

## **2/7: Introduction of Christ Walk led by Lynn Kiehne**

As we enter the season of Lent, FPC is offering an opportunity to those who wish to try a new approach while still engaged in prayer, reflection, denial, fasting, and personal goals as we prepare ourselves for the forgiveness God gives us in Jesus' resurrection. The *Christ Walk* challenge is also an opportunity to be aware of walking with Christ each day in our life, and Lent is a perfect time of year to do this.

In her book *Christ Walk*, Anna Fitch Courie describes the Christ walk as a spiritual fitness journey. Each day, we will provide a Bible verse related to healthy living and will cover each day of the 40-day period all aspects of health – body, spirit and mental fitness. This is an opportunity to become a healthier you. For those who are not able to participate in the physical aspects of this, there are ways to modify the content based on what you can do to improve your health.

This Lent activity is intended to be done as a small group or buddy activity. As we enter the New Year, the media is packed with ways to get fit by joining a gym or other means, and the research shows that people who do this together are more likely to be successful, so we are encouraging the formation of small groups. These groups can take many different forms based on schedules and availability. One group may choose to meet every day for prayer, a walk, and touching base. Other groups may meet weekly over a meal, or coffee and share their progress and their experiences. There is no “one way” to achieve this Lent study. For some, it may be difficult to join a local group so there are also virtual groups available online at: <https://www.facebook.com/ChristWalk40Day/> (this site also provides information on how to obtain the book *Christ Walk*) and the author's blog can provide more information: <https://christwalk40day.blogspot.com>.