

Jerusalem Walk: Nazareth to the River Jordan (30 miles)



Read and meditate on Scripture, Matthew 3:1-3, 13, 17, 4:1:

At that time John the Baptist came to the desert of Judea and began preaching. “Turn away from your sins,” he said, “because the kingdom of heaven is near!” John was the man the prophet Isaiah was talking about when he said, “Someone is shouting in the desert. ‘Prepare a road for the Lord; make a straight path for him to travel!’ ...Jesus arrived from Galilee and came to John at the Jordan to be baptized by him. But John tried to make him change his mind. “I

ought to be baptized by you,” John said, “and yet you have come to me!” But Jesus answered him, “Let it be so for now. For in this way we shall do all that God requires.” So John agreed. As soon as Jesus was baptized, he came up out of the water. Then heaven was opened to him, and he saw the Spirit of God coming down like a dove and lighting on him. Then a voice said from heaven, “This is my own dear Son, with whom I am pleased.” Then the Spirit led Jesus into the desert to be tempted by the Devil.

Our Lenten Prayer: *O God, as we begin our Lenten walk that will take us all the way to Jerusalem, we remember those early steps in faith which our Savior Jesus took from his hometown of Nazareth in Galilee, bringing him to the banks of the River Jordan and baptism at the hands of John the Baptizer. Could Jesus imagine all that was in store for him? Help us in our own journey of faith to be open to your leading and the truth, wisdom, and blessing that you are ready to impart to us. Amen.*

St. Paul Lenten Faith & Fitness...

Suggested Activity: We are baptized with water. We also need it to live and thrive day-by-day. Count and record the cups of water and other fluids you drink daily over the next 3 days. (1 cup=8 fluid oz.) **Make a commitment to improve your hydration from water and beverages.**

Some facts for the Road: Although the amount of hydration essential for our well-being can vary depending on climate, clothing worn, amount of exercise, and personal health conditions, on average men should be consuming 13 cups of fluid daily (water, tea, coffee, juices), while women should be drinking 9 cups to maintain healthy body functioning.