

P.S~Pray Specifically

“Combining the power of Scripture with the power of prayer.”

By Mary Kane www.onlybyprayer.com

Walk Worthy

By Mary Kane

For as far back as I can remember I have enjoyed taking walks. Some of my earliest memories are of taking *stroller walks* with my mother and my little sister. My mother pushed Carol in the stroller while I walked beside her. When little legs grew tired I would stand on the basket in the back and hitchhike for a while.

When I grew bigger, I walked with my family to our neighborhood church on Sunday mornings. Sandwiched between my oldest sister and my dad, I laughed joyfully as they swung me over each curb along the street.

As time passed I was allowed to venture out by myself and I took my dog on long walks. Sometimes I'd walk with my sisters around the block of our neighborhood.

I learned what it meant to walk with Jesus after I went to college. I also met my husband. During our dating relationship we took many walks together around campus. After we married we had two sons, Erik and Scott.

When Erik and Scott were very small we started most mornings with a *stroller walk*. At first I had one baby in the stroller... then two. Next, Erik was on a bike and Scott was in the stroller. Soon I had two boys on bikes and I walked. Eventually we graduated to all three of us on bikes..."Hurry up Mom! We'll wait for you at the next corner." Time flew by... my little boys grew up.

Throughout the busy teen years, I was back to walking by myself. Walking with Mom was ousted by practices, ballgames and homework. During those quiet walks I'd pray for my family and friends and memorize scripture. Now Erik has graduated from college and Scott is entering his junior year. When my boys are home how I love to hear my favorite phrase, "Mom, let's go for a run/walk."

As I look back on these many wonderful memories of walking with my sons through different stages of life, God gently reminds me of how He loves to walk with me. He has walked with me through easy times, hard times, times

of joy and pain and times of trial and blessing. Like a loving parent He has adjusted His pace according to my ability and maturity and He persistently encourages me to continue. Through this walk of life, He has always been faithful.

Please read Colossians 1:9-14.

Dearest Father,

Thank you that You appoint other believers to pray for me. Thank You that Jesus also lives to intercede for me. I ask Dear Father that you fill me, _____ (*insert your name*) with the knowledge of Your holy will for my life. In order to live according to Your will I will need Your great wisdom and understanding so I will know how and when to act, speak or serve. When I live according to Your will I walk worthy of Your Holy Name and I will be fully pleasing to You.

Help me to live a life full of good works so others will receive Your healing, blessing and grace. Help me to daily pursue greater knowledge of You through the study Your Word and prayer.

I cannot be patient with others and longsuffering through trials in my own power. Strengthen me with Your glorious power so I will face hardships bravely, knowing that I may rejoice as I being am transformed into Your image. I thank You Father that I may look beyond the present hardships to a wonderful inheritance You have given _____ (*insert your name*) and all the saints.

I thank You Father that You have delivered me from the power of Satan and conveyed me from bondage to sin to Your own wonderful kingdom of the Son of Your love.

By the blood of Jesus _____ (*insert your name*) has been redeemed, from all sin and made holy, pure and righteous. Help me to walk worthy of Your Holy Name this day. To You belong all power, glory and honor, forever and ever.

In Jesus Holy Name,

Amen

By Mary Kane

All rights reserved.

Copyright 2012