

## A Day for Trails

Hiking and biking trails are very popular with Lola and me. Some of our favorites are the Riverwalk along the Tennessee River in Chattanooga, one in Dayton, Tennessee, near a small stream, and the Greenway in Cleveland, which meanders along Mouse Creek. We look for others when we travel. They are important for recreation and fitness.

The American Hiking Society sponsors National Trails Day on the first Saturday of June. People first observed this special day in 1993. It draws thousands of outdoor enthusiasts for trail dedications, educational exhibits and workshops, gear demonstrations and trail work projects.

National Trails Day also highlights the work of volunteers, land managing agencies and businesses that support the development and maintenance of our nation's trails. The American Hiking Society hopes to increase the public's awareness of trails and the benefits of hiking, including improved health and weight management.

We need to be careful of what trail we hike on. Jeremiah warned Judah of the danger of straying from the old paths of godliness and righteousness. The people had left God's ways to follow new paths of idolatry and apostasy.

Today, our society encourages us to turn aside from the "old paths" laid out by God in His Word to try "new" roads to fulfillment and enlightenment. But only His way is good, and when we follow it, we will find rest for our souls.

The road to God's kingdom and eternal life is strait with a small gate. The road to salvation may be narrow, but it is well marked by God's Word, well lit by the Light of the World, and well worn by the saints of old.

It is our duty to make others aware of this trail and its benefits, which are out of this world.

*Who are those who fear the Lord? He will show them the path they should choose. Psalm 25:12*

--Beecher Hunter