

WALKING WITH GOD AND YOUR CHILDREN

Romans 1:20 From the time the world was created, people have seen the earth and sky and all that God made. They can clearly see his invisible qualities—his eternal power and divine nature. So they have no excuse whatsoever for not knowing God. (NLT)

Slowing down each day for a five minute walk is a reminder our children need...”The Earth is the Lord’s”. Without this daily reminder their minds and emotions are given into the hands of loud music, network television and group think. God’s world proclaims wonder, order, growth, and harmony...needed foundations if we hope for our children to grow emotionally and spiritually strong. Without a parents sincere daily effort most children will never know what it is like to be immersed in God’s world...a daily dunk where they are free to touch and examine...to enjoy the freedom of the earth God intends for each of us. Walking just five minutes a day is also a perfect way to reconnect With our children afTer a full day of being apart. Walking TOGETHER is a great model for relating to our children. It helps us view them as fellow travelers and not just baggage we tow through life. Following are some thoughts for adding variety to your daily walk and making it a joy that bonds parent and child to one another and to our creator.

Paper Bag walks: Children love to collect, partly to claim ownership over something, partly out of pure delight and discovery. The rules for the collection walk are: if it fits in a brown paper grocery bag or bug jar and does not belong to someone else we can take it home. If it fits in an egg carton you can keep it in your room.

Hidden in the Grass walks: Put 1-2 inches of cold water in a plastic cup and if it is spring or early summer you are ready for a “Hidden in the grass walk”. Some flowers are so tiny or so hidden that they are almost invisible, but for those who take the time to look the flowers are always there. A child who learns early in life to look for the positive is much better off than most children. When we look for God hard enough we are sure to find him.

The BRISK walk: Physical exercise is another habit that begins early in life. The BRISK walk can be exaggerated and comic with stiff arms and legs or a real cardio walk. (Check out the internet or your local library to see what one looks like.)There is nothing like a brisk walk to drain some of the vinegar out of a child and leave him or her more at ease. Taking a walk has been a sanity saver for weary day care providers for many years...just the break everyone needs. There is no reason it wouldn’t work for weary moms as well. *1 Corinthians 6:19 “Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own;”*

The looking up walk: Looking up relaxes you. There is something about looking up that slows your heart rate and eases your mind and emotions. It is the only direction we can look that disconnects our fight/flight reflex. No one should look at the sun directly...not even with sun glasses but looking up at the clouds or into the branches of large trees calms even the most hyper child. Walking At night...looking at the stars... can be a memory that lasts a lifetime. *Psalms 96:5 For all the gods of the nations are idols: but the LORD made the heavens.*

The bird watching walk: Bird watching walks are more memorable if you check out a bird book from the library. Seeing and identifying a different bird each time you walk makes each outing unique. You could even keep a list. *Matthew 6:26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?*

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