

Monday, March 22, 2010

A Prayer Walk

In an attempt to loose weight and lower my blood pressure I had committed to walking one hour everyday. A friend sent me a very simple 2 line prayer that I used as a mantra. I do not know who actually wrote it, but I enjoyed using it. Sometimes I would try to think of all the things I have to be thankful for and it was humbling other times I would think of what I *"need"* and that brought me up short on thinking of the difference between wants and needs.

THANK GOD FOR WHAT YOU HAVE.
TRUST GOD FOR WHAT YOU NEED.

There was something comforting, calming and reassuring about repeating it.

~Lynda Spring