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Take the Time to Walk

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Abstract

In lieu of an abstract, below is the essay's first paragraph.

"The busyness of life distracts me from the One I long to be with. Sometimes life just takes over, and I get busy writing this paper and reading that chapter, prioritizing what's due first. Then I remember that God is always first and I stop to reevaluate my priorities. I take the time to refocus and be with my Creator. The best times I have with God are when I'm taking a walk outside."



Emily K. Lalka

Take the Time to Walk

The busyness of life distracts me from the One I long to be with. Sometimes life just takes over, and I get busy writing this paper and reading that chapter, prioritizing what's due first. Then I remember that God is always first and I stop to reevaluate my priorities. I take the time to refocus and be with my Creator. The best times I have with God are when I'm taking a walk outside.

One day when the weather was beautiful I decided to take the time to walk. As I began walking I thought, "Wow, it's been a long time since I walked with my best friend...I missed you;" I felt laughter erupt inside of me and I heard, "What do you mean? I always walk with you; every step you take, I take too. Sometimes you just forget that I'm there." I realized that this was entirely true. I felt a flicker of guilt for ignoring my only friend that has been with me all my life. But just as quickly the guilt was swept away as I was overcome with intense love. At that moment I walked past a waterfall and I stopped. I looked up at the sky and all around me and admired the beautiful world my best friend created.

For the rest of my walk I was walking on earth, but I was in an entirely different world. When it came time to return to my home, my friend said to me, “Remember I am always with you. The steps that you take will be lighter and the path you follow will be easier if you remember this.”

Since then I talk to God all of the time in everything that I am doing. I feel incredible peace inside of me. My steps *are* lighter and my path *is* easier. I just continuously remember that my best friend is always by my side.

Take the time to walk. You may think you are walking by yourself, but soon you’ll realize that you are never alone, because my best friend is also your best friend.

