

## WALK DON'T RUN

By [Rob Bell](#)

Walk, don't run.  
That's it.  
Walk, don't run.

Slow down, breathe deeply,  
and open your eyes because there's  
a whole world right here within this one. The bush doesn't suddenly catch  
on fire, it's been burning the whole time.

Moses is simply moving  
slowly enough to see it. And when he does,  
he takes off his sandals.

Not because  
the ground has suddenly become holy,  
but because he's just now becoming aware that  
the ground has been holy the whole time.

Efficiency is not the highest goal for your life,  
neither is busyness,  
or how many things you can get done in one day,  
or speed, or even success.

But walking,  
which leads to seeing,  
now that's something.

That's the invitation for every one of us today,  
and everyday, in every conversation, interaction,  
event, and moment: to walk, not run. And in doing so,  
to see a whole world right here within this one.