

How You Can Experience Spirit-Filled Momentum in a Crisis

I think of the overwhelming seasons of life and how we get through them. The only way I have discovered to do this is to take one step at a time.

Granted, for both the unbeliever and the believer, one step at a time creates movement. However, for the believer, when we take that one step hand-in-hand with God, it establishes spirit-fueled momentum.

There are times when one step, in and of itself, can seem overwhelming. However, when it seems overwhelming, we may be looking at the whole journey rather than the next small piece. If I want to climb a mountain, it begins with one move. If I need to start to exercise or go on a diet, it starts with an action. Why do we despise and sometimes dread that single step?

So much of what happens in the spiritual realm is beautifully modeled in the natural realm. When my children were infants, I waited with great anticipation for the day that they would take their first step. When that day finally came, I was so excited. In that excitement, and looking ahead to their future, I encouraged them to take another one. It took time to put all those steps together. They would fall, but they would get back up again.

As one of my children was learning to walk, they kept running into walls. One black eye would heal up just to be followed by another wall encounter and another black eye. I was very thankful that our doctor knew us. Those walls never stopped that child from learning to walk and eventually run. As time passed, they were able to navigate the wall, avoid the injury

and pick up speed. However, it all began with putting one foot in front of the other.

So much that God calls us to do involves putting one foot in front of the other. Those little steps, those everyday decisions, usher us into divine moments and God encounters. Take a moment and look down at your feet. What direction do they face? Straight ahead! Take that next step.

Are you ready? Join us for this episode of *Real Truth with Ruth* as we dive deeper into the concept of taking one step at a time. {eo}

Ruth Hendrickson is an ordained pastor, itinerant speaker, ministry trainer and board-certified biblical counselor who has extensive experience in the development, training, and oversight of emotional healing ministry teams, recovery ministries, prophetic ministry, prayer ministries and women's ministry. In addition, she is a course facilitator for Patricia King Institute and Charisma courses. She writes for *Elijah List and Charisma* and has a podcast titled *Real Truth with Ruth*.

Through biblically based teachings and practical applications infused with love and laughter, her goal is to introduce people not only to the living God who saves but also to the God who desires an intimate relationship with each one of us. Her book, *Positioned: How to be Aligned & Empowered to Walk In Your Divine Destiny*, will help you take steps to discover the life that God has for you. Visit her website at [www.ruthhendrickson.com](#), on Facebook at [www.facebook.com/ruthhendrickson](#) and on YouTube at [www.youtube.com/ruthhendrickson](#).

Read articles like this one and other Spirit-led content in our new platform, *CHARISMA PLUS*.