

Word for the Year 2015 - Hike

Once a month I planned a hike within an hour's drive. I visited various trails at Long Hunter State Park, Old Stone Fort State Park, Henry Horton State Park, Barfield Park trails, The Funny Farm trails, Short Springs, Cedar Glade, Mammoth Cave, Mt Maunganui in Tauranga New Zealand, and the Murfreesboro Greenway.

In preparation for my hikes, Scott bought me a FitBit, and Cindy made me a book in which to record my adventures. Each page had room for a photo, the date, trail name, city, weather, who I hiked with and a page for notes or sightings.

Be Still, June 30, 2015

I was hiking the Barfield Park trails talking to the Lord, asking Him how I could go deeper into His love. His answer: Be still.

That's sounds well and good, but very hard to do when I'm in the midst of a busy schedule, I countered.

"Be still," He repeated.

At that moment, I knew He meant literally . . . now, this minute. And so I stopped in my tracks, stayed as still as I could and looked around me. Just like that, very suddenly, the sun came out from behind a cloud and the shadowy woods switched to full sunlight, like someone had flipped a switch.

"Did you make that happen?" asked Jesus?

"No, of course not!" I laughed.

"I'm the One who brings you into the light. It's not something you do or don't do. Your job is to obey. I know when you need to rest and when you need to pick up your sword and fight. You're not being still while you're in the midst of the battle, are you? There are seasons in your life and there are cycles. Daily cycles are helpful for the rhythm of life, but if the rhythm gets interrupted, then be still, ask Me. Listen for the next instructions.

As I stood quietly, still watching, the woods instantly turned dark again.

"Want to see it again?" He asked. And suddenly the light burst out once more.

Pondering . . . I think I need to break a vow that I made in junior high to have a Quiet Time every morning. It's not a bad habit to have, of course, but I don't need a vow to make me spend time with someone I love with all my heart. I can spend time with Him anytime, all the time.

Zechariah: Be silent before the Sovereign Lord, for the day of the Lord is near.

What's our next adventure, Lord?

Barfield Park, Valley View, Oct. 3, 2015

The Spirit whispered to me, “Stop and listen.”

I heard the whoosh of the wind through the trees contrasted quickly with the noise of a truck on the highway. Soon I could no longer hear the wind because of the man-made distraction.

“My presence is always here,” He said, “but sometimes it’s hard to hear above the noise. My wind comes and goes. It is never stagnant.”

Another hike, another day

Metaphor: you see different things going than you do coming





