## "God Wants Us To Walk"

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It is recommended that the average person take 10,000 steps a day, which is equal to five miles. Walking is good for the body. It helps maintain a healthy heart, strengthens the body and keeps our weight in check. While the American Heart Association recommends walking for our physical health, the Scriptures tell us to walk for our spiritual health.

**We must walk with God**. The Hebrew writer spoke of Enoch who "was taken up so that he should not see death"...being... "commended as having pleased God." Then he immediately expressed the impossibility of pleasing God without faith (11.5-6). How was Enoch a man who pleased God? Moses holds the key in Genesis 5.22, "Enoch walked with God..."

We must walk by faith. Paul penned, "for we walk by faith, not by sight" (2 Cor. 5.7). Abraham was a man who walked by faith. The Holy Spirit said, "by faith Abraham obeyed when he was called to go out to a place that he was to receive as an inheritance. And he went out, not knowing where he was going" (Heb. 11.8). Faith required Abraham to forsake all and to live in tents in a far away land, but "he was looking forward to the city that has foundations, whose designer and builder is God" (10). Faith was required of him, but the promises of God motivated him.

We must walk in the light. John declared, "but if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin" (1 John 1.7). Walking in the light can be a struggle especially if our foot dangles in the dark. God has put in place His Word by which we can be strengthened and overcome all temptations (1 Cor. 10.13). John wrote his letter that we may not sin (1 John 2.1a), but if we do, we have an advocate, Jesus Christ (2.1b). To walk in the light, though, we must confess our sins (1 John 1.9). No confessing, no forgiving. *Continued on back…* 

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"He who believes and is baptized will be saved, but he who does not believe will be condemned."

Mark 16.16



We must walk wisely. Paul wrote, "look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil" (Eph. 5.16-17). Paul further beseeches us to make the best of our time "walk[ing] in wisdom toward outsiders" (Col. 4.5). Whether it is at work, home or even at play, those who are not Christians (outsiders) surround our everyday walk. We must take advantage of any time we have with these lost souls. The days are evil and the final day is drawing near. Be an example to the unbelievers and our time will be well spent (1 Peter 2.12).

There are many walks found within scripture for which we could write volumes. We must walk in love, walk worthily, walk in the newness of life, walk in the spirit, walk honestly, walk in good works and walk in Christ, etc. The point is this though, the Scriptures tell us to walk. We can become exhausted, but at the finish line, great will be our reward (Heb. 12.1-3)!  $\mathcal{BG}$ 

## What Does Jesus Require Of Me?

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**Jesus requires that I believe in Him**. Belief is essential to our salvation. John wrote of Jesus and His miracles that we might believe in Him (John 20.30-31). If we will not believe in Him, we will die in our sins (John 8.24).

**Jesus requires that I obey His Word**. Obedience is how we manifest our faith. We show our love and obedience, not by saying, "Lord, Lord," but by "doing the will of the Father in heaven" (cf. Matt. 7.21). If we will not obey, do we truly believe?

**Jesus requires that I remain faithful to Him**. To trust and obey brings much joy to our Father and Savior, but we must be "faithful unto death, and [He] will give thee a crown of life" (Rev. 2.10, KJV).

Friend, obey Jesus today before it's eternally to late (Acts 17.30-31)!