



Guide Our Feet

A RUNNER'S INVITATION INTO THE HOLY

**This guide is not about mileage nor about speed.
Instead, it is about trusting the movement of your body to carry you beyond.**

With each step, you go forward.

With each breath, you are alive.

This guide is about how you care for yourself.

It is your movement.

It is your self-care.

It is yours.

A Runners Invitation

This running guide is compiled with fifteen devotionals for fifteen runs. How you use these devotionals is entirely up to you—divide them up and spread them out as you wish. The goal here is to encourage you to care for your soul by running together, which means you must trust your *Spirit*, your *Body*, and your *Feet*.

Perhaps you will choose a running routine of three days a week: Mondays, Wednesdays, and Saturdays. Maybe you will prefer a running regime of two days on, two days off, one day on, two days off, repeat. Perhaps you enjoy tangible goals: each week will have one short run, one long run, one recovery run, then repeat.

Maybe you find a friend and run at 10am on Mondays and Fridays, and you hold each other accountable in your commitment to moving. Maybe you just run when you feel like it and use this guide to bless your feet wherever they take you. Or, perhaps you choose to run once a week for the next 15 weeks.

Whatever you choose is yours. Some days you may run, some days, you may walk, and some days you may do a combo of the two. However, you use these runs is your choice, yet, regardless, they are your blessings. Throughout each of our runs, our focus is self-care. It is your movement. It is yours.

As we choose to move forward, each run in this guide contains 3 pieces for your soul:

First, you will find a brief meditation for your *Spirit*.

Second, you will find a short poem for your *Body*.

Third, you will find guidance for your *Feet*.

Receive now this blessing for your journey:

May we remember to breathe.

May we lace up our shoes and care for our bodies together, beloved.

May we know with each step we take together that we are moving forward.

May it be so.

In running solidarity and even more gratitude,
M.

Run One

Remember: By lacing up your shoes and making a commitment to move your body, you are caring for your soul today. Regardless.

FOR YOUR SPIRIT

“I had to learn to hold on to all the parts of me that served me, in spite of the pressure to express only one to the exclusion of others.”

Audre Lorde, *Sister Outsider*, “Learning from the 60s”

FOR YOUR BODY

I hear the sounds of feet I say,
I hear the sounds of feet.
 your feet and her feet
 echo in the distance.

I hear the sounds of feet I say,
I hear the *sound* of feet.

FOR YOUR FEET

Today we run! We put one foot in front of the other & celebrate our willingness to move our bodies. On this run, we are not focusing on time, nor distance, nor speed. Our focus is *movement*. All we have to do is commit ourselves to moving.

1. Trust your feet.
2. Trust your body.
3. Hold to the blessing and *keep moving*.

Run Two

*Trust your body, deep down, within the sacredness of your being.
Plant your feet upon the pavement and feel yourself moving forward.
Move beyond in your breathing and know you embody the holy.*

FOR YOUR SPIRIT

***“I am not wrong; Wrong is not my name
My name is my own my own my own”***

June Jordan, Poem about My Rights

FOR YOUR BODY

God is here.
God is in me.
And God continues beyond me.

God, you continue beyond me.
God, you are in me.
God, you are here.

FOR YOUR FEET

Today we view our run with this intention: God is present within our feet.

By acknowledging that God is present, we remind ourselves that this movement we are choosing to do together is holy. Our body is not *wrong*. Our body is beautiful. Our body is whole. Our body is holy. We can do this today.

Run Three

Let your run be your prayer.

FOR YOUR SPIRIT

“I have been enslaved, yet my spirit is unbound. I have been cast aside, but I sparkle in the darkness.”

Pauli Murray, *Prophecy*

FOR YOUR BODY

Dance baby, dance.

Dance on even when people are not looking.

Dance on even when others are around.

Dance on like it is just you and Jesus.

Because this dance gives you freedom.

Dance baby, dance.

FOR YOUR FEET

Our run today focuses on *your* Spirit. Observe your breath. Notice your surroundings and let your feet carry you forward. Your run is a dance today, and your self-care is freeing your Spirit. Breathe with the music of your soul and let the notes vibrate through you. May it be so.

Run Four

Heal yourself today [your feet can help you].

FOR YOUR SPIRIT

"Tiny acts of resistance become healing in a weepy place."

Robert Jones Jr., *The Prophets*

FOR YOUR BODY

In this step, I *heal*

In this step, I *breathe*

In this step, I *hope*

next

step

is

healing.

FOR YOUR FEET

Today we run knowing our self-care is healing. We are choosing us today. Step by step, we choose to resist oppression, choose to move, and choose to be free. This is our *joy* today, beloved.

Run Five

Sweat, as a sign of your freedom.

FOR YOUR SPIRIT

“I want to continue sticking my big ass into places where people think I don’t belong. That has been the nature of my life—I’m going to do it and I’m going to do it proudly.”

Mirna Valerino*

FOR YOUR BODY

No one ever told me running was a spiritual practice.

The cycles of discomfort.

The mind games of doubt.

The highs of connection.

We're running to God

with God

beside God

near God

belonging to God.

We choose to run with God.

FOR YOUR FEET

We must remember that our body is holy. That our care for ourselves is holy. This is holy work.

Today, here is your invitation:

1. Take up space.
2. Move your feet.
3. Breathe in and out and do it proudly.

Run Six

Let your run be your prayer.

FOR YOUR SPIRIT

“Claim your own summary, your own pithy capture of the ocean of who you are. And still, never mistake the shorthand for your whole self.”

Imani Perry, *Breathe*

FOR YOUR BODY

This
Is
My
Own
mine
is
this

FOR YOUR FEET

Our feet remind us that in our movement, we commit to being free. As you run, take up space. Be the ocean. Feel the ground. Do not seek to minimize. Do not count yourself out. Tell your body, you can do this and take up as much space as you need.

This is yours.

Run Seven

Connect with your feet as they move your body forward.

Lace up your shoes and remind your body that you are caring for yourself.

You are moving. You are thriving. You are moving beyond.

FOR YOUR SPIRIT

“I speak here as a woman of Color who is not bent upon destruction, but upon survival.”

Audre Lorde, *Sister Outsider*, "The Uses of Anger: Women Responding to Racism"

FOR YOUR BODY

Run with me
into the depths of our poetry
move your being
beyond ourselves
and breathe.
 with one step
 one motion
 one thought

know
that
you
are
m...o...v...i...n...g
beyond.

FOR YOUR FEET

Today's run is about thriving. So often, when we commit to moving our feet, we focus on completing. All we can see is our survival, but not today! Today, we run not only to survive but also to move towards thriving.

Run Fight

Pray with your feet hitting the ground.

FOR YOUR SPIRIT

***“That was her way of showing God
that she had a servant’s heart,
that she was a good woman,
with all of the little,
she had.”***

Jasmine Mans, *That Was Her Way of Showing God*

FOR YOUR BODY

Reach down

deep within

Show God your heart,

knowing.

FOR YOUR FEET

This is your gentle reminder that we do not move for speed nor for distance. Yes, you are building endurance, and we do honor that; however, this journey is about your soul care.

We are choosing to care for ourselves in this way, and we embrace the beauty of our feet. Your Spirit is moving freely through you as you choose to move your feet.

Trust your care.

Trust your body.

Know that you are good.

You are holy.

Run Nine

The breath moving in and out of your lungs - that is your prayer.

FOR YOUR SPIRIT

“Loves music. Loves dance. Loves the moon. Loves the Spirit. Loves love and food and roundness. Loves struggle. Loves the Folk. Loves herself. Regardless.”

Alice Walker, *In Search of Our Mothers Gardens: Womanist Prose.*

FOR YOUR BODY

lace your shoes
feel your breath
sigh your relief
journey: *towards becoming*

FOR YOUR FEET

YOU are more than enough *today, and always*—not because you are moving, but because of who you are.

Only **three steps** to follow today:

1. Love your *Spirit*
2. Love your *Body*
3. Love your *Feet* (then repeat)

Run Ten

Remember, we do not run because we must; we run because we choose to.

FOR YOUR SPIRIT

“Radical self-love demands that we see ourselves and others in the fullness of our complexities & intersections and that we work to create space for those intersections.”

Sonya Renee Taylor, *The Body is Not an Apology: The Power of Radical Self-Love*

FOR YOUR BODY

I run

because

I

can

not

because

you

make

me.

FOR YOUR FEET

Today, here is our declaration:

We will love ourselves *radically*,
and we will love our body, *regardless*.

Your body is a running body, and we intentionally declare that we radically love *this body*. For the tenth time now, we lace our shoes, embrace our body, and trust our sweat. We enjoy our thighs, and we run. Put one foot in front of the other and run, beloved, run.

Run Eleven

Today, I want you to know I am proud of you.

FOR YOUR SPIRIT

“I think that people are really having trouble grappling with the idea that fit comes in many forms and that people can still participate in athletics no matter what kind of body they have.”

Mirna Valerino*

FOR YOUR BODY

yes,

yes,

yes,

this is my body.

yes,

yes,

yes,

this is *our* body.

yes, yes, yes.

FOR YOUR FEET

As you continue to journey with your feet, I am so proud of your becoming. Keep moving. Keep breathing. Lace up your shoes and know that you can do this. You have done this. You are doing this. Together, we are caring for ourselves.

With God by your side, receive this declaration:

We *can do* this.

We *already did* this.

We *will do* this.

yes, yes, yes.

Run Twelve

Keep going.

FOR YOUR SPIRIT

“As long as you're alive, you're in a posture, whatever that is — it might be lying on your back, standing down, standing up, whatever, but that posture is enough posture to practice the parts of yoga that are really needed.”

Jessamyn Stanley*

FOR YOUR BODY

breathe, hope, ground
repeat
breathe, hope, ground
free.

FOR YOUR FEET

As we run, we know that there are days where no matter how much you stretch or how much you have rested, your feet feel like they cannot move.

There are days where a few minutes into the movement, your entire body begins to lose steam. *It's okay, do not give up.* Take the time and space that you need.

Today, be gentle to yourself. You are holy. God is with you. And I assure you, you are *moving*.

Run Thirteen

We are in this together. Your body is not alone.

FOR YOUR SPIRIT

***“Your body is not a struggle; it is a revolution.
Shine bright darling”***

Latoya Shauntay Snell*

FOR YOUR BODY

I may struggle
but this does not break me
I may struggle
yet it will not take me
I may struggle
today.
I may not
tomorrow.
yet, I am not the struggle—
I am free.

FOR YOUR FEET

Today we add an incline—not because we must, but because we choose to. I am running with you. We can do it. Trust your body and lean in towards thriving. Take in delight in knowing we are moving together. Your body is not alone. Your body is loved. Your body is a revolution.

Lace up those shoes. Trust your feet. Shine as you breathe (then repeat). This is our recipe; we are thriving. It is so.

Run Fourteen

With each step you take today, your steps are not your value: you are free.

FOR YOUR SPIRIT

“Concepts like self-acceptance and body neutrality are not without value. When you have spent your entire life at war with your body, these models offer a truce. But you can have more than a cease-fire. You can have radical self-love because you are already radical self-love.”

Sonya Renee Taylor, *The Body is Not an Apology: The Power of Radical Self-Love*

FOR YOUR BODY

Loves

Self

Radically

guides our feet.

FOR YOUR FEET

Today we let our feet guide us into movement, holding all that we know to be true about ourselves:

We are loved.

We are enough.

We are *free*.

Run Fifteen

Thank you, beloved, for running with me.

FOR YOUR SPIRIT

***“I seek no conquest, no wealth, no power, no revenge:
I seek only discovery
Of the illimitable heights and depths of my own being.”***

Pauli Murray, *Prophecy*

FOR YOUR BODY

*Christ hears the sounds of feet I say,
Christ hears the sounds of feet.
your feet and her feet
echo in the distance.*

*We hear the sounds of feet we say.
Christ heard the sound of feet.*

FOR YOUR FEET

You did it. You cared for your body each time you put on your shoes. You let your Spirit be *free*. You allowed your feet to carry you into the *beyond*. You explored the depths of your own being, knowing that God dwells in you.

Most importantly, you chose you—day after day—you chose you. We are not yet done because we are holy. So, always remember, we get to stay *free*.

A Blessing

May you receive this blessing:

May we remember to breathe, *always*.

**May we lace up our shoes and care for our
bodies together, beloved, *regardless*.**

**May we know with each step we take
together that we are moving forward *freely*.**

May it be so. Amen.

Thank you, beloved, for running with me.

In running solidarity with even more gratitude,

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