

A close-up, low-angle shot of a person's hand holding a thick, orange leather-bound book. The person is wearing a dark jacket and blue jeans. They are standing on a dirt path that stretches into the distance, flanked by green grass and trees under a bright, slightly hazy sky. The text "Disciplines of a Disciple: Walking" is overlaid in a bold, dark blue serif font at the bottom of the image.

# **Disciplines of a Disciple: Walking**

# **5 Major DISCIPLINES**

**FOR TRAINING IN GODLINESS**

# **of a Disciple**

# Praying



The discipline  
of regularly  
**communicating**  
with God.

# Studying



The discipline  
of consistently  
**learning**

from the Word of God.

# Walking



The discipline  
of increasingly  
**growing**  
in obedience to God.

# Walking



Walking is the daily process of submitting to the Spirit of God; by surrendering our thoughts, attitudes and actions to the will & design of God.

Walking is the daily process of  
*denying* our flesh & sin nature  
and *living* to please God and not ourselves.

# Walking





A person is shown in silhouette, sitting on a grassy hill at sunset. They are looking down with their hands clasped in prayer. The sun is low on the horizon, creating a warm, golden glow across the sky and the person's silhouette. The background shows rolling hills under the sunset sky.

# Walking

Walking includes daily *repentance* & *confession*  
of sin when we fail to submit to God.



# Walking

By 'walking' we mean the process  
of sanctification & *maturity*  
in the life of a believer.



**The discipline of walking  
always seems to have  
3 main  
components**





1

Walking includes ***attempting (positive)***  
to walk in line with the Spirit of God. This is  
where we **attempt** to submit all of our actions to  
the will, design & instruction of God.

"Above all else, we must learn how to bring our wills into submission and obedience to the will of God, on a practical, daily, hour-by-hour basis."

- Jerry Bridges

“The work of the Holy Ghost first begins in the understanding, and is carried on to the will, affections, till there is a change of the whole man into the likeness of God, in knowledge, righteousness, and true holiness. Thus, to be godly, is to give up ourselves to God.”

– Matthew Henry



2

Walking includes *avoiding (negative)*  
**walking in accordance to our flesh. This is  
where we avoid all manners of evil and avoid  
living unto self.**

“Our duty in a very few words; denying ungodliness and worldly lusts, living soberly, righteously, and godly, notwithstanding all snares, temptations, corrupt examples, ill usage, and what remains of sin in the believer's heart, with all their hindrances.”

– Matthew Henry



“Let us stop the progress of sin in our soul at the first stage, for the farther it goes the faster it will increase.” - Thomas Fuller



3

Walking includes *admitting*  
**our failure to live the way we ought to.**  
This is where we admit to God our failures &  
inability as well as the disparity between our  
desires & actions.

"Children of God should not make a general confession by acknowledging their innumerable sins in a vague manner. They ought to **allow the Holy Spirit through their conscience to point out their sins one by one**. Christians must **accept His reproach** and be willing, according to the mind of the Spirit, to **eliminate everything which is contrary to God.**"

- Watchman Nee

"To confess your sins to God is not to tell God anything He doesn't already know. Until you confess them, however, they are the abyss between you. **When you confess them, they become the bridge.**" - Frederick Buechner

In other words, walking means  
*attempting* to do what is right...  
while *avoiding* doing what is wrong...  
and knowing when you've been wrong  
and *admitting* it to the Lord.

We demolish arguments and every  
pretension that sets itself up  
against the knowledge of God, and  
**we take captive every thought to  
make it obedient to Christ.**

**2 Corinthians 10:5**

Therefore, I urge you, brothers and sisters, in view of God's mercy, **to offer your bodies as a living sacrifice, holy and pleasing to God**—this is your true and proper worship. **Do not conform to the pattern of this world, but be transformed by the renewing of your mind.** Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

**Romans 12:1-2**



Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.

**Romans 8:5-8**

The mind governed by the flesh is death,  
but the mind governed by the Spirit is life  
and peace. The mind governed by the flesh  
is hostile to God; it does not submit to  
God's law, nor can it do so. Those who are  
in the realm of the flesh cannot please  
God. **Romans 8:5-8**

Therefore, brothers and sisters, we have an obligation—but it is not to the flesh, to live according to it. For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live. For those who are led by the Spirit of God are the children of God. **Romans 8:12-14**

So I say, **walk by the Spirit**, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. But if you are led by the Spirit, you are not under the law.

**Galatians 5:16-18**

The **acts of the flesh** are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like.

**Galatians 5:19-21**

But **the fruit of the Spirit** is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. **Since we live by the Spirit, let us keep in step with the Spirit.**

**Galatians 5:22-25**

If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth. 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, purifies us from all sin.

**1 John 1:6-7**



If we claim to be without sin, we deceive ourselves and the truth is not in us. **If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.**

**1 John 1:8-9**

My dear children, I write this to you so that you will not sin. But if anybody does sin, we have an advocate with the Father—Jesus Christ, the Righteous One...We know that we have come to know him if we keep his commands. 1 John 2:1-6

Whoever says, “I know him,” but does not do what he commands is a liar, and the truth is not in that person. But if anyone obeys his word, love for God is truly made complete in them. This is how we know we are in him: **Whoever claims to live in him must live as Jesus did. 1 John 2:1-6**

*Developing* & Instilling

**THE DISCIPLINE**

*of* **WALKING**

**WITH GOD**



# Prioritize.

**Make your relationship with God a priority.  
Make keeping in step with the Spirit, in all you  
do, your highest aim.**

**Regularly invite God into the fabric of your day.**

**Pray before each choice, action & reaction.**

**Ask the Lord for strength, wisdom & guidance.**



# Slowdown.

**Take the time to process the significance of  
your attitudes, thoughts & actions.  
Slow down your words & choices and take time  
to consult with the Lord.**



**Take time before each major decision to pray.**

**Add more time than allotted to your routine.**

**Treat every attitude & action as important.**



# Listen.

**Be *patient* and listen to the Lord.  
As you ask him for help, strength, wisdom &  
guidance in your choices...make sure to heed  
the Spirit's voice.**

**Pay attention to that still small voice.**

**Don't minimize that 'gut instinct'.**

**Tune out distractions & noise.**

**Listen with the Bible open.**



# Think.

**Get in the habit of taking a moment to ponder the possible consequences and implications of your decisions.**

**Eliminate many spur of the moment actions.**

**Evaluate many potential outcomes & effects.**

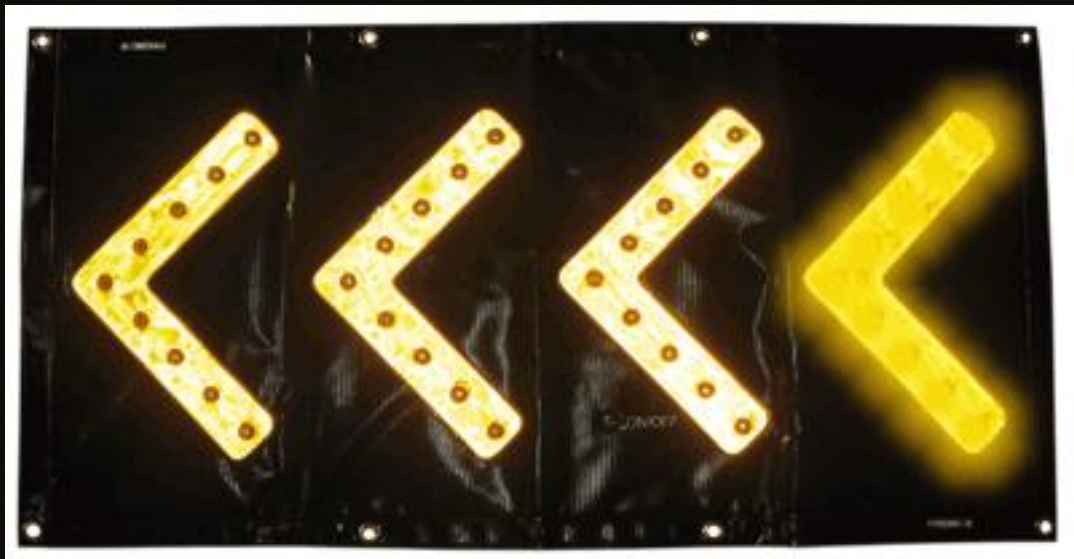
**Count to 10. Wait a day.**

**Ask yourself a series of test questions.**

***What would God want?***

***What does the Bible say?***

***What is right? What is best?***



# Remember.

**Reflect** on the past. Ask yourself what happened the last time you were in this situation. **Recall** what your decision was and what the outcome was then.



# Remind.

**Review** what you know about the future & eternity.  
Allow the truth about eternity to convict you enough to  
change course on a certain choice.





# Ruminate.

**Recite** the Word of God to yourself almost constantly.  
Have the scriptures ever before you, as a lamp unto your feet. Allow the Spirit to use those truths to convict & guide.



# Confess.

Make confessing even the smallest sin a *regular* habit. Get in the *routine* of always taking a moment to admit to the Lord when you've fallen short and express to him your acknowledgement of that.



# Model.

Find ways to illustrate to someone else what it means to walk with God. **Reveal** to them the inner workings of your attitudes & actions.

**Pepper your conversations with admitting weakness & the need for forgiveness.**

**Share the details of why you act the way you act.**

**Display the invisible parts  
of the decision making & confession process.**

# Living



**Next Week**

The discipline  
of graciously  
**interacting**  
with other people.