stood and walked, and entered with them into the temple, walking and leaping and praising God.” Remember walking is a healthy and relaxing form of physical activity. There is no big hurry so start slow and gradually build up to a daily walking program. You are working up to lifetime health, not overnight magic. Enjoy your walk while meditating with God!