



Where am I Going?

*I press toward the goal for the prize of the upward call of God in Christ Jesus.*

*Phil 3:14*

Are we there yet? Are we really going to Jerusalem? How much longer before we get there? Are you sure we're heading in the right direction? These questions, I am sure, will bring to mind memories of past journeys traveled as a child or with children. Most of us know what it's like to be the child and the adult in such a situation. As a child, we must trust that the adult really knows the way. As an adult we must press on toward the goal, knowing that if we follow the map and continue to travel, we will eventually reach our goal. Having a goal really does help us to continue until we reach the prize or the destination.

Your **physical goal** this week may be to walk 2 miles - or 5 miles- or 50 miles (cross country and marathon runners take note!). Having a goal helps us to continue on. Our school students are competing in Jump Rope for Heart this week ---each one has a personal goal. Peace basketball team is turning in impressive tally in their physical activity miles. Your **spiritual goal** may be to read the Word of God daily, pray daily or memorize a Bible verse - the one above or another one that might be helpful to you. The deeper spiritual goal may be to have a deeper personal relationship with Jesus, to confront each other in a kinder more loving manner or to forgive someone. The ultimate spiritual goal is to become more Christ-like in our everyday encounters with people and society.

Thoughts for your walking this week:

- † Do I have physical and spiritual goals for this week?
- † Do I have physical and spiritual goals for my life?
- † What is one thing I can do to help achieve my physical goal?
- † What is one thing I can do to help achieve my spiritual goal?

Don't forget to give me your miles for the week and pick up a card to jot down these thoughts and record the coming week's activity. Press toward the goal!

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*Walking to Jerusalem*

