

LOWLY MASTER

John 13:4-5, 14-15

Jesus got up from the meal, took off his outer clothing, and wrapped a towel around his waist. 5 After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him.

14 Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. 15 I have set you an example that you should do as I have done for you.

Are your feet hurting from the many kilometres you have been walking today? Maybe, as you walked along the beach, you took your shoes off and felt the nice sensation of sand in between your toes. Are you barefoot now? Or are your sandy feet back in their walking shoes? In the days of Jesus, walking along dusty roads in sandals made for filthy feet. It was a lowly task for a slave or household servant to wash people's feet as they entered their host's house. Jesus turns this on its head, as he, the host himself and a revered teacher of high status among the disciples, stoops down low to wash their feet. It is an act of selfless humility. Then Jesus commands us, his disciples, to go and do likewise! In our day and age, humility is often mistaken for weakness. Not so the powerful, life-transforming humility of Jesus. Let's be bold, humble ourselves and do likewise.

Loving Jesus, you have shown us the way of what is required of us to walk humbly with our God. You yourself have gone before us and led by example, and even more, you sacrificed yourself so that we can live in closeness with God. Continue to teach us your way of servitude and humility as we step out day after day to bring your love to live. In your name, Amen.



Thank you for participating in Walk my Way! With your amazing efforts of fundraising and your commitment to walking a long distance today, you truly bring Christ's love to life. Thank you for helping Australian Lutheran World Service to support the education of children in various refugee camps.

To make the long journey you have in front of you today more enjoyable, immerse yourself in this devotional booklet. As you walk through nature and soak in the tranquillity and beauty of God's creation, take some time out to reflect on our amazing God through the study of some Scripture passages. You can start by reading the Bible passage and then allowing yourself some time to contemplate what you have read as you walk along. There is also a reflection on each passage to give your mind a few impulses and inspirations. As you pray the prayer at the end of each little devotion out loud or quietly in your head, try to sync the words with your footsteps and your breath. Be blessed as you walk and meditate on God's Word at the same time!

Scripture passages are taken from www.biblegateway.com and are from the NIV translation.

THREE THINGS

MATTHEW 16:24-26

24 Then Jesus said to his disciples, “Whoever wants to be my disciple must deny themselves and take up their cross and follow me. **25** For whoever wants to save their life will lose it, but whoever loses their life for me will find it. **26** What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?

Jesus requires his followers to be completely different than what we would expect from a worldly perspective. Knowing Jesus causes a paradigm shift in us. The world promotes self-fulfilment, focus on self and a right to follow our dreams and desires. Jesus teaches self-denial. Does this attitude come easy to you? You are not alone. As we are filled with the Holy Spirit daily, it isn't us living but Christ in and through us. Jesus also never said that following him would be easy. Instead, he asks us to pick up our cross daily. What is your cross? Jesus carried a gruesome, heavy cross up a hill to His death. Through it, He has freed us from condemnation forever and has restored us to the Father. The way of Jesus is full of obstacles and hardship, but Christ also promises to walk with us and carry our burden, our crosses, with and for us if we come to him with them. 1 Peter 5:7 reminds us to 'cast all our anxiety/burdens on him, because he cares for us.' Jesus wants us to follow him. Let's walk with him along the path of life. What is your greatest joy in following Jesus? Tell Him in prayer now.

Holy Jesus, my greatest joy in following you is... To walk the road with you isn't always easy, but please strengthen and guide me every day as I long to follow you. Give me courage to deny myself and put my focus on you and what you would want me to do in a situation. Please help me carry my burdens when they seem too hard to bear. I know you are always with me, you are the Good Shepherd who comforts and sustains me forever. In your precious name I pray. Amen.

PRESS ON

Philippians 3:10-12

¹⁰ I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, **¹¹** and so, somehow, attaining to the resurrection from the dead. **12** Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me.

Pressing on toward the goal - is that something you are doing right now as you walk? What motivates you to keep going? We can ask ourselves that question about anything we want to complete and push forward to finish the task. Is the kingdom of God high on our agenda? It is normal to go through stages in our journey with God. Sometimes we are highly motivated and sometimes He is the last thing on our mind. How thankful we can be that it's not up to how passionately we pursue God but about how passionately He pursues us. He is the best possible goal we could ever press on to attain. He cheers us on every step of the way as we come closer to finishing the race, holding on firmly to the hope we have of being united with our Father in eternity.

Heavenly Father, I long to spend eternity with you. Lead and guide me every step of the way so I walk in tune with you and your will. In Jesus' name. Amen.



TRUE SACRIFICE

Psalm 51:15-17

Open my lips, Lord,

and my mouth will declare your praise.

16 You do not delight in sacrifice, or I would bring it;
you do not take pleasure in burnt offerings.

17 My sacrifice, O God, is a broken spirit;
a broken and contrite heart
you, God, will not despise.

What is worship to you? Gathering with other Christians on Sunday morning is important and can be a climax of our week. And our worship of God doesn't end there. In some ways, everything we do can become worship if it is done with a heart set on God. As you walk along the path now and complete Walk my Way, you worship God in a special way. You support and empower the weak through this walk. In 2 Corinthians 12:9, St Paul reminds us that God says 'My power is made perfect in weakness'. Whether you feel on top of the world or broken inside, God asks us to come as we are, not in our own strength but in weakness so He can fill us with strength that comes from Him. And being willing to live in and receive God's strength is a beautiful way to worship.

Living God, as my feet get tired, fill me with your strength to keep on walking to the end. In the same way, as I walk through daily life, let me live in your strength alone with a heart devoted to you. In Jesus' name. Amen.

WALK HUMBLY

MICAH 6:6-8

With what shall I come before the Lord
and bow down before the exalted God?

Shall I come before him with burnt offerings, with calves a year old?

⁷ Will the Lord be pleased with thousands of rams,
with ten thousand rivers of olive oil?

Shall I offer my firstborn for my transgression,
the fruit of my body for the sin of my soul?

⁸ He has shown you, O mortal, what is good.

And what does the Lord require of you?

To act justly and to love mercy and to walk humbly with your God.

Following God is as simple as it gets and as difficult as it gets. When we walk with God and want to do it justice, nothing is required of us that we have to fulfil every day in order to be a good Christian. We are not forced to read our Bibles, go to church, talk to God in prayer, give thanks for our food and other belongings. Yet if we think about it, everything is required. How does God want us to worship him? No outward sign of our devotion would ever be enough to please Him. God knows our heart and He looks straight into the depths of our soul and knows what's there. What does God require? He desires a heart devoted to him above all else. A heart and mind full of God naturally is drawn to expressions of devotion to God. It desires to read the Bible, it wants to communicate with God in prayer and meet with other believers in worship at church. A heart set on God is humble and seeks justice and kindness in His name. Will you walk humbly with your God today?

Loving Father, teach me your way of humbly walking with you. Give me a heart set on you above all else, a heart overflowing with love for my neighbours and the people that cross my path each day. Open my eyes to see the opportunities you set before me to share your love with them. Let me be your eyes, your feet, your mouthpiece in this world and let this be my true act of worship and devotion to you. In Jesus' name. Amen.

BY THE STREAM

PSALM 1:1-3

**1 Blessed is the one who does not walk in step with the wicked
or stand in the way that sinners take or sit in the company of mockers,
2 but whose delight is in the law of the Lord,
and who meditates on his law day and night.
3 That person is like a tree planted by streams of water,
which yields its fruit in season
and whose leaf does not wither—whatever they do prospers.**

The Book of Psalms is also called the Prayer Book of the Bible. In it, most human heart conditions are addressed and prayerfully brought before the Lord, sometimes as an outcry and a lament. In this Psalm, a beautiful picture is painted of a lush tree growing by a stream, roots deeply anchored near the riverbed. Maybe you are walking past some trees right now and can see the grandeur of their lush leaves? The roots of trees are nearly as deeply anchored in the ground as the tree is high above the earth. Amazing if we think about it. As a faithful child of God, if you have your roots deeply anchored in the Word of God and if you keep a close relationship with Him by involving Him in your daily life and decisions, you are like that healthy tree. God is the one who gives us the ability to have a loving relationship with Him, and there are also things we can do to strengthen this relationship and make it more meaningful. In Deuteronomy 11:18, God reminds us: 'Fix these words of mine in your hearts and minds; tie them as symbols on your hands and bind them on your foreheads.' We walk more in step with our Lord when we know His Word well by immersing ourselves in it as often as we can and is practical for us. And how wonderful-you are doing that right now as you walk to support refugee children and meditate on God's Word at the same time!

Dear Lord, I thank you for making me a part of your flock. Feed me with your Word every day so I can be deeply rooted in you. You have the words of eternal life. Make me hungry and thirsty for them, make me want to soak them up like a strong tree planted by the stream. I want to know you more and more. In Jesus' name. Amen.

