



**God:
“Read any
Good Book
lately?”**

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 Classes 10:00
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noise so they couldn't hear their partner's steps, and ensured the two walkers never touched. The subjects didn't know the scientists were studying synchronization. Still, it occurred in 46 per cent of the cases.

In light of this, doctors and physiotherapists are finding that stroke patients with gait disorders and disturbed rhythm can improve dramatically if they walk with a partner. The patients tend to mimic the partner and gradually improve their gait.

Interestingly, the Bible has a lot to say about walking with others. But my favourite passage is Psalm 1:1-2 which says, *“Blessed is the one who does not walk in step with the wicked or stand along the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord...”*

In scripture, walking with someone symbolizes the agreement, solidarity and support that comes with forming a strong relationship. When we spend time with someone, we almost always fall into a comfortable rhythm in which our attitudes and behaviours fall into sync. It usually happens subconsciously and with very little effort. So be careful who you walk with.

When we fall in with people who lift us up and not bring us down — people who share our faith, values and vision — there's a unity, maturity and integrity that makes the journey enjoyable and the destination easier to reach. But did you notice the progression in the Psalms passage?

We start by walking in step with the wicked. Before long, we're hanging out on their turf, waiting for them. Eventually, we find ourselves sitting with them, emeshed in their life. It points to the same principle outlined by the apostle Paul when he wrote, *“If there's no resurrection, ‘Let's feast and drink, for tomorrow we die!’ Don't be fooled by those who say such things, for ‘bad company corrupts good character.’” (1 Cor. 15:32,33)*

Which is not to say we shouldn't have anything to do with those who are prone to trouble. We just have to ensure we don't mirror their walk through life. And there's an easy way to do that. *“Those who belong to Christ Jesus have crucified the flesh with its passions and desires,”* says Paul. *“Since we live by the Spirit, let's keep in step with the Spirit.” (Gal. 5:25)*

If we walk as one with him, we'll really get somewhere.



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Making Strides Together

Here's your chance to get in step with the latest research into walking with others.

Though it won't come as a great shock to most, scientific data reveals that two people who walk together are very likely to synchronize their steps unintentionally, even if they don't know each other well. Falling into step is most common when two people hold hands and researchers think that's because arm swinging helps the synchronization. Others speculate that such contact establishes “a communication link” that aids synchronization.

But even when the couple involved don't talk, don't look at each other, or have any physical contact, they match each other step-for-step almost half the time. At this point, nobody knows how or why, but it seems the synchronization happens with little or no conscious effort.

All researchers know for sure is that walking partners fall into unison by changing the length or speed of their steps so they move forward at the same time and arrive at their destination together. It's like they march to a single drummer when they walk as one.

This kind of synchronization or “entrainment” doesn't only happen when people walk. Audience members often clap in unison, for example. But there's a difference. The clapping gels because each individual hears the sound and adjusts his or her clapping to match everybody else. But when it comes to walking in pairs, there's no such signal. The synchronization just seems to happen.

To be sure of that, researchers put side-blinders on their subjects so they couldn't see each other, had them wear headphones playing white

