

Congratulations! We are 7 days in - one full week!

Let's look one more time at "Endurance" 9/22/2020

The first week was relatively easy. Starting is always fun. A new challenge, new community, new goals.

I find it fascinating that as of 1:30pm today, not a single one of us has commented on the WhatsApp thread.

Yes, that's what one week will do.

As the daylight hours grow shorter and the temperature drops, it will become more challenging.

"Endurance" will take on new meaning. No longer simply what we are challenged to do in any single outing, rather the cumulative endurance needed to continue on, each day, with our commitment. Seven days in. Ninety three to go. That can look HUGE as a number.

I learned years ago that when challenged with running or walking up a steep hill it is best to look at my feet, and breathe, not look at the incline. I count to sixty, or maybe one hundred, one step at a time, and then... I'm there.

100 days is a big hill, unless we keep it simple, taking on the challenge one day at a time. What will you do TODAY to maintain your commitment?

Consider the same for your prayer life, or other spiritual disciplines. Consider allowing your daily 100 day fitness challenge to BE a spiritual discipline.

Yesterday, Rosie and I walked a gentle 2-1/2 miles earlier in the morning, when the day was still young. Unhurried. Rather than squeezing it in at the end of a full day. It was a joy, rather than a duty.

May you be divinely directed with every step of your journey in what is best for you - for your physical growth, and your spiritual growth.

Love to you all. You are an AWESOME group! Wish there was an easy way to "like" each and every one of your posts without blowing up the text thread!

MommaMimi

Hebrews 12:1 Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. **And let us run with endurance the race God has set before us.**