

Jonas Max Trofort

College Writing

Professor Elaine Lux

Free Write : Start Time : 6:30pm

Maintaining My Walk with the Lord

My walk with the Lord is something that is always evolving and changing. I love the Lord and love spending time with the Lord. It helps me see things clearer, it helps me get closer to God which helps me change into the way God wants me to be. Walking with the Lord ensures that I do not take a wrong turn or exit. There are moments when I spend more time with the Lord and other times when I am spending less time with the Lord. In an attempt to maintain and grow my relationship with the Lord, there are certain things that I do make a priority.

One of the things that I have made a priority is starting every day with God in prayer. When I start and end my day with prayer and time with the Lord I feel that it makes it clear that the Lord is a priority in my life. I take that time and really connect with the Lord, meditating on His word and receiving direction for my life. It helps me ensure that my day is started on the right foot. Starting the day with prayer allows me to let the Lord guide me throughout the day. Ending the day with prayer and a moment of meditation allows me to wash the entire day off me. Throughout the day, there are many things that can happen that can affect my spirit and mind negatively and prayer at the end of the night can reset my mind and spirit. Meditating on the Lord's word helps me maintain a Christ-centered life.

Another way that I keep my walk with the Lord is by surrounding myself with worship music. Technology is a blessing in that I can put my AirPods in my ear and wherever I am, I can play worship music that keeps my soul singing the Lord's praises. Worship music keeps me positive and reminds me that the Lord is worthy of worship at all times. I have had many experiences where I prayed for something in the morning and received my response from the Lord through a worship song during the day. The Lord many times uses worship music to communicate with me His will for my life. It also keeps my spirits high and keeps me encouraged.

End Time: 6:45pm