



February 28

The Journey from Nazareth to Jerusalem is a mind, body and spiritual experience. When we are actively engaged in our spirituality and health, inspiration flows. Making a lifelong commitment to physical and spiritual health, including daily activities such as exercise and prayer, our bodies open to inspiration that will take us to the next level in health, wellness and spirituality. For each of us this is our time to walk with Christ. Our conversation and prayers become a running narrative of this journey.

This week, turn your thoughts to the Bible verses Hal Broxy shares in his reflection. Does a phrase in one of the Bible verses Hal shares speak to you? Perhaps you may find that Hal's journey is similar to your own.

JOURNEY TO JERUSALEM

Similar to the journey of Mary and Joseph, mine was an improbable journey filled with unlimited possibilities but with questionable hope. My early childhood was filled with family violence and I had limited expectations that my life was going to be much different. However, God's grace, which was unknown to me at the time, began to be a beacon for my life with mentoring functional families and encouraging athletic coaches. My life was transformed through this process to be one of hope so that I was guided by this developing Holy Spirit to reach to be the best I could and, unknowing to me at the time, to live out God's purpose for my life. This led to commitment to be my best physically and mentally. From early on, in athletic competition and continuing now, I strive, with increasing challenges, to remain physically strong. I have always been convinced that being my best in this way has allowed me to serve God capably in my business career, service to others in a variety of ways, while being a soulmate to Dee for 60 years and being a trusted and encouraging father and grandfather. God took the reins of my life and drew me in be active in mentoring fatherless boys, advocating for ending domestic violence and, in general, a life of "Pay it Forward," usually in random acts of kindness and love.

Little did I know that God has always been the stronghold of my life, even when I was blinded by evil and despair as a youth. He has consistently put others in my path to erase all levels of fear. **This has led me to Psalm 100:4 - "Enter his gates with Thanksgiving and his courts with praise! Give thanks to him. Bless his name!"**

It has been my privilege to learn from other committed Christians throughout my life, including the current Congregational Care ministry, my covenant group of 15 years and prayer partners. Without these supporters and encouragers, my journey of over 80 years living in four states, membership in six churches, would have been vastly different.

Psalm 27 – “The Lord is my light and salvation - whom shall I fear: The Lord is the stronghold of my life - of whom shall I be afraid.”

Hal Broxy