

Walking with God

According to medical research walking is one of the best forms of exercise. It stimulates the heart and lungs. It strengthens the bones and muscles. Walking also increases blood flow throughout the body.

Because of these great benefits, doctors encourage us to leave our cars in the garage and participate more frequently in this exercise of walking. Here are some interesting facts.

Did you know that the average person takes anywhere from 7,000 to 8,000 steps a day? That's about two and a half million steps a year.

That also means that in your lifetime, you will walk approximately 115,000 miles.

The first man to walk around the world was a man by the name of David Kunst of Waseca, Minnesota. He completed this historic walk on October 5, 1974, after walking 15,000 miles. The trip took him 4 and a half years. During that time David wore out 22 pairs of shoes.

Most of us would find that it's not very practical or appealing to walk around the world. However, God wants us to understand that the Christian life requires a lifetime of walking.

This walk may not require 22 pairs of shoes, but it does require dedication, endurance and persistence. What I would like to do is look at what it means to walk with God. Perhaps the best way to do that is by looking at some characters that have done that.

I. Enoch: Gen 5:24

“Enoch walked with God; and he was not, for God took him.”

Enoch is the only one, except our Lord Jesus of whom it is written "he pleased God."

Heb 11:5, declares, “By faith Enoch was taken away so that he did not see death, "and was not found, because God had taken him"; for before he was taken he had this testimony, that he pleased God.”

Gen 5:21 seems to suggest that Enoch did not begin his walk with God until he was 65. Verse 21 says when Enoch was 65 he begot Methuselah and afterwards he walked with God.”

We don't know what happened but when Enoch became a father something took place that made him realize he needed to dedicate his life to the Lord.

II. Noah: Gen 5:32

Noah was 500 years when he became the father of Ham, Shem and Japheth. Gen 7:6 says that he was 600 when the flood came, so it took about 100 years for the Ark to be built.

During those 100 years we can understand why Noah found grace in the eyes of God. 2 Peter 2:5 says that "He was a preacher of righteousness."

I can imagine Noah pleading to everyone who would listen, "repent and turn back to God before it is too late." According to the genealogy in Gen five 1,656 years had passed from the beginning of creation. There must have been 1,000's of people who lined up watch Noah build that massive Ark. In Gen 6:9 again we see a unique phrase. "Noah walked with God."

In Micah chapter 6:8, we get a glimpse about the kind of relationship God wants to have with us. Micah asks, "What does the Lord require from you? To act justly, to love with mercy and to humbly walk with God." Think of the high and holy privilege of walking with God.

What an exciting thought that I can walk with the one who made the earth, the sun, the moon and stars (Psalm 104). How can we walk with God today?

#1. We Walk with God by Walking in truth.

3rd John 1:4, "I have no greater joy than to hear that my children walk in truth."

The psalmist says, "Teach me your way, O Lord, I will walk in your truth: unite my heart to fear your name" (86:11).

Two times Solomon declares, "There is a way that seems right to man, but in the end is death (Prov 14:12, 16:25).

Amos said, Two cannot walk together unless they what? Agree. In John 14:6, Jesus declared, "I am the Way, the Truth, and the Life. No man comes to God except by me."

In order to walk with God, we have to walk in the truth found in the scriptures. In John 17:17, Jesus prayed to God saying, "Sanctify them by your truth. Your word is truth."

#2. We walk with God by Faith:

The Bible says that Enoch had this testimony that "he pleased God" (Hebrews 11:5).

How was Enoch able to please God? The writer of Hebrews tells us that "without faith it is impossible to please [God]" (11:6).

2 Cor 5:7 "For we walk by faith, not by sight."

Faith sees what our physical eyes cannot see. Heb 11:1 says, "Now faith is the substance of things hoped for, the evidence of things not seen."

Verse 3, "By faith we understand that the worlds were framed by the word of God. "

None of us were there in Gen 1 when God created the world, but Psalm 19 reminds me, “The heavens declare the glory of God.” 1 John 5:4 says, “Faith is the victory that overcomes the world.”

#3. We walk with God by walking like Jesus:

Col 2:6, “As you have therefore received Christ Jesus the Lord, so walk in Him.”

1 John 2:6 "whoever claims to live in Him must walk as Jesus did."

After Jesus washed the feet of the disciples, Jesus said in John 13:15, “I have given you an example, that you should do what I have done to you.”

In Matt 16:24 Jesus said, “If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me.”

Close:

In the lesson, I hope I’ve given us some things to think about when it comes to our walk with God. We must walk in truth. We must walk by Faith. We must walk like Jesus.

I want to close by pointing out that our walk with God will one day lead us home.

A. From the last book in the Bible, the Book of Revelation we have this wonderful promise.

Rev 3:4-5, “You have a few names even in Sardis who have not defiled their garments; and they shall walk with Me in white, for they are worthy.