



# Meditations for Walking

*J. Lynne Hinton*

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## **Meditations for Walking** J. Lynne Hinton

Used as a compliment to walking or simply as a guide for faithful living, Mediations for Walking offers fresh insights into the words of Scripture and the discovery of one's own spiritual path. During the process of "unbuilding" a path in the woods behind her house, Lynne Hinton uncovers spiritual truths relevant to living a life of faith. Using Scripture, mediations, prayers, and reflections on finding the path, this book offers fifty-two (52) entries to compliment the exercise of anyone who walks - literally or spiritually.

Meditations for Walking is divided into four sections that reflect the four seasons. The entire development of a path is covered, from the beginning of finding the right place to start to the final stage of sharing the path with others.

For anyone who enjoys the activity of walking, this book creates possibilities of combining one's ideas regarding faith and spirituality with the exercise of walking - a way to begin one's walk in a spirit of devotion and reflection.

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