

FaithBIT



Running has become my prayer time

Reflection by Clark Weyrauch

As a runner, some of my most cherished times of the day are my morning runs along the Mississippi River. I began running about 7 years ago and as I have grown into it, I have found that the daily meditation and focus it gives me each day, far outweighs my initial purpose which was to “get in shape.”



“Running has become
my prayer time.”

- Clark Weyrauch

Running has become my prayer time, a time to connect with nature and reflect on what’s been going on in my life. God has blessed us with our beautiful lakes and rivers and each day on my run I am reminded and humbled by just how much God loves us. He has given us the abundance of beauty in nature and it is my plan to continue to feed my soul with it every chance I can get.