

SOMETHING TO MAKE THE MILES WORTHWHILE

Scripture references

Isaiah 55:12 You will go out in joy and be led forth in peace; the mountains and hills will burst into song before you, and all the trees of the field will clap their hands.

Psalms 19:1 The heavens declare the glory of God; the skies proclaim the work of his hands.

Imagine your happy place. The place where you go when you need to escape the rigors of your day. Do you have one? How about imagining a place where you think it is the most beautiful place in the world? Is it watching a sunrise or sunset on the beach? How about a mountain scene? Could it be a place on a tropical island? It doesn't really matter which spot we pick because they all have something in common. God created all of them for our pleasure and to steal a few words from the Good Book, "and it was good."

This past Sunday in church we celebrated communion. It is a special rite that should make us feel closer to God and what his son did for us. But I also want to add that each time we go out and walk or run, it is also a time for us to celebrate a different communion with God. One of the definitions that Merriam-Webster gives for communion is "an intimate fellowship or rapport." That is the communion I sense when I am out running, especially when it is on a scenic course. Think about the things you sense when you are out there. Perhaps it is a beautiful scene or maybe a particular smell from an aromatic plant as you go by it. Perhaps it is a stillness that allows you time to think and converse with God. Or it could be a conversation with a fellow runner or walker. You know what I am talking about. It is a fellowship.

So the next time you are out there running or walking and the miles seem to be a drudge, take time for communion. Relax and enjoy the beauty of God's world he created for us. And just maybe, if you are quiet enough, you will hear the song come from the hills and the applause of the trees as you continue on your journey.