

*Dear God,
As I do my run today,
I want to thank you for giving me these legs
and heart and lungs and body to keep me doing what I
love.*

*I ask YOU to run with me,
be the beat in my heart,
the strength in my legs
the air that I breathe,
the wind to push me,
the breeze to cool me off,
the sun to warm me,
I know you are with me.*

*Thanks for the moon that shines on my path,
and the stars – I know you keep me safe.*

*Thank you for the rain and showers,
as it cools me off and cleanses me,
or washes my tears when im out running sad.*

*Thank you for the trees and the scenery you've created,
the birds that chirp that while I run past that paces my
every stride.*

You and you creation inspires me to run.

*Thank you for running with me everytime,
These strides I offer you Lord,
Amen.*