

Running and Walking in the Bible

Isaiah 40:31 New International Version (NIV)

³¹ but those who hope in the LORD will renew their strength.
They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint

Romans 9:16 Common English Bible (CEB)

¹⁶ So then, it doesn't depend on a person's desire or effort. It depends entirely on God, who shows mercy.

Hebrews 12:1 The Message (MSG)

Discipline in a Long-Distance Race

¹² ¹⁻³ Do you see what this means—all these pioneers who blazed the way, all these veterans cheering us on? It means we'd better get on with it. Strip down, start running—and never quit! No extra spiritual fat, no parasitic sins. Keep your eyes on *Jesus*, who both began and finished this race we're in. Study how he did it. Because he never lost sight of where he was headed—that exhilarating finish in and with God—he could put up with anything along the way: Cross, shame, whatever. And now he's *there*, in the place of honor, right alongside God. When you find yourselves flagging in your faith, go over that story again, item by item, that long litany of hostility he plowed through. *That* will shoot adrenaline into your souls!

Philippians 3:13-14 The Message (MSG)

Focused on the Goal

¹²⁻¹⁴ I'm not saying that I have this all together, that I have it made. But I am well on my way, reaching out for Christ, who has so wondrously reached out for me. Friends, don't get me wrong: By no means do I count myself an expert in all of this, but I've got my eye on the goal, where God is beckoning us onward—to Jesus. I'm off and running, and I'm not turning back.

Micah 6:8 Common English Bible (CEB)

⁸ He has told you, human one, what is good and what the LORD requires from you:
to do justice, embrace faithful love, and walk humbly with your God.

The Road to Emmaus as a Model for Walking “With”

Encounter on the Emmaus road

¹³ On that same day, two disciples were traveling to a village called Emmaus, about seven miles from Jerusalem. ¹⁴ They were talking to each other about everything that had happened.

¹⁵ While they were discussing these things, Jesus himself arrived and joined them on their journey. ¹⁶ They were prevented from recognizing him.

¹⁷ He said to them, “What are you talking about as you walk along?” They stopped, their faces downcast.

¹⁸ The one named Cleopas replied, “Are you the only visitor to Jerusalem who is unaware of the things that have taken place there over the last few days?”

¹⁹ He said to them, “What things?”

They said to him, “The things about Jesus of Nazareth. Because of his powerful deeds and words, he was recognized by God and all the people as a prophet. ²⁰ But our chief priests and our leaders handed him over to be sentenced to death, and they crucified him. ²¹ We had hoped he was the one who would redeem Israel. All these things happened three days ago.

²² But there’s more: Some women from our group have left us stunned. They went to the tomb early this morning ²³ and didn’t find his body. They came to us saying that they had even seen a vision of angels who told them he is alive. ²⁴ Some of those who were with us went to the tomb and found things just as the women said. They didn’t see him.”

²⁵ Then Jesus said to them, “You foolish people! Your dull minds keep you from believing all that the prophets talked about. ²⁶ Wasn’t it necessary for the Christ to suffer these things and then enter into his glory?” ²⁷ Then he interpreted for them the things written about himself in all the scriptures, starting with Moses and going through all the Prophets.

²⁸ When they came to Emmaus, he acted as if he was going on ahead. ²⁹ But they urged him, saying, “Stay with us. It’s nearly evening, and the day is almost over.” So he went in to stay with them. ³⁰ After he took his seat at the table with them, he took the bread, blessed and broke it, and gave it to them. ³¹ Their eyes were opened and they recognized him, but he disappeared from their sight. ³² They said to each other, “Weren’t our hearts on fire when he spoke to us along the road and when he explained the scriptures for us?”

³³ They got up right then and returned to Jerusalem. They found the eleven and their companions gathered together. ³⁴ They were saying to each other, “The Lord really has risen! He appeared to Simon!” ³⁵ Then the two disciples described what had happened along the road and how Jesus was made known to them as he broke the bread.