

THOUGHT FOR THE DAY: Friday 28th July 2023

By Revd Kit Gunasekera

Walking Companions

I was struck by this, which I read recently from the book *Soulful Nature*

The poet Robert Frost coined the phrase 'talks-walking' to describe those soulful walks he had with his friend Edward Thomas in the South country, which yielded such abundant fruit in the form of their encouragement of each other to write poetry. Here on the old pathway, Howard and I find our selves physically more closely in step with each other. When you're walking quietly, gently, with someone else, you can find your self in synch - with your steps, your breathing, your very sense of being. Perhaps, that's how God likes to walk with us, too...

- *Soulful Nature* by Brian Draper and Howard Green

Its such a privilege, to get to 'walk' with others through life. May we be thankful for walking companions. Let us think of all those who have helped us by walking our lives with us and all those we have helped, by walking with them? This reminds me of the stranger who walked with two downcast disciples on the first Easter Sunday, which can be found [here](#). That same 'stranger' walks with us now.

BIBLE VERSE:

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

- Isaiah 41:10