

Fourth Day Newsletter



Special points of interest:

- The Men's Walk is March 28–30
- The Women's Walk is April 3–6
- Sign up for the 72-hour Prayer Vigil in support of the upcoming Spring Walks at the web site
- It's still possible to sponsor someone for the upcoming Walks...but you need to move today.
- What is God calling you to lay down?

Dakotas' Walk to Emmaus

www.dakotaswalk.org

A Message From The Community Lay Director

I am always in awe at this time of the year as we journey through the Lenten season.

I can't imagine what these days were like to Jesus as he approached the day of his crucifixion knowing full well what lies ahead, and wondering how would any of us handle the same knowledge.

Although none of us probably face crucifixion, we do know what the future holds at some point in our lives.

The question that we each need to face is, are we ready? I don't mean physically, but spiritually.

Have we done and are we doing what the ten Lay talks direct us to do.

Are you continuing on your journey with Christ or have you be-

come stagnant, and just doing what looks good or worse nothing.

Are you active in your church and are you a servant of Christ?

Do you step forward with Christ in your heart to pitch in when needed? Are you a part of a small group, where you seek to continue to study His word?

Are you living your life as an example of Christian love or are you just doing what helps make your resume look better?

As the two Walks approach at the end of this month, I am again re-energized in my personal Walk with Christ as to what I need to do to keep my journey on the right path.

We have two wonderful teams assembled for the coming Walks, although we still can use some more pilgrims, so the time for action is now.

Remember the number one tool for a successful Walk is prayer, so we continue to ask for your prayers.

Last, but not least – pray, pray, pray, pray and then pray some more.

De Colores!

Bob Crawford, Community Lay Director

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Be still and know I am God.

—Psalm 46:10

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Team Requests for Participation

Jan Price, Board of Directors, DWTE

When you are contacted to serve on any team, (regardless of role, whether as an ALD, ATL, ASD, or on the Agape Team) we understand that it may NOT be the best time in your life's journey to do so; we expect you to be able to say no. But, your job is not over with a NO answer. Please carefully pray over the position you were asked to fill and let the Spirit speak to your heart suggesting names of those who you feel might be able to be approached. Prayer is such a powerful tool to

use all and we need not wait until last to use it as a final try. It should be our FIRST response.

Ask for prayers from others to help to fill each open position remaining. God is always open to listening to the cries of our heart.

Pray for the Pilgrims who might be making decisions and waiting to hear God's call upon their lives.

The nudge of the Holy Spirit comes to each person in a different way. Prayerfully support the entire process of loading up the

next Walk to Emmaus with those whom God guides into His purposes.

"No thank you," means I will be willing to pray for someone whom God is lifting at this very moment. Give thanks for that which God is already doing among us and let God's will be done as we get out of the way.

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Now the body is not made up of one part, but of many.

—I Cor. 12: 14

Fourth Day Newsletter

Can You Pray Too Much?

I was sitting in church last Sunday night listening to a sermon on prayer. I was enjoying the sermon...I was definitely connecting with the ideas being shared. And then...the pastor tossed out a question for self reflection, "Can you pray too much?"

Wow! Talk about an attention getting question.

I believe in prayer. I talk a lot about prayer too. But, err, I often don't follow through well with a...

um actually, well...praying.

So this week I have been trying to be more intentional and pray, especially when I don't feel like praying or when I feel tempted or drawn by things that I shouldn't be.

You know what? Prayer works. I am sure someone could tell us why, but I don't really care about why questions anymore. (That's a story for another time.) Anyway, here's what I want you to do: Stop

what you're doing right now and pray.

If you can't think of anything flip open your Bible to Psalm 8 or Colossians chapter 1, I feel sure something will resonate with your soul there.

I mean it stop! Pray!

Can you imagine what it would be like if non-Christians pointed at us and said, "Hey, there's those people who pray too much?"

Our Father who is in heaven...

—Matthew 6:9

Praying the Lord's Prayer

How many times over the course of your life will you pray the Lord's Prayer? (See Matthew 6:9-13)

Have you ever stopped to actually pray through the words Jesus gave us? If not, you've got a special time ahead of you.

I experienced praying through the Prayer for the first time this week at a Bible Study. The experience was beyond words.

I encourage you to pray through the prayer of Jesus. Pause along the way. Listen. Praise God. Thank Him for who He is and what He's done/doing in your life. Seek His forgiveness for yourself and others. Ask for His help in overcoming the temptations of this world.. Take five (or ten) minutes and do it now.

Our Father, who is in heaven, hallowed be Your name.

Your kingdom come, Your will be done, on earth as it is in heaven.

Give us this day our daily bread.

And forgive us our debts, as we also have forgiven our debtors.

And do not lead us into temptation, but deliver us from evil.

For Yours is the kingdom and the power and the glory forever. Amen.

—Matthew 6:9-13

Have a newsletter idea?

Submit it to Craig at

dakwalk@hotmail.com.

Thank you!

An Agape Reminder....

Agape [Pronunciation: ah-gah-pey, ah-guh-pey, ag-uh-] is defined as 1) the love of God or Christ for humankind; 2) the love of Christians for other persons, corresponding to the love of God for humankind; 3) unselfish love of one person for another... (Random House Unabridged Dictionary, 2006).

Agape gifts are an important part

of the Emmaus experience. We ask those of you contributing, making, and/or providing agape to make enough for ALL pilgrims.

Since the facility at Inspiration Hills allows us to host no more than 36 pilgrims, you will need to have agape for 60 in order for it to satisfy this requirement.. Agape given in insufficient numbers will be distributed as pillow agape.

Please do NOT give individual (agape) gifts with names on them. If you wish to give a gift to a specific pilgrim, do so when you are able to give it to them personally. Gifts for specific pilgrims will NOT be placed in the bags given at the letter opening time in the conference room. If you have questions, please contact a board member.

Keeping the Sabbath...the forgotten discipline

As far as spiritual disciplines go, the idea of keeping the Sabbath seems misplaced—very Old Testament for me at first thought.

How is “Keeping the Sabbath” a spiritual discipline? My thinking has changed on this mostly because of the teaching of several Christian pastors I respect. It also doesn’t hurt that both Richard Foster and Dallas Willard consider observing the Sabbath a vital part of a faithful walk with Christ.

A Christian friend of mine back in college faithfully kept the Sabbath. I remember several times when he was out doing something with our group on a Friday night or a Saturday and he would say, “I need to go finish my homework.”

Someone would then ask, “Oh

come on...can’t you finish up on Sunday?” At which point he would share his conviction about keeping the Sabbath.

Looking back, I see that my friend was in better place in his faith than the rest of us. He really only answered to God’s schedule. (He also never studied after 10PM either. As a result, he was never worn out like so many of us. Did his grades suffer because of his convictions? Yes, but he had something, I lacked—which I cannot easily describe.

Regardless of whether “Keeping the Sabbath” is a discipline or not, it is the fourth of the Ten Commandments: “Remember the Sabbath day, to keep it holy.”

When we consider that God

rested after creating the cosmos and all that is in it...including you and me, it seems that we should seriously consider honoring the Sabbath.

Webster’s (www.m-w.com) defines “Sabbath”: “**1b**: Sunday observed among Christians as a day of rest and worship.”

Having been a busy college student and then a teacher, I remember all too well how precious a free day is. As Americans, our struggle is to fit more and more into our busy full schedules. It seems every year I have more and more stuff battling for my time and attention.

How would your life change if Sunday became God’s day...all His, not just Sunday morning?

The spiritual person puts the care of his soul before all else
—Thomas à Kempis

The "Breastplate" Prayer of St. Patrick

The following is part of a longer passage that was on the breastplate of St. Patrick. Since it’s now March, here’s another side of St. Pat most of us have probably never considered...

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I arise today

Through God’s strength to pilot me:

God’s might to uphold me,

God’s wisdom to guide me,

God’s eye to look before me,

God’s ear to hear me,

God’s word to speak for me,

God’s hand to guard me,

God’s way to lie before me,

God’s shield to protect me,

God’s host to save me

Christ to shield me today

Against poison, against burning,

Against drowning, against wounding,

So that there may come to me abundance of reward.

Christ with me, Christ before me, Christ behind me,

Christ in me, Christ beneath me, Christ above me,

Christ on my right, Christ on my left,

Christ when I lie down, Christ when I sit down, Christ when I arise,

Christ in the heart of every man who thinks of me,

Christ in the mouth of everyone who speaks of me,

Christ in every eye that sees me,

Christ in every ear that hears me.

I arise today

«»«»«»

If you were to write a prayer on your own “breastplate,” what would it say?

Devote some time today to consider your words.

God’s life and our lives are bound together, as a vine with branches, as a body with members.
—Rufus M. Jones



What is the Walk to Emmaus About? (Part 2)

As a board member for the Dakotas' Walk to Emmaus Community, you would think I have a good understanding of the Walk to Emmaus. I confess to you that until I started writing content for this newsletter, I was unclear as to what much of Emmaus was about.

If you feel like you're in that same place, I encourage you to look at three resources you should already possess:

1. The Emmaus Service Sheet
2. The Day Four book
3. Your "purple book": The Walk to Emmaus booklet

These resources give you a great place to begin processing all that the Walk was to you...and should remain.

Last week, I pulled out my Service Sheet for the first time in years. I was surprised (in a good way) as I realized how similar the process outlined in the Service Sheet was to the one my accountability partner and I already use.

The Service Sheet touches on much of what is presented in the Walk to Emmaus weekend—stressing your commitments to your spiritual life, your study, and your action as a Christian.

The Day Four book serves to remind us what the content of the Walk was and gives us additional information on the history of the Emmaus movement and the responsibilities of sponsoring others on a Walk.

Use your Walk to Emmaus booklet to enrich your devo-

tional life. Its content offers much to think and pray through—alone and with others.

This leads me to the Fourth Day Group. Regardless your approach to the spiritual life, we all should maintain fellowship with other believers. We gather as a Christian community to worship Christ, love one another, and seek God's will for our world.

I want to challenge you to become more intentional in the way you live. If you do not have a prayer partner, find one. Study the Bible in a group where people are committed to one another. Celebrate your life in Christ with others.

These are the things Emmaus was meant to encourage and support. God Bless.

If you would like to contribute to the newsletter, please submit article ideas and/or content to Craig Walters at dakwalk@hotmail.com. Thank you to those of you who have contributed to the newsletter and the web site.

Dakotas' Walk to Emmaus

Online at

www.dakotaswalk.org

Contact the Newsletter:

dakwalk@hotmail.com

Made to Love

—Craig Walters (dakwalk@hotmail.com)

If you were asked, "What's humanity's purpose from a your (Christian) perspective?" what would you say?

Amazingly, it's been a long time since a non-Christian put this question to me. But if I did, I think I would point them to the words Jesus spoke, "You shall love the Lord your God with all your heart, and all your soul, and all your mind. This is the great and foremost commandment. The second is like it, You shall love your neighbor as yourself" (Matthew 22:37–39).

I am sure we all agree that we continue to fall short of these two commandments. In our

"purple book" (*The Walk To Emmaus* booklet on page 26) as part of preparing for communion, we admit as much:

Merciful God, we confess that we have not loved you with our whole heart. We have failed to be an obedient church. We have not done your will. We have broken your law. We have rebelled against your love. We have not loved our neighbors, and we have not heard the cry of the needy. Forgive us we pray.

So what does this love look like? One answer is that it wears a servant's heart in thought and action...resulting in seeking the greatest good of others before

ourselves. This is the core goal of Emmaus: to produce servant leaders.

Serving and loving others is not an easy thing to do. When I was in Youth With A Mission (YWAM), a friend of mine used to say (all the time), "I can't love anyone in my own strength." Although I understood his words in my head, it's only been recently that my heart has understood as well.

I think what my friend was driving at was this: we must stay continually connected to God in order to act in love. God is the source of love...and we are to give it as we have received it.