



Volume 5, No. 3, March, 2017



*Walking in the Light*

Like a lamp unto your feet  
 A light from heaven glows,  
 From the land which needs no sun or moon  
 Nor ever darkness knows.  
 And radiant with a living splendor  
 Makes the way so bright,  
 You can walk, safely walk,  
 On the upward path of right.

Like a lamp unto your feet,  
 The holy light beams shine,  
 With the brightness of a cloudless sun,  
 A glory all divine.  
 Tho' you must go 'mong bri'rs and brambles,  
 Nothing shall you fear.  
 Ever walk, safely walk  
 In the light so white and clear.

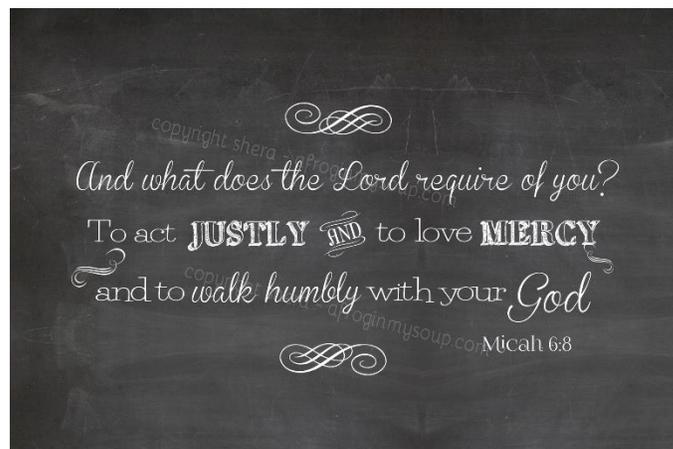
Like a lamp unto your feet,  
 The light makes plain the way.  
 Turning not aside where shadows linger,  
 Lest afar you stray;  
 Keep in the path, tho' it is stony,  
 Never need you fall,  
 Ever walk, safely walk,  
 In the light that shines for all.

**Chorus:**  
 O walk, walk, walk in the light of God

In the light, the perfect light,  
 Making plain the path or right,  
 Walk in faith, walk in trust  
 Up the slope where saints have bravely trod;  
 Keep the narrow way,  
 Leading on to endless day,  
 Walk in hope, glowing hope,  
 Walk in peace, calm and peace,  
 In the perfect light of God!

James Rowe, 1911  
 Samuel W. Beazley, 1911

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*Walk with God*

by Kathy Webber

*In the beginning was God,  
 and God chose to create man.  
 Then God created man a helpmate;  
 This was simply part of God's plan.*

*Someone to walk beside man;  
 Someone to share his life.  
 Someone to help man walk with God;  
 A special someone, who became man's wife.*

*Today standing before God, family and friends,*

*We pledge our love to one another.  
Love is a choice, and love is taught;  
As I was--by my father and mother.*

*With you, I choose to be kind and patient;  
I choose to endure and to bear all.  
I choose to walk beside you;  
And as God said, to help you if you fall.*

*In this vast number of mankind,  
It is you, I have chosen to love  
But what will sustain us through life's tomorrows,  
Is our focused walk with God above.*

*Kathy Webber, Rolla, Missouri*

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***Therefore a man shall leave  
his father and his mother  
and hold fast to his wife,  
and they shall become one flesh.***

Genesis 2:24

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## **Walking with God—Peace & Comfort**

I talked with a Christian young man the other day whose life had been full of turmoil. His parents were divorced; he lived with a blended family where siblings did not get along; and on top of all that his mother had been diagnosed with cancer!

He was beside himself because his mother asked him to come and be with her through the process. He said he wanted to have faith, but just didn't know what he would do if his mother passed away.



We talked about the power of prayer and the comfort the son would have, knowing he would be able to spend those days with his mother. I reminded him, though, that the answers to his prayers may not always come in the way he wished.

I told him about the beautiful place God has prepared for those who follow Him, and that God could give her a very special gift – the release from the pain and trouble of this

life for a better one. He said he had never thought about death that way, and really seemed to appreciate seeing a different perspective.

God blessed others with a similar gift. In 2 Kings 2:11 a chariot of fire and horses of fire appeared and Elijah went up to heaven in a whirlwind. In Genesis 5:24 Enoch walked faithfully with God; then he was no more, because God took him away.

In Deuteronomy 34, Moses climbed Mount Nebo, and the Lord showed him the whole land. The Lord said, "This is the land I promised on oath to Abraham...I have let you see it with your eyes, but you will not cross over into it." Moses died there in Moab, as the Lord had said. His eyes were not weak nor his strength gone.

Death is not something to fear or dread if we have a relationship with God. It is merely a passage to the eternal life with our loving, heavenly Father.

Lorna Smith, Lubbock, Texas  
©November, 2016

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## **TAKE A WALK**

My roommate and I recently took a trip to Louisville, Kentucky, and we stayed at a location near many points of interest. Parking was scarce, so we walked to many sights. Because I walked, I knew those sights better than if I had driven. Each night after walking so much, I fell into bed feeling accomplished.

My job requires me to work in a centralized location. Sometimes I realize that I have taken very few steps during class. During my lunch breaks, I walk and enjoy the beautiful campus. On our property I can go down the trails toward the spring. Walking gives you headspace, a chance at fresh air, and a change of pace. Literally. We walk to get somewhere. We are taught young to stay on the path, and we do this so we know where to go



and to cause no harm to the plants and animals living along the path. Walking has some real physical health benefits such as lower blood pressure, weight loss, and improved mental health.

This summer I stayed a few days with my grandparents in Oregon where there are countless hiking and walking paths. One in particular takes the traveler up on a huge cliff side. Though you cannot see this colossal cliff, you

know to follow the directions on the path to end up there. Again, this is very applicable for our spiritual walk. The Lord knows where we are going, what twists and turns are up ahead; and that's where our faith knows He will lead us. Jesus walked a lot. Walking is a perfect metaphor in our spiritual lives. Sometimes I struggle with my prayer list, and prayer walks are such a good way to grow in the Lord.

The directors at camp senior week set aside time called Disciple Walk. They had us reflect that. The act of walking itself is mindless—just put one foot in front of the other. We can take a walk and clear our thoughts. On the flip side, you can take a walk and contemplate anything. As Jesus and His disciples walked, He used those times for teaching. Camp leaders did the same as we asked the campers questions. They were able to build on that, and we all grew from those times. Another time at camp, we did a Walk and Talk time, pairing up with someone and walking around camp discussing the devotionals and Bible classes. One of my first deeper conversations was with one who has become a dear friend, all because of the Walk and Talk.

Consider these scripture references.

Genesis 5:24 ***“Enoch walked with God, and he was not for God took him.”***

Micah 6:8b ***“what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?”*** Our walk in Faith must be done with humility. We don't observe the OT sacrifices and feasts any more. We just need to serve the Lord, fear Him and be humble servants. He is the Most High God and demands that we remember our place.

Deuteronomy 8:6 ***“So you shall keep the commandments of the Lord your God by walking in His ways and by fearing Him.”*** Our walk of faith is deeply personal. God is with us from beginning to end, including the ugly parts of our walk. He taught the children of Israel to fear Him by punishing them. This is a haunting reminder to always walk in obedience, not just when it's convenient.

Psalms 1:1-3 ***“Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the Lord and on his law he meditates day and night.”*** This passage is about walking with morality, knowing that God's word and direction must be at the heart of our walk. We grow in our faith; we are rooted in the Lord. We cannot be shaken when we remember how we ought to live and who to follow.

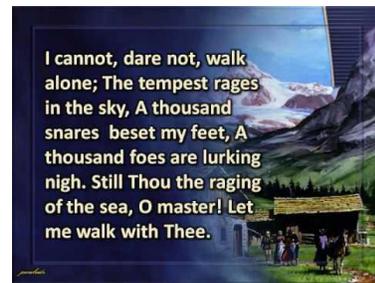
God desires fellowship with man, and we need fellowship with one another. We know that God is always with us on our walk, but it is amazing to think of those with us on our faith journey. Some, especially family, are with you all along. God has put some people in my life for “just a moment” to teach me something incredibly valuable. Our walks are all intertwined.

So go out and take a physical walk and become more conscious of your spiritual walk. Some people connect with God by taking strenuous mountain hikes to experience literal dependence on God while out in the elements. It gets them re-centered in their faith. With other friends, we walk around the block and see flowers growing out of cracks—and learn to thank God for growth through hard times.

God's purpose for us is so special that He has a plan for every one of us (Jeremiah 29:11), which reaffirms that He has our story written. With this in mind, we should have confidence in our walk in life. It is very humbling to me to look at my young life and know what God has done for me.

Courtney Baxter, Rolla, Missouri  
©October, 2016

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### **LET ME WALK WITH YOU, JESUS**

*Let me walk with you, Jesus,  
I know that you understand,  
I can't walk alone, dear Jesus,  
So please just hold my hand.*

*For old age has crept upon me, dear Jesus,  
I feel so weak and alone,  
So I know that You will soon,  
Be calling me home.*

*I know You have a mansion for the cripples, deaf  
and blind,  
The ones not able to stand,  
But I have a friend forever,  
I know you will hold my hand.*

*So keep me humble, dear Jesus,  
At the foot of the cross.  
So have mercy upon my loved ones,  
That they will be saved and not lost.*

*So walk along with me, Jesus.  
Along this rough rugged way,  
I know that you love your children  
And I thank you for showing me the way.*

*So walk along with me, Jesus,  
I know You understand,  
So please, dear Jesus, I pray  
Just hold my hand.*

*Written by **Nettie Holt**,  
Maternal grandmother of Nettie Martin, Rolla, MO*

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### **KEEP WALKING!**

Walking. For most of us, it comes very naturally, and we can't really even remember learning to walk. We know from watching our own children, however, that walking is learned by trial and error. We know there are steps that lead to walking such as creeping, crawling, pulling up, walking. There are lots of falls, bumps and bruises in the process of learning to walk. It is something natural, but it is learned. Walking is vital to us all.

Walking with God is the most important walking we will ever do. Like babies learning to walk, it is sometimes a process of "falls, bumps and bruises" along the way. Most of us learn to walk with God relatively well, as in developing strong habits of Bible reading and study, praying and attending services regularly. We are particularly blessed with older, faithful Christians who continue their faithful walk to the end.

In his book, "My Daily Walk with God," Charles B. Hodge, Jr. said, "All God has ever wanted from anyone is a daily walk with Him. God walked and talked with Adam and Eve in the cool of the day (Genesis 3:8). Enoch walked with God, and God took him (Genesis 5:21-24). This walk is by faith (2 Corinthians 5:7). This walk is by humility (Micah 6:8). This walk is in the Light (1 John 1:7)." His book is an excellent reference for deepening our walk with God.



No one walks perfectly all day every day. The most important thing is to keep

trying, just as babies continue to get up and try again. As Winston Churchill said in a different context, "Never, never, never, never give up!" Keep getting up. Keep walking!

Evelyn Waite, Rolla, Missouri

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### **GOD AND JESUS LOVE ALL PEOPLE**

I want to write about poor people and slow learning people. The reason I am writing is this: in the Bible, Proverbs 14:20 says poor people are hated, even by neighbors, but those who are rich have many friends. Some of the people I have seen in the past would rather be with rich people.

It is the same way with slow learning (as with the poor), and I have been very poor and also slow learning. I am trying to get this out of my mind and move on. True Christians should not mind if a person is poor or slow learning. God made all people. God and Jesus love all people.



Maybe a poor or a slow learning person could be rich with love in their heart. Even rich people might learn something from poor or slow learning people. The main thing is being loving, caring, and concerned for all people.

We Christian people should be good examples for other people, especially for the slow learning. God said to Moses in Exodus 4:12: "...go and I will be your mouth and teach you what you are to say." Therefore with God's help, we need to trust God to help us. God and Jesus are the best teachers that we will ever have.

**Shirley Isbell**, Rolla, Missouri  
October, 2016

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A logo for "Sunrise" featuring a stylized sun and the text "Sunrise The Newsletter For Women By Christian Women". Below the logo, there is a paragraph of text: "Sunrise is a monthly newsletter written and/or assembled by members of the Rolla Church of Christ. All previous issues can be accessed by going to <http://www.seekgrowserve.org>. Click on Resources, then on Sunrise Newsletter. You will find the current issue plus all previous issues." The entire content is enclosed in a black border.

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