# 1 🔳 The Long Walk

It is easier, if you know where you're going!

#### 2 回 Amazon Adventure

•Ed Stafford, a former British army captain made a perilous 4,200-mile walk across the length of the Amazon River.

•It took him over two years and along his route he encountered,

deadly snakes,

•cocaine smugglers,

hostile villagers, and

•nasty crocodiles.

•Why did he do it?

### 3 回 Never been done

•Stafford started his trek on April 2, 2008, on the southern coast of Peru.

•His original traveling companion, another Englishman, left him after three months, but Stafford kept going.

•Not wanting to see this Brit go it alone, a local by the name of Cho joined him and stayed with him until they both reached the Atlantic Ocean.

•Unlike the explorers of old, Stafford still had contact with the outside world via an Internet satellite phone he carried with him and it enabled him to pass the nights away by downloading TV shows.

•His favorite TV program was The Office.

### 4 回 Motivation

•Stafford is not some eco-warrior out to prove a point.

•It was a challenge he made to himself.

•And that is to do . . .

•something that is not easy, but hard,

•something that has never been done,

•something everyone says can't be done.

## 5 🔳 Amazing Journey

## 6 回 Walking

•One of the reasons why Ed Stafford's arduous journey seems so incredible to us is not only the danger, but the distance he subjected himself to walk.

- •Today we almost need to launch a major media campaign just to motivate ourselves to walk from the couch to the refrigerator.
- •According to the American Journal of Preventive Medicine this lack of walking by children is a major contributor to the escalating rates of childhood obesity.

•In 1969, about 90% of kids who lived within a mile of school walked or rode bikes to get to class.

•In 2004, that number had fallen to only 48%.

•So then, would our ancient ancestors be more surprised by Ed Stafford's walk across the Amazon or our own lack of walking and exercise.

### 7 回 Lots of Walking

•Cari Haus, who writes for the Web site ILuvWalking.com, says Jesus traveled distances on foot that are mind-boggling. Here are some stats:

Jesus, as a young boy, would have walked about 400 miles with his parents during their return from Egypt to Nazareth.

•Every devout male in Galilee would travel to Jerusalem three times a year for religious festivals, which meant a 240-mile round trip from Nazareth. If Jesus followed this pattern every year between the ages of 5 and 30, he would have walked 18,000 miles in trips to Jerusalem alone ( $3 \times 240 \times 25$ ).

•Based on the gospel accounts, Jesus traveled 3,125 miles in his three-year public ministry. His disciples would have walked many of those miles with him.

•That means a conservative estimate of the distance Jesus walked during his lifetime was 21,525 miles. That's a lot of sandals!

#### 8 回 Sojourner

•Sojourner is a word referred to a lot in the Bible. It means a traveller who lives in a place temporarily, a foreigner, a resident alien.

•One of the best examples of a sojourner in the Bible is Abraham.

•Terah took his son Abram, his grandson Lot son of Haran, and his daughter-in-law Sarai, the wife of his son Abram, and together they set out from Ur of the Chaldeans to go to Canaan. But when they came to Haran, they settled there. (Gen 11:31 NIV)

•THE LORD had said to Abram, "Leave your country, your people and your father's household and go to the land I will show you. "I will make you into a great nation and I will bless you; (Gen 12:1-2 NIV)

SO ABRAM LEFT, AS THE LORD had told him; and Lot went with him. Abram was seventy-five years old when he set out from Haran. (Gen 12:4 NIV)
He also said to him, "I am the LORD, who brought you out of Ur of the Chaldeans to

give you this land to take possession of it." (Gen 15:7 NIV)

#### 9 回

#### 10 Spiritual sojourner

•According to Marcus Tso, of Columbia Bible College, there are three important characteristics about a spiritual sojourner.

•They are first of all drawn by God's calling, purpose, and grace.

- •Once God reveals himself to them and lays out his course for their life, they respond in obedience through faith and continue to keep their ears open for further instruction.
- •They keep themselves on the right course during times of trouble and prosperity because their eyes are fixed on the destination not their hardships or pleasures.

## 11 回 The Walk to Emmaus

- •The road from Jerusalem to Emmaus is only 7 miles, however, according to Luke it was an extremely important spiritual journey.
- •Two confused men meet a stranger who seems untouched by the present trouble of the day—as he seems to know the big picture and God's ultimate plan and purposes.
- •The men listen and find their hearts burn again with renewed hope and encouragement.
- •Then sitting down to eat dinner with this stranger and when he gives thanks for the food their eyes are open and they recognize who he is—Jesus.
- •However, in the twinkling of an eye, he disappears from their view and is seemingly gone.

### 12 Companion, Counselor, and Comforter

- •Life can often be full of trouble and disappointment. Things don't always work out they way we want them.
- •Walking this road can lead to even more anxiety and distress—especially if we lose site of the big picture and start fixing our eyes on our troubles, not on our destination or on the faithfulness and goodness of God.
- The truth of the matter is that Jesus does provide good counsel, if we are listening.
  In face of the following promises, do we have the faith to believe them?
  - "And surely I am with you always, to the very end of the age." (Matt 28:20 NIV)
    God has said, "Never will I leave you; never will I forsake you." (Heb 13:5 NIV)
    And I will ask the Father, and he will give you another Counselor to be with you forever (John 14:16 NIV)
  - •But you know him (Spirit of Truth), for he lives with you and will be in you. (John 14:17 NIV)

## 13 God's Provision of Help

- •When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. (Is 43:2 NIV)
- The LORD is my shepherd, I shall not be in want. (Psa 23:1 NIV)
- •Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever. (Psa 23:6 NIV)

### 14 🔳 Communion

- •When we take communion tonight, let us allow the Spirit of Jesus to come up along side of us and speak to us.
- •Let him speak to our fears, anxieties, and failures for he knows that the road and journey is not always easy.
- •Let him bring renewed meaning to our life where hope and confidence has been crushed by disappointment.
- •Let him minister to us by showing us where we are going and what it will be like when we get there.

## 15 🔳 Communion

- •However, as it is written: "No eye has seen, no ear has heard, no mind has conceived what God has prepared for those who love him" but God has revealed it to us by his Spirit. (1 Cor 2:9-10 NIV)
- •I pray also that the eyes of your heart may be enlightened in order that you may know the hope [our destination] to which he has called you, the riches of his glorious inheritance, (Eph 1:18 NIV)

16 
The Lord's supper