**Moving into Action**

**And Moses lifted up his hand over the sea;**

**and the Lord caused the sea to go back**

**by a strong east wind all that night and made the sea dry land,**

**and the waters were divided.**

***(Exodus 14:21)***

**And when the soles of the feet of the priests**

**who bear the ark of the covenant of the Lord,**

**the Lord of all the earth, shall rest in the waters of the Jordan,**

**the waters of the Jordan shall be divided,**

**the waters that are flowing down from above shall pile up**

**as though they were in sheepskins, one beside the other.**

***(Joshua 3:13)***

**For this law is decreed for you;**

**for we are with you; be strong and do it.  
*(Ezra 10:4)***

**I sought the Lord, and he answered me,**

**and delivered me from all of my fears.**

***(Psalm 34:4)***

**Ho, ever one that thirsts,  
come to the waters.  
*(Isaiah 55:1)***

**Come to me, all you who labor and carry burdens,  
and I will give you rest.**

***(St. Matthew 11:28)*  
  
Stretch out your hand.**

***(St. Matthew 12:13)***

**Row out to the deep, and cast your net for a catch.  
*(St. Luke 5:4)***

**Go into all the world and proclaim the Good News.**

***(St. Mark 16:15)***

**Rise, let us be on our way.**

***(St. John 14:31)***

**Jumping up, he stood and began to walk,**

**and he entered the temple with them,**

**walking and leaping and praising God.**

***(Acts 3:8)***

**Give no thought to what lies behind,**

**but push on to what lies ahead.**

***(Philippians 3:13)***

**Behold, I stand at the door and knock;**

**If any man hear my voice and open the door,**

**I will come in to him and will sup with him, and he with me.**

***(Revelation 3:20)***

**They say most accidents occur within two miles of home, so we’re moving. *(The American Legion magazine cartoon)***

**Man: “Could you direct me to ‘active-wear’?” Sales person: “Active- wear? You? Wouldn’t that involve fraud?” *(J. C. Duffy, in The Fusco Brothers comic strip)***

**Affirmation: “Thank You, God, for showing me the path. I know that Your desire for me is absolute good. As I move into action to do the things that are mine to do, I feel You guiding me every step of the way.” (Richard & Mary-Alice Jafolla, in The Quest, p. 231)  
  
Moving into action denotes applying the teachings to every situation in your everyday life, right where you are. It doesn’t imply running off in all directions in search of new and exotic experiences. The broadened experience takes place wherever you find yourself. Every incident, no matter how trivial, is an opportunity for a greater experience and can be brought to whatever height you want to take it. (Richard & Mary-Alice Jafolla, in The Quest, p. 227)**

**The Ark was built by amateurs, and the Titanic by experts. Don’t wait for the experts. *(Murray Cohen)***

**Action is the antidote to despair. (Joan Baez)**

**Sometimes the man of action is a fellow who just got both of his feet in hot water. *(O. A. Battista, in A Dictionary of Quotations)***

**Twenty-one days of unrelieved bed rest will age your body by 30 years. Or so say the medicos now. Fortunately, it’s reversible. Once up and about, you’ll “youth” again. *(Boyd’s Curiosity Shop, p. 28)***

**Life is like riding a bicycle. You don’t fall off unless you stop pedaling.  
*(Claude Pepper)***

**The biggest step you can take is the one you take when you meet the other person halfway. *(Bits & Pieces)***

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**Buffet: A word that means “Get up and get it yourself.” *(Ron Dentinger, in Dodgeville, Wis., Chronicle)***

I had an amusing experience when I first came to America. Passing an attractive-looking restaurant, I went inside, and selecting a table, sat down and waited. Nothing happened. I continued to wait. All around me, people were enjoying their food, and only I was left out. After a while the truth dawned on me – I was in a cafeteria. (This system had not yet made its appearance in England.) I then realized that while there was plenty of food to be obtained, one had to go forward and claim it for himself, or go without. The universe is run exactly on the lines of a cafeteria. Unless you claim – mentally – what you want, you may sit and wait forever. *(Emmet Fox)*

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**Using powerful electron microscopes, scientists have discovered that part of the outer protein skin will form a finger which reaches out and closes around a droplet of water or a nugget of needed chemicals. A dimple forms and then elongates inward as the chemicals seized from the surroundings are forced through the fat layers inside a bubble. In this way a cell gulps nutrients. *(Rutherford Platt, in The Living World of Nature, p. 220)***

**Motivation does not come first, action does! You have to prime the pump. If you wait until you’re “in the mood,” you may wait forever. *(Dr. David D. Burns)***

**Man: “You know, Lars, you’re always complaining about being broke, but you never do anything about it. The difference between you and me is, tomorrow, I’m going to get up early, put on a suit, go downtown and buy a lottery ticket.” *(J. C. Duffy, in The Fusco Brothers comic strip)***

**Deliberation is the function of many; action is the function of one. *(Charles de Gaulle)***

**My grandmother started walking five miles a day when she was sixty. She's ninety-five now, and we don't know where the hell she is. *(Ellen DeGeneres)***

**A desire without a deed is a dead end. It is like a high-powered sports car waiting patiently for a driver to start the engine. We can plan, dream, wish, hope, and inwardly change all we want. This is not only beneficial but necessary, but it we don’t bring these forth into our practical lives, they eventually lead nowhere. We have to do something with what we know! Our lives have to reflect the inner change. We have to, as the expression goes, “put feet on our prayers.” Even the greatest teachings lose their power if they are not put into practice. (Richard & Mary-Alice Jafolla, in The Quest, p. 228)**

**Grandchild: “Ouch! I got a cramp! You’re going way to fast for me! I told you I didn’t feel like walking today!” Grandma: “We haven’t even left the front of the house yet.” *(Steve Breen, in Grand Avenue comic strip)***

**Move out in the direction of your desires, and God will do one of two things. He’ll either shut the door you’re headed toward to show you another way, or he’ll supply the resources you need to do the job as you go. *(Russ Johnston, in God Can Make It Happen, p. 54)***

**The instincts of action are the favorite haunts of happiness. To move, to creep, to stand, to walk, to run, to climb, to swim, at last to fly: what strange delight there is in these natural expressions of our powers! To be made whole one must stretch his legs and make friends with the sun. Are you broken-hearted? Go out for a four-mile tramp alone, and the spirits of the sky and the earth will heal you. Legs were made for walking. *(Will Durant, in The Mansions of Philosophy)***

**The most difficult thing is the decision to act, the rest is merely tenacity. *(Amelia Earhart)***

**“Every time one man puts an idea across,” notes Alfred Montaport, “he finds 10 who thought of it before he did -- but they only thought of it.” A writer once complimented Edison on his inventive genius. “I am not a great inventor,” said Edison. “But you have over 1,000 patents to your credit.” “Yes, but about the only invention I can really claim as absolutely original is the phonograph,” explained Edison. “I’m an awfully good sponge. I absorb ideas from every source I can and put them to practical use. Then I improve them until they become of some value. The ideas that I use are mostly the ideas of other people who don’t develop them themselves.” *(Bits & Pieces)***

**Exercise has limited weight-loss benefits: Running that extra mile on the treadmill may not make you any thinner, a new study suggests, because exercise alone can burn only a limited number of calories. Instead, the body actually adapts to greater levels of activity, which may help explain why people who are trying to lose weight often hit a frustrating "plateau." The research team followed more than 300 men and women from five different countries over the course of one week, measuring their daily activity levels and energy expenditure. As expected, people who were moderately active -- walking a couple of miles daily or working out for a half hour two or three times a week -- burned about 200 more calories than the ones who remained sedentary. But intense activity didn't necessarily reap more benefits: Participants who logged the highest levels of physical exertion expended about the same amount of energy as those who were only moderately active. The researchers suggest that the bodies of extremely active people learn to use energy more efficiently during exercise and to burn fewer calories while at rest. "We think this is a really common evolutionary adaptation that all animals use to keep from outstripping their resources and to keep from starving," study author Herman Pontzer of Hunter College in New York City tells CNN.com. Exercise can provide many health benefits, including weight loss, Pontzer says, but to shed a lot of pounds, "you probably ought to focus on changing your diet and watching how much you eat." *(The Week magazine, February 19, 2016)***

**You can't be that kid standing at the top of the waterslide, over-thinking it. You have to go down the chute. *(Tina Fey)***

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**You can’t build a reputation on what you are going to do. *(Henry Ford)***

**Henry Ford had a habit of going to the offices of other executives whenever a problem had to be discussed, rather than have them come to his own office. He did it to save time. “I’ve found,” he said, “that I can leave the other fellow’s office a lot quicker than I can get him to leave mine.” *(Bits & Pieces)***

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**When friends are in trouble, don’t bother them by asking if there is anything you can do. Think of something appropriate and do it. *(Bits & Pieces)***

**Three frogs were sitting on a leaf. One frog decided to jump. How many frogs were left sitting on the leaf? If you said three, you’re right. Deciding is the first step. Action, jumping, is what gets results. *(SabahNews)***

**Don’t be afraid to take a big step if one is indicated. You can’t cross a chasm in two small steps. (David Lloyd George)**

**A reader writes: “Only reason I get out of the bed in the morning is I can’t carry it with me all day.” *(L. M. Boyd)***

**Go to the Edge of the Light you see. (Mary Manin Morrissey)**

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**God gives every bird his worm, but he does not throw it into the nest.  
*(Swedish proverb)***

**My Favorite Saying: "God gives us the ingredients, but He doesn't give us the recipe. (Marge McCallister, in Reminisce magazine)**

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**The Golden Rule is of no use to you whatever unless you realize that it is your move. *(Dr. Frank Crane)***

**My dog Sam is great for exercise. I let him into the backyard, he leaps the fence and I spend the next two hours looking for him. *(Derek Thompson, in Reader’s Digest)***

**You miss 100 percent of the shots you don't take. *(Wayne Gretzky, legendary hockey player who holds numerous NHL records, including the most career goals and points scored)***

**Having received the guidance we were seeking, we then “speak the word.” We begin verbally declaring the truth about a situation. Then what do we do next? We act upon it. This is the way we cooperate with the universe, with God. In other words, we do our share. (Richard & Mary-Alice Jafolla, in The Quest, p. 228)**

**While strolling through the community bazaar, my husband Marlin and I commented on the simplicity of the handmade treasures. “I could make that,” Marlin said, pointing at one display. Just then we noticed the sign over the artisan’s booth. It read: “Sure you could make it – but will you?” *(Karen Smith, in Reader’s Digest)***

**The hollow, nectar-sucking tongue of the hawk moth is the longest in the insect world: up to 10 inches. (Rocky Mountain News)**

**Never confuse motion with action. (Ernest Hemingway, American author)**

**When Adolf Hitler moved troops into the Rhineland in defiance of the Treaty of Versailles, the leaders of the Western democracies took no action. Instead, they temporized, and the German leader gobbled up more and more of Europe. *(Edwin, Jr. & Sally Valente Kiester, in Reader’s Digest)***

**The great thing in the world is not so much where we stand, as in what direction we are moving. *(Oliver Wendell Holmes)***

**Wife: “He’s hurt his back, Doctor.” Doctor: “Nothing to worry about. It’s just a pulled muscle. This is usually the result of a sudden, unnatural movement. What were you doing?” Husband: “We were in a restaurant with some friends.” Wife: “He was reaching for the check!” *(Jim Unger, in Herman comic strip)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Jesus prayed that the cup of suffering would pass from him. Pass it did, but only when he drank it. *(Phil Barnhart, in Seasonings for Sermons, p. 153)***

**“Stretch out your hand,” Jesus directed the man who wanted to be healed. The man knew that Jesus could help him discover his wholeness. Although the desire for healing was there, Jesus instructed the man to do something about it, to move into action, to extend his desire into a deed. *(Richard & Mary-Alice Jafolla, in The Quest, p. 227)***

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**A journey of a thousand miles begins with a single step. *(Chinese proverb)***

**Paths are made by walking. *(Franz Kafka)***

**Keep on going and the chances are you will stumble on something, perhaps when you are least expecting it. I have never heard of anyone stumbling on something sitting down. *(Charles F. Kettering)***

**Leadership is action, not position. *(Donald McGannon)***

**Things may come to those who wait, but only the things left by those who hustle. *(Abraham Lincoln)***

**Benefits of a lunchtime stroll: If you often feel tired and lethargic after lunch, here's some advice: Take a walk. A new study has found that even a gentle lunchtime stroll can result in a significant and immediate improvement in energy and stress levels, the New York Times reports. Scientists have long known that walking is healthy for both body and mind, but until now studies have focused largely on its long-term effects. In a new study, British researchers at the University of Birmingham gave 56 sedentary but healthy office workers a simple exercise regime: walking for 30 minutes at lunch, three times a week, at whatever pace they wanted. The volunteers were then asked to answer a series of questions every afternoon, to determine their mood. At the end of the 10-week study, the results were striking: The volunteers felt markedly more enthusiastic and less stressed on the afternoons when they had walked. Study leader Dr. Cecilie Thogersen-Ntoumani noted that while employers expect their employees to work through their lunch break, people who get out for a walk would be happier and more enthusiastic: and therefore "more productive." *(The Week magazine, February 6, 2015)***

**What counts in management is action. One executive puts it this way: “To look is one thing. To see what you look at is another. To understand what you see is a third. To learn from what you understand is still something else. But to act on what you learn is all that really matters.” *(Bits & Pieces)***

**Small deeds done are better than great deeds planned. *(Peter Marshall)***

**Keep moving if you love life, and keep your troubles well behind you. *(John McCain, in Worth the Fighting For: A Memoir)***

**Hagar: “The most important thing in life is to know what you want and then go out and get it!” Servant: “By golly, you’re right!” Hagar: “Where are you going?” Servant: “I’m going out to get a ham and cheese sandwich on rye!” *(Chris Browne, in Hagar the Horrible comic strip)***

**Billy gets on his rocking horse and says to Mom: “Mommy, do you need anything at the store while I’m out riding?” *(Bil Keane, in The Family Circus comic strip)***

**Nothing would be done at all if we waited until we could do it so well that no one could find fault with it. *(Cardinal Newman)***

**You have to be going somewhere to have the energy you need to get there. *(Dr. Mehmet Oz, cardiologist)***

**I prefer the errors of enthusiasm to the indifference of wisdom. *(Anatole France)***

**English clergyman physicist Joseph Priestly discovered oxygen on August 1, 1774. His "Dephlogisticated air," as he called it, had also been discovered four years earlier in Sweden by Carl Wilhelm Scheele, but Priestly published results first and got the credit. *(Alison McLean, in Smithsonian magazine)***

**Joshua 3:10-17: As soon as God saw the soles of those priests’ sandals getting damp, He stopped the river’s waters and made a dry road right through and the whole nation crossed in safety. *(Russ Johnston, in God Can Make It Happen, p. 54)***

**Believe in impossible dreams and work on those dreams. Believe in wholeness and healing, regardless of what man may say is possible or impossible. Remember the Red Sea did not open up until the Israelites walked into the water. Don’t be afraid to get your feet wet. Don’t be afraid of experiences; they are for your sake. *(Sue Sikking, Unity minister)***

**Begin somewhere; you cannot build a reputation on what you intend to do. *(Liz Smith, columnist)***

**Most rules of success won’t work unless you do. *(The Furrow)***

**When the idea is not right, God says “no.” When the time is not right, God says “slow.” When you are not right, God says “grow.” When everything is right, God says “go.” *(Dr. Robert Schuller)***

**The shortest answer is doing. *(English proverb)***

**Success doesn’t come to you . . . you go to it. *(Marva Collins)***

**The sun shines on anybody whose got enough sense to go out and stand out under it. *(Brother Dave Gardner, comedian)***

**Take A Walk in Any Weather: Plenty of studies show that green spaces such as city parks and blue spaces such as beaches boost psychological well-being. But what if your nearby landscapes are covered with snow? These "white spaces" offer perks too: In a recent Polish experiment involving 87 women ages 19 to 55. a 40-minute walk in a snowy woodland improved body image, an important aspect of mental health. The researchers think that trudging through snow might have shifted the participants' thoughts about their body, from insecurities about its appearance to an appreciation of its abilities. And soaking in the beauty of winter probably helped them relax and feel more positive about the world in general. *(Samantha Rideout, in Reader's Digest,***

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**March 7, 1876: What is considered the most valuable patent ever issued -- No. 174,465 -- goes to Alexander Graham Bell. Had Bell been just a few hours later in submitting his designs, Elisha Gray would have gotten credit for the telephone. What we know today as the Bell system might be known instead as the Gray system. *(William Ecenbarger, in Reader’s Digest)***

**Desire is a treasure map. Knowledge is the treasure chest. Wisdom is the jewel. Yet, without action, they all stay buried. *(Bits & Pieces)***

**Lee Trevino, one of golf’s great players, sharpened his game and competitive spirit as a young caddie. His first games were behind another about 125 and another about 60. Oftentimes there would be as many as 16 caddies playing for quarters -- but only one club. Trevino would hit a shot and throw the club to another caddie, who would take his turn. As soon as he’d hit, he’d throw the club to another caddie. With the club flying around like crazy, it would take as much as 30 minutes to play one 100-yard hole. It was a tough way to learn the game, but Lee Trevino will be the first to tell you that he wouldn’t be where he is today if he had just sat in the caddie shack in his idle moments. *(Bits & Pieces)***

**A tuna heats its blood by constantly flexing its muscles. *(L. M. Boyd)***

**The wood turtle stamps its feet to send vibrations into the Earth to arouse worms therein, and bring them to the surface -- so it can eat same. Pretty tricky. *(L. M. Boyd)***

**Whenever the urge to exercise comes upon me, I lie down for a while and it passes. *(Robert Maynard Hutchins)***

**It often happened that an old-time sailing ship, exploring and trading in new lands, would find itself becalmed in the doldrums just east of South America. A Spanish galleon could sit for days or even weeks, baking in the torrid tropic sun off the coast of what is now Brazil. With their ship unable to move in the windless sea, unable to reach land and a supply of fresh water, the men were doomed to dehydration. Sometimes a local vessel would drift near one of these pitiful ships. The appeal from the dying sailors was always the same: “Please, give us some of your water!” At this, the local seamen would deliver an amazing piece of information: they were sitting in the mouth of the mighty Amazon where it empties into the sea. This river is so vast that its water extends two hundred miles out into the Atlantic. Although they couldn’t see land, the ship with its crew dying of thirst was adrift in fresh water! All they had to do was lower their buckets over the side. They believed themselves to be helplessly in need, but they were literally surrounded by exactly what it was that they needed. *(Richard & Mary-Alice Jafolla, in The Quest, p. 333)***

**Sometimes, you have to step outside the person you believe yourself to be. And remember the person you were meant to be. The person you wanted to be. *(H. G. Wells)*  
If your ship doesn’t come in, swim out to it! *(Jonathan Winters)***

**You’re never allowed to step on people to get ahead – but you can step over them if they’re in your way. *(Star Jones)***

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