4th

Gear: Maintaining a spiritual life of consistency and progress

"Jesus Christ is the same yesterday and today and forever." (Hebrews 13:8)

When Enoch had lived 65 years, he became the father of Methuselah. And after he became the father of Methuselah, Enoch walked with God 300 years and had other sons and daughters. Altogether, Enoch lived 365 years. Enoch walked with God; then he was no more, because God took him away. (Genesis 5:21-24)

- Walk, don't run! We are prone to <u>burnout</u> and <u>injury</u>!
- Walk, don't stand or sit around! We are prone to <u>laziness</u> and <u>sin!</u>

Let's go for a walk...

♥ Walk in newness of life. (<u>Decide</u> to do it)

We were buried therefore with him through baptism into death in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life. (Romans 6:4 – ESV)

- † Do not walk in idleness (<u>Discipline</u> yourself for purpose)

 For we hear that some among you walk in idleness, not busy at work, but busybodies.

 (2 Thessalonians 3:11 ESV)
- ₩alk in Love (<u>Default</u> to play second fiddle)
 And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God (Ephesians 5:2 ESV)
- ₩ Walk by the Spirit (<u>Discover</u> that you have help)

 But I say, walk by the Spirit, and you will not gratify the desires of the flesh. (Galatians 5:16 ESV)

Never walk alone!