

# WALK TO JERUSALEM

Walk to Jerusalem  
2023





THANK YOU!

so much

Adobe Stock | #473994371

Thank you to the members of the Baltimore-Washington Conference Abundant Health Ministry Team - Valerie Stevens (Petworth UMC) and Sherrell Moore- Tucker (St. Mark UMC) for their leadership in creating this 6-week Walk to Jerusalem Lenten Study Guide.

- Walking Alternatives & Accommodations by Valerie Stevens

A sincere thanks to our friends in the Abundant Health Team of Smoky Hill United Methodist Church (Centennial, CO) for developing the original [12-week Walk to Jerusalem Lenten Study](#).

- Written by Sharon Davis
- Kindness challenges selected from Random Acts of Kindness Foundation
- Song choices by Tim Davis
- Jerusalem graphic by Jana Jones

If you have questions, or need assistance using this resource, please send an email to [abundanthealth@bwcumc.org](mailto:abundanthealth@bwcumc.org) and a member of the ministry team will respond.

## Table of Contents

How to Participate .....	4
As A Conference .....	4
As A Local Church .....	4
As An Individual.....	4
See All the People.....	5
Adding steps for wheelchair users.....	5
➤ Adding steps from an activity tracker .....	5
➤ Track the distance wheeled and convert to steps .....	5
➤ Enter minutes of moderate/vigorous activity for any exercise.....	5
Walk to Jerusalem—Week 1 (March 1 – March 7) .....	7
Walk to Jerusalem—Week 2 (March 8 – 14) .....	8
Walk to Jerusalem—Week 3 (March 15 -- 21) .....	9
Walk to Jerusalem—Week 4 (March 22-28) .....	10
Walk to Jerusalem—Week 5 (March 29 – April 4) .....	11
Walk to Jerusalem—Week 6 (April 5 - 11) .....	12
<b>The Benediction</b> .....	13
Additional Helps.....	14
Calculating Steps per Mile .....	14
Calculating Miles to Steps.....	14
How Do I Get Spotify? .....	15
How Can I Create A Spotify Playlist?.....	15
Inclement Weather Plan.....	15
Quick & Fun Walks.....	15
Older Adults – Senior Sneakers.....	15

## How to Participate

Thank you for joining this Lenten walk to Jerusalem. *This is a journey of 5,882 miles from the Mission Center (Fulton, MD) to the [Garden Tomb in Jerusalem](#).* The focus of the devotional this year is kindness. We hope you will read the weekly offerings and take part in some of the kindness challenges.

This Lenten journey is designed for all of those loved by Jesus. If you have children, they are welcome to participate. Simply follow the link to a children's book YouTube video. We hope that families will watch the story together and discuss it afterwards.

Music is also provided to help you connect with each week's scripture and message. Please visit the [Spotify playlist](#) to hear some of our favorites.

### As A Conference

Please join with others across the Conference in journey.

1. Let us know you are on the journey by sending an email to [abundanthealth@bwcumc.org](mailto:abundanthealth@bwcumc.org)
2. Please follow us on Facebook – <https://www.facebook.com/BWCAbundantHealth>
3. Record your steps in this document [Walk to Jerusalem Tracking.xlsx](#)
  - a. Daily or weekly – you decide. 😊
4. Share your weekly reflection and steps in the comments of the weekly post made on Facebook or send via email.

### As A Local Church

1. Use Google Maps to determine the distance from your location.
2. Invite others to join the journey.
3. Decide where and how to keep track of miles/steps.
4. Share progress with the team at least once per week.

### As An Individual

1. Complete each week's devotion.
2. Move as the spirit of God moves within you.

*Happy walking. See you in Jerusalem!*

## See All the People

### Adding steps for wheelchair users

Walking to Jerusalem aims to encourage local congregations to invite all children of God to engage in this journey, including those in wheelchairs. Here are several ways in which wheelchair users' activity can be recorded as steps.

➤ **Adding steps from an activity tracker**

With the wide spread availability and use of wrist worn activity trackers, there might be many wheelchair users who already use these devices to track their physical activity. If this method is working for you to estimate your activity via a steps figure, you can sync your Fitbit or Garmin and it will automatically sync your daily steps. If your activity is converted to steps in Apple Health, these can be synced using our mobile application. If you use another activity tracker that uses steps, you can enter your daily steps in the Step Log.

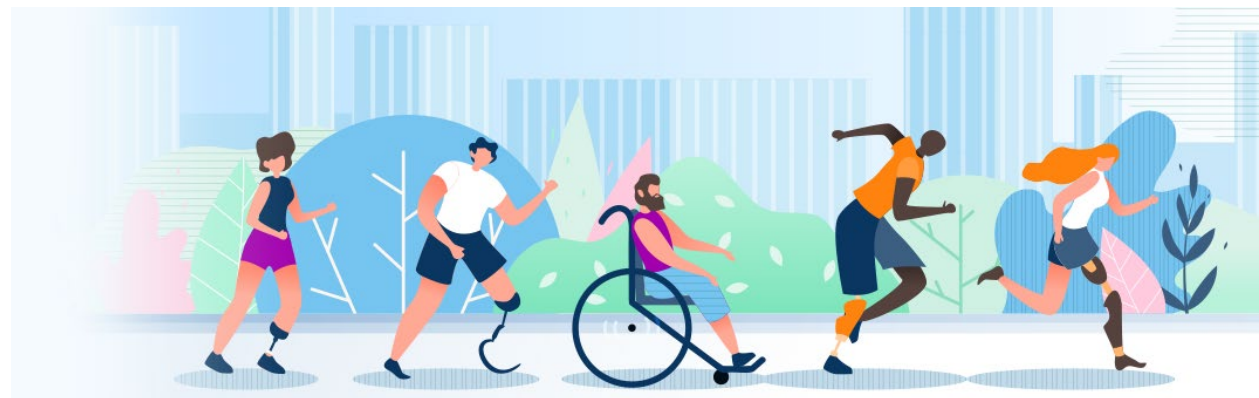
➤ **Track the distance wheeled and convert to steps**

An odometer, which can be purchased from a cycle or sports equipment store can be attached to the wheelchair and will monitor the distance covered each day. The distance can then be converted to steps by using the following equation: 1 mile = 1,714 steps.

➤ **Enter minutes of moderate/vigorous activity for any exercise**

The addition of the moderate and vigorous activity columns in the Step Log was designed to enter any activity in which a pedometer would not accurately record. You may enjoy activities such as swimming, the gym or wheelchair sports that you would like to enter. Entry of minutes into these columns converts time into an estimated step count which is added to the Step Total for the day:

- 10 minutes of moderate intensity activity = 1,000 steps
- 10 minutes of high intensity activity = 2,000 steps



*vibrant*  
**MENTAL**

*bountiful*  
**PHYSICAL**

*resilient*  
**SPIRITUAL**

**HEALTH**

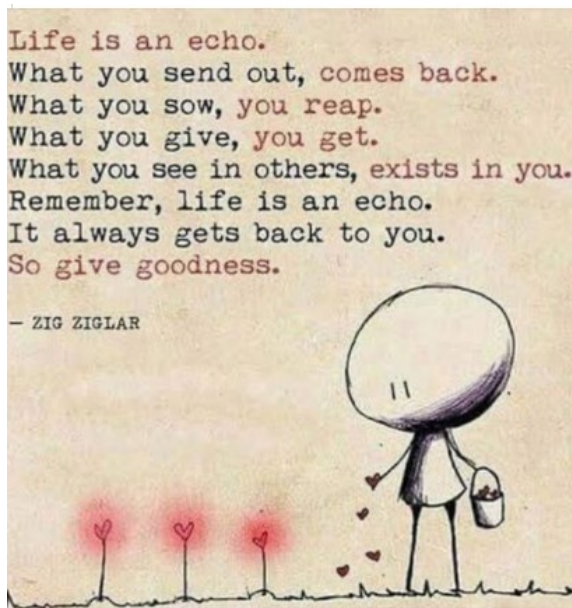


## Walk to Jerusalem—Week 1 (March 1 – March 7)

### **Focus: Goodness**

**Scripture:** *Good will come to those who are generous and lend freely, who conduct their affairs with justice. Psalm 112:5*

### **Reading:**



### **Kindness Challenges:**

1. Leave a sticky note with a kind message when you go out today.
2. Share an encouraging poem with someone.
3. Go on a walk and pick up trash along the way.
4. Find a reason to laugh today. Tell someone a good joke!
5. Write a letter or card and send it to someone who is not expecting it.
6. Be kind to our planet: cut coffee cup waste by carrying your own reusable cup.
7. Be kind to yourself: when you discover something that nourishes your soul and brings joy, care enough about yourself to make room for it in your life.

**Song:** "Look for the Good" by Jason Mraz  
"Humble & Kind" by Lori McKenna

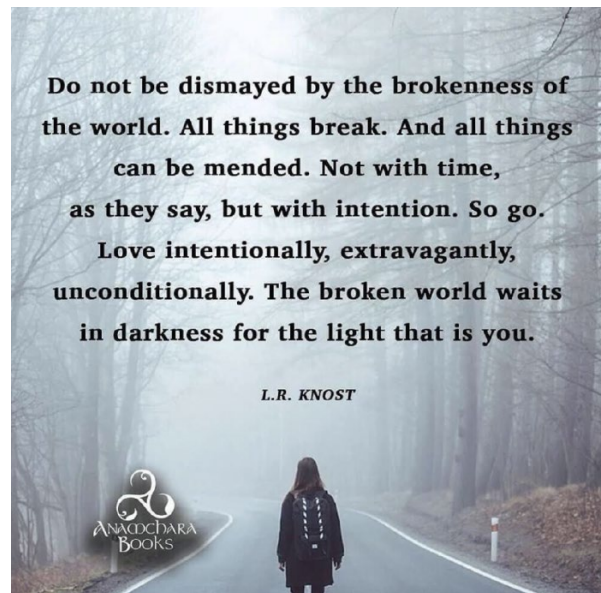
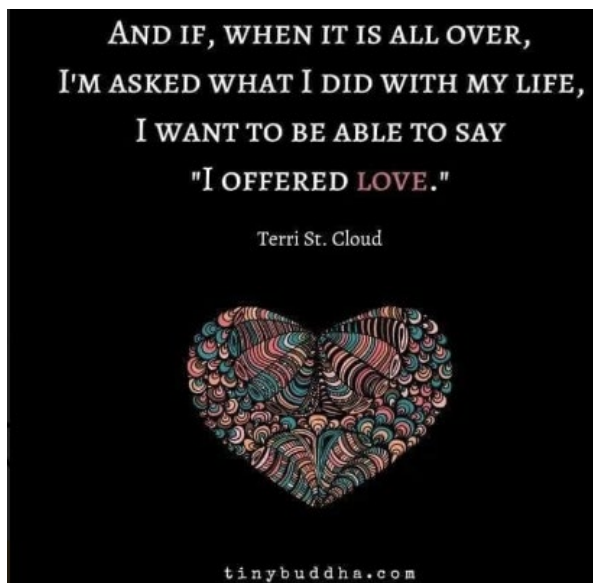
Children's book with YouTube link: [Kind](#) by Alison Green

## Walk to Jerusalem—Week 2 (March 8 – 14)

### **Focus: Love**

**Scripture:** *You my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather serve one another humbly in love. For the entire law is fulfilled in keeping this one command: “Love your neighbor as yourself.” Galatians 5:13*

### **Reading:**



### **Kindness Challenges:**

1. Hold the door open for someone.
2. Let someone go first.
3. Ask your family or friend about their “highs and lows” for the day.
4. Be kind to our planet: use reusable plates and utensils instead of disposable ones.
5. Be kind to yourself: do something that makes you happy.

**Songs:** “Love Your Neighbor” – Jamie Kimmett (*J. Kimmett, L. Farrell*)

“[Love One Another](#)” – Gladys Knight and the Be One Choir

“You Don’t Love God If You Don’t Love Your Neighbor” – Rhonda Vincent

**Children’s Book with YouTube Link:** [Someone Loves You, Mr. Hatch](#) by Eileen Spinelli



## Walk to Jerusalem—Week 3 (March 15 -- 21)

### **Focus: Be that one! (Forgiveness)**

**Scripture:** *Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. Col 3:12-13*

### **Reading:**

Be that one. That one who forgives when deep offense has been committed. That one who loves when no one else does. That one who gives kindness to those who are mean. Be that one who looks past the insult, instead seeing the pain that motivated it. That one who shines light upon those who sit in utter darkness.

Because the impact of being that one runs far and wide. It brings healing to the wounded, joy to the sad, and hope to those in despair. Be that one.

Sheri Eckert

### **Kindness Challenges:**

1. Show some extra courage. Tell someone you're sorry if you've wronged them.
2. Write a note to someone you admire.
3. Resolve to be less judgmental in your day-to-day life.
4. Give your neighbor a smile.
5. Create a kindness journal or jar to capture the wonderful moments of 2023.
6. Be kind to our planet: shop with canvas bags.
7. Be kind to yourself: do something you love: go for a walk, draw, read a book, write, yoga. Whatever it is, do it for you!

### **Songs:** "Forgiveness" by Susan Werner

"Mercyland" by Phil Madeira

"Amazing Grace" by Ladysmith Black Mambazo, Paul Simon

[Amazing Grace My Chains Are Gone](#) by Pentatonix

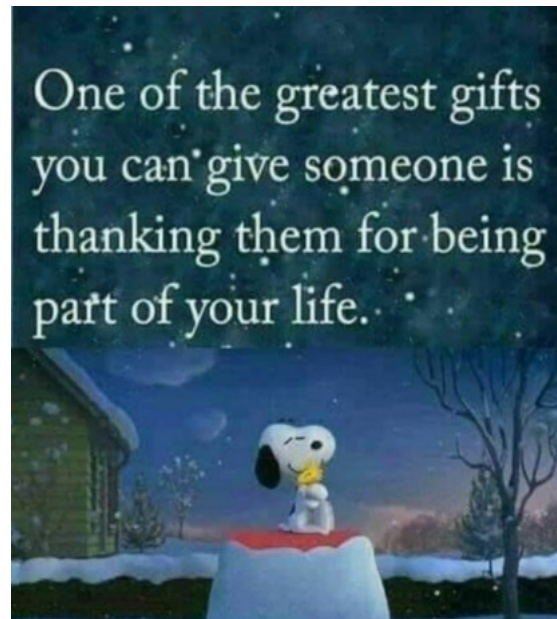
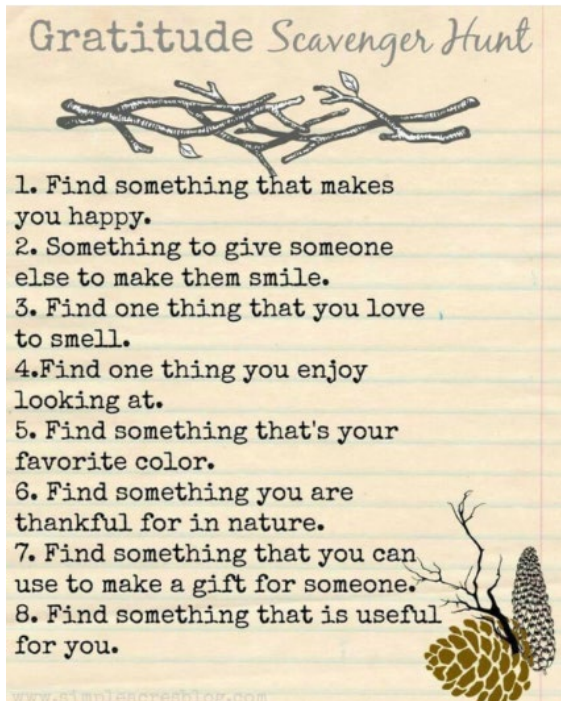
Children's Book with YouTube link (picture book with no words-great for discussion.): [I Walk with Vanessa](#) by Kerascoet

## Walk to Jerusalem—Week 4 (March 22-28)

### **Focus: Gratitude**

**Scripture:** *And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him. Colossians 3:17*

### **Reading:**



### **Kindness Challenges:**

1. Write a handwritten note to someone who always makes you smile.
2. Send a kind text to a loved one.
3. Spend some time with someone you don't know very well.
4. Complete a random act of kindness for someone.
5. Remind your closest friends how much you care.
6. Be kind to our planet: reuse and repurpose.

**Songs:** "Gratitude" by Brandon Lake (*B. Lake, D. Bowe, B.W. Hastings*)  
"He's Always Been Faithful to Me" by Sara Groves (*Groves-Chisolm-Runyan*)  
"Holy Now" by Peter Mayer

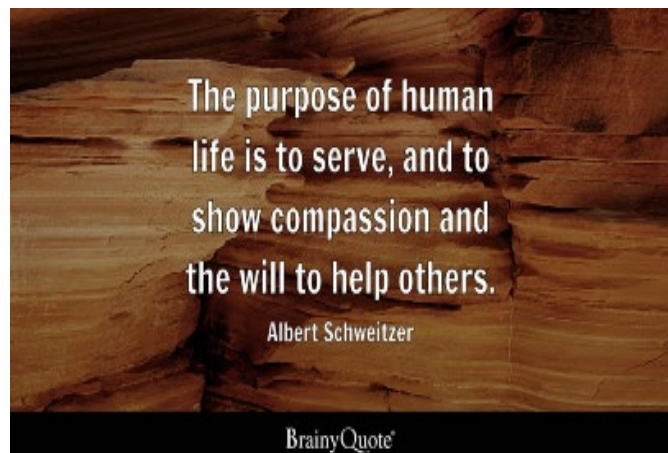
**Children's YouTube Video Link:** [Kid President's 20 Things We Should Say More Often](#)

## Walk to Jerusalem—Week 5 (March 29 – April 4)

### **Focus:** Serve and Share

**Scripture:** *In all things I have shown you that by working hard in this way we must help the weak and remember the words of the Lord Jesus, how he himself said, “It is more blessed to give than to receive.” Acts 20:35*

### **Reading:**



### **Kindness Challenges:**

1. Be kind with your words. You never know what someone is struggling with.
2. Tell your siblings what they mean to you.
3. Tape some loose change in an envelope to the vending machine for the next person to find.
4. Be kind to our planet: buy items in bulk from loose bins to reduce packaging.
5. Be kind to yourself: start a journal that captures one good thing each day.

**Songs:** “The Servant Song” by Francis Patrick O’Brien (*Richard Gillard*)  
“Hammer And a Nail” by Indigo Girls (*E. Saliers*)  
“Help Somebody” by Susan Werner

Children’s Book with YouTube link: [The Mitten Tree](#) by Candace Christiansen

## Walk to Jerusalem—Week 6 (April 5 - 11)

**Focus:** Make a difference

**Scripture:** *So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith. Galatians 6:10*

**Reading:**



**Kindness Challenges:**

1. If you eat out this week, leave an extra-large tip for your server and a compliment on the receipt.
2. Encourage someone you see struggling.
3. Put together a self-care basket for someone who really needs it.
4. Give someone you rarely talk to a compliment.
5. Unplug from technology today.
6. Be kind to our planet: do full loads of laundry and dishes.
7. Be kind to yourself: stop what you are doing, close your eyes, and take a deep breath. Repeat 3-5 times.

**Song:** “Try A Little Kindness” by Glen Campbell (*B. Austin, C. Sapaugh*)

YouTube link to Kid President: [“How to Change the World”](#)



## The Benediction



Congratulations, you've reached Jerusalem!

Playlist song: Walkin' in Jerusalem by Ricky Skaggs



# Additional Helps

Enter Information – Hit Calculate (lower right)

Scroll Down for results

## Calculating Steps per Mile

<https://www.thecalculatorsite.com/health/steps-miles.php>

Steps to Miles

Miles to Steps

Steps to Km

Km to Steps

Biological sex:

female

male

Height:

5

feet

9

inches

Pace of walk/run:

Average walk (3mph)

Steps:

10000


Calculate calories burned?

Remember entered information? (2)

Calculate


Miles for 10,000 steps

Your steps per mile



4.46 miles

copy



2244

For: Female, 5 feet, 9 inches tall  
at an average walking pace.

## Calculating Miles to Steps

<https://www.thecalculatorsite.com/health/miles-steps.php>

Steps to Miles

Miles to Steps

Steps to Km

Km to Steps

Biological sex:

female

male

Height:

5

feet

9

inches

Pace:

Average walk (3mph)

Number of miles:

1


Calculate your calories burned?

Remember entered information? (2)

Calculate


Steps for 1 mile

Your steps per mile



2244 steps

copy



2244

For: Female, 5 feet, 9 inches tall  
at an average walking pace.

## How Do I Get Spotify?

- Mac OS X ([Current](#) | [10.12](#) | [10.11](#) | [10.10](#) | [10.9](#))
- Windows ([Current](#) | [Vista](#))
- [iOS](#)
- Android ([Google Play](#) | [Amazon](#))
- Spotify for other platforms
- [Linux](#)
- [Chromebook](#)

## How Can I Create A Spotify Playlist?

### How to make a playlist on the mobile app with Spotify (Free)

1. Open the Spotify app and log in, if needed.
2. Tap Your Library in the bottom toolbar. Go into "Your Library." ...
3. Select the plus + sign icon in the top-right corner of the screen. Tap the plus + sign to start creating a playlist. ...
4. Name the playlist and tap Create.

### How to make a playlist on the Spotify desktop app (Free)

1. Open the Spotify app on your computer.
2. Click the **New Playlist** button in the lower-left corner of the window.
3. Add the playlist name in the pop-up window, as well as a description and image, if desired. Then click **Create**.
4. You will then be taken to your new playlist and it will also appear listed in the left sidebar.

## Inclement Weather Plan

### Consider One of these Walking Videos from YouTube

- Beginner's One Mile - <https://www.youtube.com/watch?v=MqEj6yx-nl>
- Leslie Sansone Beginner's One Mile - [https://www.youtube.com/watch?v=k\\_SoCdUIBvM](https://www.youtube.com/watch?v=k_SoCdUIBvM)
- Leslie Sansone 3 Mile Walk - <https://www.youtube.com/watch?v=DYuw4f1c4xs>

## Quick & Fun Walks

- 15 Minute Mile - <https://www.youtube.com/watch?v=pkfBrhxXGgE>

## Older Adults – Senior Sneakers

- 10 Minute Mile - <https://www.youtube.com/watch?v=9LLxMtRSzBc>