



CHAPTER SEVEN
SEEKING GUIDANCE

It was 6:00 a.m. in the morning, as my alarm clock rang. I laced up my running shoes and stepped out into the cool morning air, I felt a sense of peace wash over me. The sun was just beginning to rise, casting a soft glow over the familiar street of my neighborhood. I took a deep breath and set off at a steady pace, letting my mind wander as my feet carried me forward.

As I ran, I thought about the words of *Psalm 119:105*,

“Your word is a light to my feet and light to my path”.

These words had always been a source of comfort and guidance to me, and as I ran, I felt their truth resonate within me. Just as a lamp lights the way in the darkness, so too does God's word illuminate my path, showing me the way forward even when the road ahead is unclear.

I thought about how running was a metaphor for life in so many ways. Just like running, we face

obstacles and challenges in our everyday life. Sometimes the path is smooth and easy, and other times it is rocky and steep. But no matter what lies ahead, I know that with God as my guide, I can navigate my terrain.

Friends! Pondering about how important it was to seek God's guidance in all areas of my life, not just when I was out for a run. In *Psalm 32:8*, it says,

“I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you”.

God's promises to guide us and teach us the way we should go, if only we are willing to listen and seek his counsel.

I felt a sense of peace and clarity wash over me, as I ran. I knew that God was with me, guiding me every step of the way. Even when the road ahead seems uncertain, I trusted in his plan for me. In *Psalm 25:4-5*, it says,

“Make me know your ways, O Lord: teach me your paths. Lead me in your truth and teach me, for you are the God of my salvation; for you I wait all the days long”.

I knew that as I waited upon the Lord and trusted in his ways, I would be led in truth and guided along the right path.

The time had come to turn around and I began to make my way back home, as I reached the halfway point of my run. The sun had risen higher in the sky now, casting a warm glow over the world around me. I thought about how grateful I was for this time alone with God, out in nature, seeking His guardian and wisdom.

Personally I felt how running helped me to clear my mind and focus on what truly mattered. In *Psalm 46:10*, it says:

“Be still, and know that I am God”.

In the hustle and bustle of everyday life, it can be easy to lose sight of what is truly important. But in moments of quiet and stillness, we can hear God's voice speaking to our heart, guiding us and leading us in the right direction.

I felt a sense of peace and contentment wash over me, as I neared the end of my run. I knew that no

matter what lay ahead, God was with me, guiding me and lighting the way. In *Psalm 16:11*, it says,

“You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore”.

I knew that as long as I sought after God and walked in his ways, I would find joy and fulfillment beyond measure.

A sense of gratitude washed over me as I finally reached my front door and caught my breath. I knew that this time spent running and seeking God's guidance had not been in vain. In *Psalm 119:105*, it says:

“Your word is a lamp to my feet and a light to my path”.

Just as a lamp lights the way in the darkness, so too does God's word illuminate my path, showing me the way forward even when the road ahead is unclear.

So I will continue to lace up my running shoes and step out into the world, seeking God's guidance and wisdom every step of the way. For I know that

with Him as my guide, I can navigate any terrain and overcome any obstacle. In the words of *Psalm 37:23-24*,

“The steps of a man are established by the Lord, when he delights in his way; though he falls, he shall not be cast to headlong, for the Lord upholds his hand”.

And so, with God as my guide and source of strength, I will continue to run the race set before me, knowing that he is always by my side. I will trust in his plans for me and find peace in his presence, with each step I take.

In *John 14:26*, Jesus promises his disciples that the Holy Spirit will be sent to them to guide them in all things. This promise is a source of comfort and assurance for all believers, knowing that they do not have to navigate life challenges alone. Just as the Lord upholds the hands of the righteous and prevents them from falling headlong, so too does the Holy Spirit provide wisdom, comfort, and strength to those who seek Him.

With this assurance, I can trust in God's master plan for me and find peace in his presence, no matter what challenges may come my way.

Friends, as I press on towards the goal, I can do so with confidence, knowing that I am not running this race alone, but with the strength and guidance of the Holy Spirit leading me forward.