

The Christian's "Walk"

It is said that one of the best forms of exercise is a brisk walk. I am at the age that walking may very well be the only kind of exercise I get. For some who make a habit out of doing it, it becomes a way of life.

In the Bible, the term "walk" often describes one's way of life. As a matter of fact, in many of the newer translations, the word "live" is substituted for "walk." My preference? Maybe I'm just an old-fashioned conservative type of guy, but my life as a follower of Jehovah God and His Son Jesus Christ is my WALK.

Borrowing from an old article I read and held on to:

When God spoke to Abraham, He said ***"I am Almighty God; walk before me and be blameless." (Genesis 17:1)*** This suggests that we are constantly under His inspection; that He sees what we do, knows where we go, and hears what we say. A continual realization of this fact—that we are always in the presence of the Almighty—will help us to live better.

Moses wrote: ***"You shall walk after the Lord your God and fear Him, and keep His commandments and obey His voice..." (Deuteronomy 13:4)*** Peter told us that Christ left us an example that we should ***"follow His steps."*** (1 Peter 2:21) To walk after God and Christ is to recognize their leadership, follow their steps and pattern our lives after them. As John said of us in **1 John 2:6**: ***"He who says he abides in Him ought himself also to walk just as He walked."***

Of Enoch and Noah it is affirmed that they ***"walked with God"*** (Genesis 5:24, 6:9) These men walked with God in an evil age when doing so was unpopular. This shows that we can do right even though the majority does wrong. Walking with God suggests walking ***"by faith"*** (2 Corinthians 5:7), walking ***"in newness of life"*** (Romans 6:4), walking ***"in the Spirit"*** (Galatians 5:16, 25), walking in ***"good works"*** (Ephesians 2:10), walking ***"worthy of the calling with which we were called"*** (Ephesians 4:1), walking ***"in love"*** (Ephesians 5:2), and walking ***"in the light"*** (1 John 1:7)

"As you therefore have received Christ Jesus the Lord, so walk in Him." (Colossians 2:6) This states the sphere of our activity. To walk in Christ is to live and work in His body, the church. (Ephesians 1:22-23) One enters Christ by being baptized (Galatians 3:27) and then he is to walk in Him.

Walking before, after, with, and in God and Jesus Christ is all the exercise we need to maintain a strong healthy spirit within us. It's time for all of us to devote ourselves to building more and more spiritual "muscle" and endurance. Our lives will be far more pleasing to God if we do and it's guaranteed we'll all feel better because of it.

---Johnny Stephens