

# FaithBIT



## Step by Step You'll Lead Me

Reflection by Kelly Kautz

In the below zero temps in January I hiked each day with my husband, Paul. We hiked up & down the hills of Richard T. Anderson Park to prepare our bodies for summiting Mt. Kilimanjaro. My worry was breathing - I was concerned about not having enough air to breathe when we climbed from 15,300 feet to 19,341 feet at the top of Africa. To prepare for the higher altitudes with less oxygen, I practiced breathing in deeply through my nose as we hiked up the steep hills in Eden Prairie. I also sang a song to myself to distract my mind during the difficult ascents and to help me pace myself.

*"Oh God, You are my God  
And I will ever praise You  
Oh God, You are my God  
And I will ever praise You  
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."*



**"Knowing that God is leading me each step of the way strengthens me and keeps me calm."**

**- Kelly Kautz**

On February 14, 2019, we slowly began our summit in the dark with the wind gusting around us. It didn't take long to notice the lack of oxygen. My breathing became shallow and I began to panic. And then my body remembered what I had practiced in January. I slowed my breathing, took deep breaths through my nose, and sang to myself as I walked - step by step. We climbed for seven hours. My brain was calm, my body was strong. I don't know how many repetitions I sang, but I continued to sing until we were at the top.

In life I face countless summits. Knowing that God is leading me each step of the way strengthens me and keeps me calm. I will follow Him all of my days. Watch and listen to the song "[Step by Step](#)" by Rich Mullins.

"The Lord will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fade." Isaiah 58:11