

**“Walk The Old Paths”** By Kirk Hunt

*Thus says the Lord:  
“Stand in the ways and see,  
And ask for the old paths, where the good way is,  
And walk in it;*

Jeremiah 6:16a NKJV

There is a good chance you did [burpees](#) as a youngster. If you are like me, you [hated them](#) back then. If you are like me, you hate them still. Regardless, here I am, at my age, doing burpees. The old paths are very often the best route to a prized destination.

Hate them if you must, but burpees improve strength, flexibility, endurance and aerobic conditioning. In pursuit of physical fitness, burpees are ridiculously inexpensive but intensely demanding. Still, even professional athletes shy away from the exercise. Even the best of us do not always want to do what is hard. Regardless of the benefits.

Every worthwhile achievement demands something from its seekers. A relationship with Father-God is no different. Real spiritual growth demands real spiritual disciplines.

Regular prayer. Consistent Bible study. Systematic fasting. They are the price of spiritual strength and intimacy with God. They are the old path, and the only path, to a proper relationship with your heavenly Father.

Start today. Commit to being consistent and diligent. It may not seem like much to you, but stay the course. Sooner than you think, you will realize that you are on the shortest, best path to a relationship with God. And He is the most prized destination.

**Think:** The only good route to God is through the old paths of spiritual disciplines.

**Pray:** “Lord, I will follow the old paths to You.”

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