

# Let's Talk CHANGE DEVOTIONALS



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## GET OFF THE TREADMILL

Dr. Vanessa Dantzler Ussery | March 14, 2018

*"Arise, walk in the land through its length and its width, for I give it to you." - Genesis 13:17*



My exercise of choice is walking. I would prefer to walk in the neighborhood or at a park than go to the gym. Community walking has more eye appeal as the scenery is varied. But my challenge with walking the neighborhood is dogs. I can walk around for months and not see one. Then one day I'm confronted by an unleashed pet that escaped its backyard. I admit I'm not fond of the idea of being bitten or mauled by a dog. Feel free to chuckle if you must, but dogs have sharp teeth and their bite is worse than their bark (smiles).

The dog challenge forced my hand to join a fitness club, so I can walk on the treadmill. I usually burn up to 300 calories and my pace requires a one hour walk to reach my calorie goal. There are TVs to view while walking and most people bring their own listening devices, like an iPod, or iPhone, to enjoy their favorite tunes. Some people bring their kindle and read while on the treadmill. The objective is to spend time on a stationary machine walking for thirty minutes or more and not become bored. In addition, watching TV or listening to tunes makes the time appear to move quicker.

Walking the neighborhood is more interesting as the scenery changes, the ground levels change and there is a sense you are going somewhere as you see different things along your path. If you don't watch the time you can walk farther than anticipated enjoying the environment. The treadmill allows you to change the incline. However, treadmill walking is movement with limited scenery change, and no real physical destination is reached. Some of us live our lives like we are on a treadmill where we feel safe in a controlled environment experiencing repeated simulated movement. Actually, we cannot reach our full potential (our destiny) in a static environment. It's time to get off the treadmill and venture into a purposeful life. David says in Proverbs 37:23, "The steps of a good man are ordered by the Lord, and He delights in his way." Change your approach, try something new/different, accept being challenged and finish what you have postponed...you get the point. The treadmill lifestyle is safe but there's a limited view and limited accomplishments.

**GET OFF the TREADMILL** and begin walking into your destiny by faith knowing God is with you through every scenery change and every obstacle as He wants to give you an accomplished life!

*Residing in Los Angeles, CA, Dr. Vanessa Dantzler Ussery is the Emeritus Pastor of Home Assembly Church in Los Angeles, is the founder of "Celebrate Change Ministries" and the author of "My Be Attitude: Who Be You?", which is available online in softcover or eBook at [MyBeAttitude.org](http://MyBeAttitude.org), Xulon Press, Amazon and Barnes & Noble. Dr. Ussery is available for national speaking engagements, empowerment seminars, and lectures. For more information, [CelebrateChange.org](http://CelebrateChange.org) | [Info@CelebrateChange.org](mailto:Info@CelebrateChange.org) | 310-436-6336 x216.*

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