

EXERCISE

As the years have gone by it has become harder for me to have the time and energy to get the vigorous exercise I formerly did and I've had to settle for an occasional lunchtime walk at work. I work in a large building where there are small one-worker cubicles just large enough for computer, a desk and a chair. As I walked around the outside perimeter walls of the cubicles, I noticed the lists of names of all the employees posted on the end of each row. Soon I got the idea that I would use my time twice by praying for the names on the list. Occasionally, I'd recognize a name of someone I knew, but most of the names were unfamiliar. Soon I found myself praying for people that I did not know, spouses I would never meet, children that I'd never see and illnesses and other problems that I did not know the details on.

I soon began to focus less on my on problems, my aches and pains and other trivial things and begin to focus more on the needs of the unknown co-workers on those lists. On my first lap I would pray for the first name on the list at each aisle and on the next lap the second person and so on. Soon I realized that I was praying, by name, for 300-400 people during a single lunchtime walk. It reminded me of when Joshua walked around the walls of the city for six days and on the seventh, the walls fell down. The difference was, in this case, I was walking around the cubicles and praying that God would break down the walls around these people's hearts. I am now beginning to have others join me in these walks and would encourage you to do the same.

JOS 6:3 March around the city once with all the armed men. Do this for six days.

⁴ Have seven priests carry trumpets of rams' horns in front of the ark. On the seventh day, march around the city seven times, with the priests blowing the trumpets.