

Monroe United Methodist Church



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Parish Nurse

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The walk to Jerusalem is an imaginary walk that encourages walkers to increase physical activity, spiritual and cultural awareness through a virtual tour to Jerusalem.

The good news that Jesus proclaimed isn't the only spiritual reality: it is also very physical. Jesus made clear with his very tangible metaphors and parables about wheat, coins, seeds and wine. For our Lenten season this year we will be exploring "The Landscape of Lent," taking a look at the physical elements of these crucial stories: ash, water, mud, stones, and more. The resurrection was marked with the movement of very real rock, revealing a resurrected body! This physical truth points to a spiritual reality, and our Lent will take us to these scenes in Jerusalem, so that we might "touch" these elements and experience the stories anew.

Anyone can participate regardless of your age or physical fitness level. All types of exercise will count, even day to day walking around.

The distance from Monroe, CT. to Jerusalem, Israel is 5,635 miles. We will begin our journey on the first day of Lent, Wednesday February 22nd and complete it on Easter Sunday April 9th. Over those six weeks we need to walk approximately 134 miles per day. This is not individual mileage, we will walk as a congregation. Everyone who participates will log their mileage on the church on the website (link below) will be totaled. If we are ahead of schedule, we will take detours.

[The United Methodist Church of Monroe – Open Hearts. Open Minds. Open Doors. \(umcmonroe.org\)](https://umcmonroe.org)

Be sure to check the map with progress on the bulletin board in the hallway.

5,635 mi

Distance from Monroe to Jerusalem



Mileage tracking information

For those with wearable devices or cell phones you can track your walking or other activity miles using that device.

Daily activity mileage conversion for daily activities listed below.

Disclaimer: This is not an accurate conversion of activities to miles. This is a guesstimate to keep this fun for all to participate in this journey.

Ironing 1.5 miles

Making the Bed .75 miles

Laundry 1.5 miles

Scrubbing Tub 3.5miles

Sweeping 1.5 miles

Washing the car 3 miles

Mopping 3 miles

Gardening 3.5miles

Vacuuming 1.75 Miles

Dishes 1.5miles

Dusting 1.5 miles

Making the bed does not get enough credit, so if you're like me and feel like you wrestled an elephant when you're finished. You get 4miles for that 😊 -CF

For the kiddos

- ✓ Half day at school gets 2.5 miles
- ✓ Full day at school gets 5 miles
- ✓ Chores at home as listed above.

If you have any questions, please feel free to contact: Carin Florin 203-268-8539

The Walk to Jerusalem

6 Weeks of Walking Weekly Devotions and Scriptures



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Scripture taken from the HOLY BIBLE NEW INTERNATIONAL VERSION.

Week 1-*Making the Decision*

For we walk by faith, not by sight. -2 Corinthians 5:7

Questions to Ponder:

- Why are you participating?
- What challenges has God put in front of you?
- In the past when God had put challenges in front of you, how has gotten you through them?

Week 2 – *Preparing for the Journey*

He told them, “Take nothing for the journey- no staff, no bag, no bread, no money, no extra tunic.” Luke 9:3

Questions to Ponder:

- What is the extra baggage that you carry which could be left behind?
- What bible verses spur you on even when the going gets tough?
- How do you apply lessons learned from your life and scripture as you continue to travel?
- What new promise of Jesus can you now accept by faith to accompany you?

Week 3 – Plotting the Journey

In his heart a man plots his course, but the Lord determines his steps. – Proverbs
16:9

Questions to Ponder:

- What plans have you made that reinforce your values?
- How have you incorporated God’s direction in your planning?
- How can you access God’s plan for your daily life as well as for the “big” plans you have made?

Week 4 – Where am I Going?

“I have fought the good fight. I have completed the race. I have kept the faith.” 2

Timothy 4:7

Questions to Ponder:

- What supports are along your marathon?
- What message are you carrying as you run/walk/bike?
- How is God using this journey to Jerusalem to make a difference in your life?

Week 5 – Walking the Walk

“But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint.”

409:31 Isaiah

Questions to Ponder:

- What is something God has you waiting for?
- Do you trust that Gods timing in perfect and he is for you?
- Have there been times in the past that you’ve waited on God and have seen his perfect timing come through?

Week 6 –

Questions to Ponder:

