

Walk To Jerusalem

Thank you for volunteering to participate in a physical and spiritual journey to Jerusalem during Lent. Our goal is to “walk” 6,587 miles from Royal Palm Beach to Jerusalem before Easter.

Anyone can participate regardless of your age or physical fitness level. All types of exercise will count, even day-to-day walking around.

You can to include prayer time and recitation of the rosary as a way to earn miles. Twenty minutes of walking, swimming, stretching, biking or **praying** equals one mile.

Keep track of your physical movement at home, at the mall, or at the gym, each day, while reflecting on Scripture www.usccb.org/lent. **Always check with your Health Care Provider before starting any new exercise.**

Write the miles on the chart below. Please note that in calculating the number of miles walked:

2,000 steps equals 1 mile

Every **20 minutes** of aerobic exercise or Praying (swimming, tennis, etc.) equals **1 mile**.
Bicycling, walking, or praying for **10 minutes** would be equal to 1/2 mile or **.5 miles**.

Making the Decision - “For we walk by faith, not by sight.” 2 Corinthians 5:7

We make decisions everyday regarding our physical, spiritual, and emotional health. It is so easy to procrastinate and fill our days with everything but that which is good for us. During this *walking journey*, decide to be a **good steward of the body God has given you**. May you walk by faith and grow stronger spiritually and physically as you spend time with your Heavenly Father.

Please go to the OLQA WEB site and under the ministry tab you will find the Health and Wellness Ministry area. On that site you will find a packet of reading and reflections to use during your Journey to Jerusalem. This will assist with your spiritual health while you are walking for your physical health.

Questions to ponder as you walk:

- How has my faith developed throughout the year?
- What steps am I taking to strengthen that faith?
- Were there special people who mentored me in my faith?
- Is God telling me to step out in faith about some issue?