

# Emmaus Journey

➤➤➤ A Journey *To And With* Christ!

*Sometimes we need slow down before we can speed up! Perhaps before you get too far into your journey you should consider a pit stop!*



**LIVING TRUTH**  
MINISTRIES

## Time for a pit stop!

I want to be honest right up front—when my wife reads this newsletter she's going to wonder, "Why doesn't he follow this advice when we go on vacation?" You see, I'm terrible when it comes to taking road trips. I love to just get there. I don't like to stop. Our last vacation was to Florida, and yes we drove. The bad part is we made it from Marysville, Ohio into Florida in a day—with twins who were only about 4 years old! Not much stopping time on this trip.

This is going to be one of those newsletters where I encourage you to do as I say not as I do. Speaking from experience, you miss a great deal when you push so hard that you don't remember half of the trip.

Pit stops are not just interruptions in the trip to cause you to slow down and use the restroom or get something to eat. They are necessary parts of any journey.

A pit stop allows us to get out and stretch our legs, work our muscles a little and even gain some needed energy for the next leg of our journey.

But what does an effective pit stop look like? In our spiritual journey a pit stop will look different for everyone.

No two pit stops will be exactly the same, but the intent of this journal entry is to give you some ideas on how this might work in your life. Take what you like, leave what you don't!

- R&R - this is not a railroad sign, but rest and relaxation. Part of a pit stop is to slow down enough to catch our breath. We move so fast in life that it's easy to blow past the cool stuff and miss all of the exciting times in life. *Do what allows you to rest!*
- Power-up - Another great part of a pit stop is it allows you to fill up your tank. When we keep pushing so hard to be the best and succeed in everything we do it's easy to lose steam and slow down and eventually become less than effective. Powering up allows us to come before the Lord and admit that we need a boost! *Better than any energy drink or high octane fuel is the peace that comes from connecting with Jesus in prayer and study of his word.*
- Take a walk - the hardest part of driving long distances is sitting in a care for long periods of time. Spiritual pit stops allow us to stretch our legs of faith and do more than just talk about God and Jesus and church but to walk with Him. We've undoubtedly all heard of walking the talk. This is what our stretch break allows us to do—stretch the legs of our faith as we move outside of the walls of our faith journey and begin demonstrating the love of Christ for the world in practical ways. Anyone can talk the talk—disciples walk the walk!
- Meet fellow travelers - whether you're traveling in a caravan with other friends and family or on a journey by yourself—one this is certain, you are not alone. When we take our pit stops it is a great time for us to connect with others on similar journeys. The churchy word for this is fellowship. No matter what you call it it's important to learn from others who are traveling alongside you. Great insight can be learned from others who have traveled great distances!

Take time this month for a pit stop with Christ but be ready next week to BUCKLE-UP!

