

Christ is Our Pattern

Fight the good fight of faith, lay hold on eternal life, whereunto thou art also called, and hast professed a good profession before many witnesses.

1 Timothy 6:12. {UL 217.1}

To follow Christ is not freedom from conflict. It is not child's play. It is not spiritual idleness. All the enjoyment in Christ's service means sacred obligations in meeting of stern conflicts. **To follow Christ means stern battles, active labor, warfare against the world, the flesh, and the devil. Our enjoyment is the victories gained for Christ in earnest, hard warfare. Think of this.** {UL 217.2}

"We are labourers together with God" (1 Corinthians 3:9). Christ engaged in the great work for which He lived and died. We are to be instant in season and out of season. And why? "For ye are bought with a price," and have enlisted under the banner of Prince Emmanuel. We are enlisted for labor, "not for the meat which perisheth, but for that meat which endureth unto everlasting life" (John 6:27). We are to work out our own salvation with fear and with trembling. We are not our own. We are bought with a price, to glorify God with our bodies and spirits, which are His. A work is to be done. There is a faithful work to do in His vineyard. And to every man is given his work. If we are privileged with the bread of life, we must work in the Lord's vineyard. A charge comes to us to deny ourselves and take up the cross and follow Christ. We are to run the race set before us with persevering earnestness. This oft requires energetic movements. We cannot be idlers. We are urged, "Fight the good fight of faith, lay hold on eternal life." ... {UL 217.3}

We must keep constantly before the ones who are pledged to the service of Christ that it means diligence. **It means to be faithful workers, to do all possible to win souls to Christ. It is a constant watchfulness to be faithful unto death, to fight the good fight of faith until the warfare is ended and as overcomers we shall receive the crown of life.** {UL 217.4}

This means much more than we take in. **Christ is our example.** The Christian warfare is not a life of indulgence to eat and drink and dress as self-indulgent worldlings. The Lord Jesus came in human nature to our world to give **His precious life as an example of what our life should be.** He is the specimen, not of spiritual indulgence, **but of a life constantly before us of self-denial, self-sacrifice.** We have the correct view that Christ our Pattern came to give us. There is before us the Prince of heaven, the Son of God. He laid aside the royal crown and the princely robe and came to take His position in our world as a Man of Sorrows and acquainted with grief. How few take it in!—**Manuscript 156, July 22, 1907, "Diary Fragments."** {UL 217.5}

WATCHMAEN, TELL US OF THE NIGHT

1. Watchman, tell us of the night,
what its signs of promise are.
Traveler, what a wondrous sight:
see that glory-beaming star.
Watchman, does its beauteous ray
news of joy or hope foretell?
Traveler, yes; it brings the day,
promised day of Israel.

2. Watchman, tell us of the night;
higher yet that star ascends.
Traveler, blessedness and light,
peace and truth its course portends.
Watchman, will its beams alone
gild the spot that gave them birth?
Traveler, ages are its own;
see, it bursts o'er all the earth.

3. Watchman, tell us of the night,
for the morning seems to dawn.
Traveler, shadows take their flight;
doubt and terror are withdrawn.
Watchman, you may go your way;
hasten to your quiet home.
Traveler, we rejoice today,
for Emmanuel has come!

Which Is Better for Your Health: Walking or Running?

Walking and running are both excellent forms of cardiovascular exercise. Neither is necessarily “better” than the other. The choice that is best for you depends entirely on your fitness and health goals.

If you’re looking to burn more calories or lose weight fast, running is a better choice. But walking can also offer numerous benefits for your health, including helping you maintain a healthy weight.

Benefits of cardio

Walking and running are both aerobic cardiovascular, and “cardio” exercise. Some of the health benefits of cardio include:

- helps you lose weight or maintain a healthy weight
- increases stamina
- boosts immune system
- helps prevent or manage chronic conditions
- strengthens your heart
- can extend your life

Cardiovascular exercise is also good for your mental health. One Source found that just **30** minutes of moderate intensity exercise three times a week reduces anxiety and depression. It can also improve your mood and self-esteem.

Researchers from the study also say that it is not necessary to exercise for **30** straight minutes to experience these benefits. Walking for **10** minutes at a time three times a day resulted in the same mental health boost.

Is walking better than running?

Walking can provide a lot of the same benefits of running. But running burns nearly double the number of calories as walking.

For example, for someone who's **160** pounds, running at **5** miles per hour (mph) burns 606 calories. Walking briskly for the same amount of time at **3.5** mph burns just 314 calories.

You need to burn approximately 3,500 calories to lose one pound. If your goal is to lose weight, running is a better choice than walking.

If you are new to exercise or are not able to run, walking can still help you get in shape. Walking is accessible for nearly all fitness levels. It can boost your heart and give you more energy overall.

Speed and power walking vs. running

Speed walking is walking at a brisk pace, usually **3 mph** or greater. Your heart rate is elevated during speed walking. You can burn more calories this way than walking at your usual pace.

Power walking is usually considered from **3 mph to 5 mph**, but some power walkers reach speeds of **7 to 10 mph**. Power walking burns a similar number of calories as running. For example, power walking at **4.5 mph** for one hour would burn the same as jogging at **4.5 mph** for one hour.

For an effective workout, try pace training. Increase your speed for two minutes at a time, then slow back down. Speed walking does not burn as many calories as running, but it can be an effective workout to elevate your heart rate, boost your mood, and improve your aerobic fitness level.

Walking with a weighted vest

Walking with a weighted vest may increase the number of calories you burn. To stay safe, wear a vest that is no more than **5** to **10** percent of your body weight.

If you are looking for an alternative way to lose weight or tone your muscles, try interval walking instead. Pick up the speed for a certain amount of time before slowing down. Or alternatively, try walking with light dumbbells in each hand.

Incline walking vs. running

Incline walking involves walking uphill. It can burn a similar number of calories as running. You burn more calories at an incline than just walking on a flat surface.

Look for a hilly area or walk on an incline on the treadmill. Increase the incline by **5**, **10**, or **15** percent at a time to practice incline walking. If you are new to incline walking, you can start gradually and work up to a **15** percent incline.

Benefits vs. risks

Running is a great way to get in shape and lose weight. But it is a high-impact exercise. High-impact workouts can be harder on your body than low-impact exercises like walking.

Over time, running may lead to common overuse injuries such as:

- [stress fractures](#)
- [shin splints](#)
- ITB friction syndrome

In fact, runners have a much higher risk for exercise-related injury than walkers. Walkers have an approximate [1 to 5 percent](#) injury risk, while runners have a **20 to 70** percent chance.

If you are a runner, you can take steps to stay injury-free. Do not increase your mileage too quickly and try to [cross-train](#) several times a week. Or try walking instead. Walking offers many of the health benefits of running without the same risks for injury.

[Takeaway](#)

Both walking and running are excellent forms of cardiovascular exercise. Aim to get at least [150 minutes](#) of moderate cardio exercise each week for your health.

Walking is a smart choice if you are new to exercise and hoping to get in shape. If you are looking to lose weight or burn more calories, try running.

If you are new to running, start with a program where you alternate between walking and running. Always check with your doctor before beginning a new exercise routine.

CLOSING THOUGHTS

“We are labourers together with God” (1 Corinthians 3:9). Christ engaged in the great work for which He lived and died. We are to be instant in season and out of season. And why? “For ye are bought with a price,” and have enlisted under the banner of Prince Emmanuel. We are enlisted for labor, “not for the meat which perisheth, but for that meat which endureth unto everlasting life” (John 6:27). We are to work out our own salvation with fear and with trembling. We are not our own. We are bought with a price, to glorify God with our bodies and spirits, which are His. A work is to be done. There is a faithful work to do in His vineyard. And to every man is given his work. If we are privileged with the bread of life, we must work in the Lord’s vineyard. A charge comes to us to deny ourselves and take up the cross and follow Christ. We are to run the race set before us with persevering earnestness. This oft requires energetic movements. We cannot be idlers. We are urged, “Fight the good fight of faith, lay hold on eternal life.”

CLOSING PRAYER

This means much more than we take in. Christ is our example. The Christian warfare is not a life of indulgence to eat and drink and dress as self-indulgent worldlings. The Lord Jesus came in human nature to our world to give His precious life as an example of what our life should be. He is the specimen, not of spiritual indulgence, but of a life constantly before us of self-denial, self-sacrifice. We have the correct view that Christ our Pattern came to give us. There is before us the Prince of heaven, the Son of God. He laid aside the royal crown and the princely robe and came to take His position in our world as a Man of Sorrows and acquainted with grief. How few take it in. Father I kneel before you in prayer, I ask that you take my Stoney heart and I pray for a heart of flesh. I pray that I decrease and that you may increase, more of you and less of me, that Your will may be my will. I ask this prayer in Jesus precious name. Amen

Devotional Book: *The Upward Look*

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