

Family TableTalk

Conversation 55

Get Your Pedometer!

read

Isaiah 43:1-2

think

Take one step at a time.

Just do the next thing.

The only way out is through.

We've all heard these familiar sayings that encourage us to simply keep moving forward when we face difficulties and trials.

The imagery of WALKING THROUGH suffering is one we see in the Bible too and it challenges our human impulse to detour or avoid hardship. Walking denotes movement. Unhurried, steady, measured progress. As we advance while walking, there is always one foot on the ground, providing balance, in bipedal execution. Pedestrian as an adjective is defined as commonplace, prosaic, dull. Walking is not flashy nor does it necessarily provide a quick resolution but it does include a choice and an action.

So choose. Walking is a day in and day out routine. Tim Keller writes, "A walk is day in and day out praying; day in and day out Bible and Psalms reading, day in and day out obeying, talking to Christian friends and going to corporate worship." Think of these disciplines as the fitting of proper footwear. Do you wear hiking boots to walk by the seashore? Do you wear flip flops to walk through snowdrifts? No. As you face suffering make sure you're properly prepared for the trek by faithfulness in these daily spiritual practices and with a desperate dependence on God and a focus to keep on walking!

Isaiah 50:10 "Let him who walks in the dark, who has no light, trust in the name of the Lord and rely on his God."

apply

- Think of a situation in your life that you would like to detour around rather than walk through.
- How have you seen God protect you and provide for you when you've walked through the "fire" of a difficult experience?
- Name a Christian friend you can talk to as you walk through adversity.

pray

Dear Lord, you walked the path of suffering to the cross for us. Help us trust in you in the difficulties in our lives and rejoice in the truth that our present sufferings are not worth comparing with the glory that will be revealed in us. In Jesus' name. Amen.

by Sharon Seldomridge

Sharon Seldomridge is privileged to be a friend and supporter of CPYU having enjoyed a front row seat to the organization's ministry and growth over the past 31 years.

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