

New Shoes

(from Reflections Along the Journey)

By Deborah Matson



I have had a new pair of walking shoes sitting in my closet for over a year. Every time I consider wearing them for my morning jaunt, I find myself opting for my comfortable, well-worn, old ones. Today I decided it was time to break them in after suspecting that my recent knee pain might be caused from the uneven wear on the soles of my old ones. My steps for the first portion of my walk were slower and more cautious as I adjusted to the new fit, and I seriously considered returning home to switch to my old ones. As I kept going and picked up my pace, I realized my knees were doing much better and I felt new muscles being tweaked. By the end of my walk, I also noticed the lighter weight of my new shoes had let my feet carry me, instead of me carrying my feet, and I felt invigorated instead of weary. I wonder if this isn't a bit like the many transitions we experience in our life's journey. The weight and wear of our "old shoes" often become detrimental to our well-being without our even recognizing it. The transitions in my life have sometimes been painful and difficult; marriage to divorce, motherhood to empty nest, teacher to retiree, etc. Sometimes it seems so much easier to stay with what is "comfortable," no matter how limiting and painful it becomes. Embarking on a new unseen path can be overwhelming whether it is in relationships, career choices, financial decisions, or personal goals. And yet, these transitional times can provide wonderful new opportunities and open doors we have kept closed by staying with what is "comfortable." The one thing I am certain of is that God walks with me step by step, even when I resist the changes His plan holds for my life. Very frequently He gently taps me on the shoulder during my walks, speaking to me through the music as He leads me to His promises. This morning He touched my mind and heart with the following thoughts to bring the hope and reassurance I needed:

“...I will seek You in the morning, and I will learn to walk in your ways, And step by step You’ll lead me; and I will follow you all of my days...” (Step by Step; Rich Mullin)

What a blessed assurance it is to know He walks beside me through each and every step of my life’s journey. I pray He will continue to give me the courage and confidence to handle the changes and challenges ahead of me as I adjust to walking faithfully in my “new shoes.”

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him and He will make your paths straight.” Proverbs 3:5