



Quarterly 5k Run/Walk

Reflection

Today, we move with intention.

Every step we take represents growth. Every breath reminds us that we are still becoming. This run/walk is not about speed or comparison—it's about progress, perseverance, and purpose.

As we run or walk today, we remember that blooming takes time. Seeds are formed in hidden places before they ever rise to the surface. In the same way, God has been working within us—shaping strength, renewing hope, and preparing us for what's next.

This is our moment to **reset** what weighs us down, **refocus** our hearts and minds, and **reignite** the purpose placed within us.

Prayer

Heavenly Father,

We thank You for the gift of this day, the strength in our bodies, and the breath in our lungs. As we prepare to run or walk, we invite You into every step we take.

Help us to **release** what no longer serves us,
renew our focus on what truly matters,
and **rise** with courage into the purpose You've placed within us.

May this run or walk remind us that progress is powerful, perseverance matters, and hope is still alive.
Strengthen our bodies, steady our minds, and fill our hearts with joy as we move forward together.

We declare that as we move, we bloom—growing stronger, wiser, and more confident in who You've called us to be.

And it is so, Amen!



Run your race. Walk your journey. Bloom into your next season.