



LET'S GO FOR A WALK WITH...

A MESSAGE OF FAITH AND CHARACTER
DEVELOPMENT

Some Benefits of Walking

- * Maintain a healthy weight
- * Reduces symptoms of depression and anxiety
- * Lowers bad cholesterol increases the good
- * Prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes
- * Improves your mood, balance and coordination
- * Improves circulation, sleep, and breathing
- * Strengthens muscles and slows mental decline

Walking with Someone

- * Cover more distance
- * Less procrastinating
- * Share the experience
- * Explore new paths
- * Builds a closer relationship



WALK WITH GOD

Enoch's walk

- * Enoch's walk with God was not in a trance or a vision, but in all the duties of his daily life. He did not become a hermit, shutting himself entirely from the world; for he had a work to do for God in the world. In the family and in his intercourse with men, as a husband and father, a friend, a citizen, he was steadfast, unwavering servant of the Lord. (PP 85)

NOAH'S WALK WITH GOD

Noah's walk

- * “By faith Noah, being warned of God of things not seen as yet, moved with fear, prepared an ark to the saving of his house; by the which he condemned the world, and became heir of the righteousness which is by faith.” (Heb. 11:7)
- * While Noah was giving his warning message to the world, his works testified of his sincerity. It was thus that his faith was perfected and made evident. (PP 95 ch7)

What we have learned:

- * God may give us experiences that draw us close to him.
- * We must walk with God daily to enhance our knowledge, relationship with God.
- * Our walk, close relationship, will ultimately save us from eternal death.

FALSE WAYS TO WALK

False walk

- * Letting worldly experiences without the guidance of God, draw us away or compromise our relationship with God.
- * Mixing our walk with God with the world, damages the holy, perfect, loving, and powerful character of God.
- * Our false walk will ultimately, if not changed, will bring us to eternal death.

HOW ARE WE TO
WALK?

Our prayer:

- * Teach me thy way, O Lord; I will walk in thy truth: unite my heart to fear thy name. (Psalms 86:11)
- * 2 Chronicles 6:14-16
- * Ask our Lord to help us be faithful to Him. By keeping His commandments.

LET'S GO FOR A WALK WITH GOD

And now, Israel, what doth the LORD thy God require of thee, but to fear the LORD thy God, to walk in all his ways, and to love Him, and to serve the LORD thy God with all thy heart and with all thy soul,
(Deu. 10:12)

