

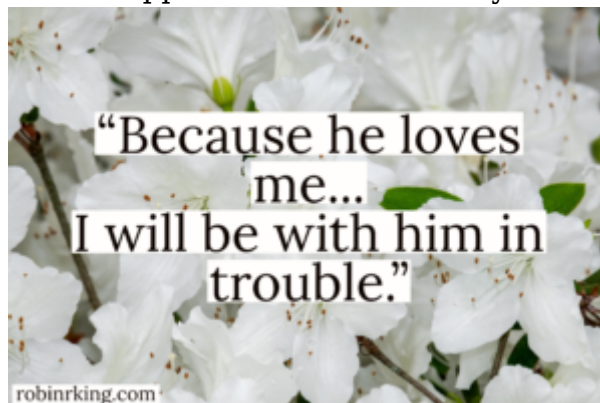


I love to walk and as I, ahem, age, it's my go-to form of exercise. While there are several benefits to walking - easy on the joints, a healthy heart, keeping my weight down, I found that I enjoy it most as a stress reliever. As good as it is for me physically, it's also good for me mentally.

I've found that walking declutters my thinking and gives me time to reflect and pray. During the current COVID-19 crisis and being in isolation at home, the walks around my neighborhood have become a respite from the ever-present news and updates. As I was walking today, the Holy Spirit reminded me of two men who also walked the roads during a crisis.

Two men were walking on the road to Emmaus after Jesus had been crucified. They were discussing recent events and were sad and confused about all that had transpired. But then Jesus suddenly came and began to walk with them. They didn't recognize Jesus but he began to talk with them and explain all that had taken place and why it had to happen. He went to their home and ate. Then, their eyes were opened to see that it was Jesus sitting with them at their table!

Jesus left them as suddenly as he came but after their walk with Him, the men's sadness disappeared. Instead of confusion and fear, they were filled with excitement as they told others about Jesus' resurrection and appearance to them. They were at peace because of



the presence of their Savior.

We may be walking an Emmaus road through the COVID-19 crisis. We may be sad, confused, and even a bit fearful about our current state of affairs. But when we walk with Jesus, our sadness disappears. When we walk with Jesus, our confusion clears. While we may not understand the deluge of news and information, if we walk with Jesus, He will give us peace. And although disease is scary, we have nothing to fear because if it attacks our body, He is the one who heals and promises a glorious future for those who have put their trust in Him.



What is your Emmaus road? What has created sadness and confusion and fear in your heart? It may be COVID-19 or a different crisis in your life. Remember as God's child, you are not alone. Your Savior is with you and He's ready to reveal himself to you. Amazingly, it's sometimes through the fog of our turbulent days that we see Him most clearly.

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*"That same day two of Jesus' followers were walking to the village of Emmaus, seven miles from Jerusalem. As they walked along they were talking about everything that had happened. As they talked and discussed these things, Jesus himself suddenly came and began walking with them." Luke 24:13-15*

*"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." John 14:27*

*"Because he loves me," says the Lord, "I will rescue him; I will protect him, for he acknowledges my name.*

*He will call on me, and I will answer him; I will be with him in trouble,*

*I will deliver him and honor him.*

*With long life I will satisfy him and show him my salvation." Psalm 91:14-16*

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