

Day of Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Miles							

How do I post my weekly miles to the online spreadsheet? You have been e-mailed a "Walk to Jerusalem-Record Miles" link. Click on it.

1. Find your name in the left hand column
2. Click on the appropriate box in that row
3. Add miles
4. Click "save & close" in the upper right hand corner. That's it!

12 Weeks of Walking • Weekly devotions and Scriptures

Week 12

Satisfaction & Keeping On

“Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.”

Philippians 3:13-14

We're at the end of our walk to Jerusalem. Are you weary or are you physically more alive and spiritually more attuned? Hopefully this has been a journey of physical and spiritual renewal. Hopefully you've satisfied your soul with spiritual food and living water. Hopefully the increased exercise has renewed and revitalized the body God has given you and you are able to have more energy for His vital work on earth. Serving God and being good stewards of our physical body requires perseverance and commitment. It helps if we keep our eyes on the prize and run this race to win.

Questions to Ponder: How much energy and commitment am I putting into the spiritual race that Paul speaks of in Philippians?

Am I more likely to strive for excellence in my secular life or my spiritual life?

How can I keep on striving for excellence in my physical & spiritual life?

Do I need to rearrange priorities? Do I need to eliminate some activities?