

Walking for Good Health

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Within four months, I have walked 300 miles. Walking offers several benefits for our daily lives: a) discipline, b) energy, c) confidence, and d) challenge. It builds good health, and people want to be healthy. It all begins with making a commitment to start walking regularly. Everybody walks from one point to the next for daily activities. But if the person extends the walking for longer distances on a regular basis, then it can become exercise for better health. People want to control their weight to be healthy. The desire for better health drives an enormous industry, made up of healthcare professionals, weight management businesses, and so forth.

Likewise, walking by faith helps Christians to grow spiritually. Unless we walk daily, we cannot grow physically nor spiritually. In the Bible, it says, “for we walk by faith, not by sight.” The Apostle Paul writes his letter to the Corinthian Church to walk by faith “...to please the Lord Jesus for we must all appear before the judgment seat of Christ, so that each one may receive what is due for what he has done in the body, whether good or evil (2 Corinthians 5:7-10).” God has given us one life to live on earth. At the end of this pilgrim journey, we must give an account of how we lived for Christ at the judgment. Life continues beyond this earthly life. The Bible teaches us about life after death (1 Thessalonians 4:13-18; Revelation chapters 20-22, etc.).

Before it is too late in this pilgrim’s journey, let’s walk this life by faith. God is the Giver of this life that we are responsible for in how we live both physically and spiritually. God has allowed us—as stewards of our lives—to manage our wealth, talents, knowledge, and service for the kingdom of God.