

God Dwelling With Us

**Signs of a Healthy
Christian Life**

WALKING WELL

Pigeon toed. My parents used to make me walk with my shoes on backwards to hopefully adjust the way I walked.

Tips for Walking

- Relax shoulders and keep them back and down
- Stand tall with a slightly lifted chest and a straight back
- Don't tilt your head to one side, hold it straight
- Don't slump your shoulders
- Don't strike the ground with your toe first. use your heel first, then feel the pressure roll towards balls of your feet, then push off your toes



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**HOW DO WE
WALK WELL IN LIFE?**

EPHESIANS 5:1,2

Therefore be imitators of God, as beloved children. And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

**WALK IN LOVE
AS CHRIST LOVED
GAVE HIMSELF UP FOR US
A FRAGRANT OFFERING
& SACRIFICE TO GOD**

Walk in love. — Christ loved us and gave himself up for us.

1. Servanthood
2. Sacrifice
3. Truth
4. Direction

Walk like Jesus.

There's a fragrance in sacrifice, and in love. Not out of bitterness of selfishness.

WALK IN LOVE, LIKE JESUS' LOVE FOR US

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EPHESIANS 5:3-5

3 But sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints. 4 Let there be no filthiness nor foolish talk nor crude joking, which are out of place, but instead let there be thanksgiving. 5 For you may be sure of this, that everyone who is sexually immoral or impure, or who is covetous (that is, an idolater), has no inheritance in the kingdom of Christ and God.

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**Life in Holiness
means you're not drowned in
sin, doubt, guilt, and shame.**

When we talk about things like sexual purity, or jealousy, or speaking with courtesy, and not crude jokes, it's the kind of conversations that people stereotype Christians as being old fashioned, or legalistic, or that there's no harm in these things. It is my body, it is my life, i can do with it what I want.

And there is truth in that. It is your body, your life, — but the decision to follow Christ, is that moment when you say, actually, i give my body and my life to you God. And I trust your decisions, I trust your Word more than I trust my own.

That moment is frightening and yet freeing. Because when you realise that you are welcomed and received by an almighty God, who is not judging you, but eager to be guiding you, you are brought into a fantastic relationship and opportunity to discover what it means to walk well.

And when we come back to the challenge of holiness, it is saying, actually God — how can I, in all that I am, be used for good, not for just my own selfish gain. Instead God says, let there be thanksgiving. Using your mouth, and your life for good. It's in that attitude that you'll be able to receive the inheritance of God. The inheritance of Christ is the peace of heart, soul and mind that comes with walking in holiness. There's no condemnation. You're not living in fear, or in guilty, or in shame. but in this joy, this strength in life, knowing that you are walking with God.

WALK IN HOLINESS

EPHESIANS 5:6-13

6 Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience. 7 Therefore do not become partners with them; 8 for at one time you were darkness, but now you are light in the Lord. Walk as children of light 9 (for the fruit of light is found in all that is good and right and true), 10 and try to discern what is pleasing to the Lord. 11 Take no part in the unfruitful works of darkness, but instead expose them. 12 For it is shameful even to speak of the things that they do in secret. 13 But when anything is exposed by the light, it becomes visible, 14 for anything that becomes visible is light.

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There's these videos online of people walking into things. Because they're distracted. There's one that's been floating around of a woman, who walks right into a fountain because she wasn't looking. Another lady walked off a pier. A guy actually walked off a cliff. It's funny, but it's also gotten to a point where people have been hit by cars, the amount of accidents has increased 1000fold in the past 10 years.

And it's usually because people are distracted. It's what you might say, they're looking at the wrong thing, completely taking their mind off what they should be focused on.

WALK UNDISTRACTED

EPHESIANS 5:14

Therefore it says,
"Awake, O sleeper,
and arise from the dead,
and Christ will shine on you."

19 "Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, 20 but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. 21 For where your treasure is, there your heart will be also.

Sacrifice, to gain so much more.
Lives challenged and changed.
You yourself will be challenged and changed.

**WALK AS
CHILDREN OF LIGHT**

EPHESIANS 5:15-21

15 Look carefully then how you walk, not as unwise but as wise, 16 making the best use of the time, because the days are evil. 17 Therefore do not be foolish, but understand what the will of the Lord is. 18 And do not get drunk with wine, for that is debauchery, but be filled with the Spirit, 19 addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, 20 giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ, 21 submitting to one another out of reverence for Christ.

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What is the kind of impact and refreshment you're bringing to the world around you..

v.17 — Do not be foolish, but understand what the will of the Lord is.

What's God's will? Love God, Love Your Neighbour.

YOU ARE A WALKING WELL

Jesus' spiritual currency is different than earthly currency.

He gives, because he serves. He doesn't need us to serve him, but we discover the joy of serving, because he is one who serves.

Obedience.

Servant

**WALK IN LOVE
WALK IN HOLINESS
WALK UNDISTRACTED
YOU ARE A WALKING WELL**

1. what is your attitude?
posture of your heart
2. what action will you take?
taking the opportunity to bless
 - a. i'm gonna pray for my enemy this week
 - b. i'm gonna be more thankful
 - c. i'm gonna ask Jesus for his spiritual currency
 - d. i'm going to take a step of faith in serving others in a new way
 - e. sacrifice time, gain so much more.
 - a.



**Parents please
sign out your
kids from
Sunday School!**