

MSG: THE RHYTHM OF WALKING
SCRIPTURE: ROMANS 13:13-14 ESV
SZN 1: REVIVAL THROUGH RHYTHM

ROMANS 13:13-14 ESV

“Let us walk properly as in the daytime, not in orgies and drunkenness, not in sexual immorality and sensuality, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.”

INTRO:

WALKING

-“WALKING IS GOD’S EXERCISE”

-WALKING BURNS FAT MORE EFFECTIVE

Walking is great for fat loss because it keeps stress hormone cortisol low (unlike intense exercise that spikes it), promoting fat burning

-WALKING, YOU CAN DO IT INTO OLD AGE

You can Adjust your distance

-GOD GAVE US A WALKING EXERCISE TO KEEP US MOVING

LISTEN TO YOUR DOCTOR!

And in the same way, our spiritual fitness, our spiritual aptitude and spiritual awareness is shaped by how we walk. Because it's one thing to talk about working out, it's one thing to plan to work out, but it's a completely different matter to actually walk the talk!

And encouragement to us today is to let us learn the rhythm of walking so that we can live out the truth we proclaim and the benefits of walking in the truth well.

So today let's discuss the rhythm of walking.

CHAPTER 13 CONTEXT, GOVERNMENT OFFICERS

“DON'T BE A CRIMINAL & PAY YOUR TAXES”

1. THE RHYTHM OF WALKING IS LOVING YOUR NEIGHBOR

Romans 13:8-10 NLT

“Owe nothing to anyone—except for your obligation to love one another. If you love your neighbor, you will fulfill the requirements of God’s law. For the commandments say, “You must not commit adultery. You must not murder. You must not steal. You must not covet.” These—and other such commandments—are summed up in this one commandment: “Love your neighbor as yourself.” Love does no wrong to others, so love fulfills the requirements of God’s law.”

LOVING YOUR NEIGHBOR IN PROXIMITY

LOVING IN PROXIMITY REQUIRES RELATIONSHIP

FAMILY IS GOD’S TOOL FOR SANCTIFICATION

LOVING PEOPLE CLOSELY WHO CAN OBSERVE YOU CLOSELY

LOVING YOUR NEIGHBOR IN PRACTICALITY

LOVING IN PRACTICALITY REQUIRES EVOLVING PRACTICES

LOVING YOUR NEIGHBOR PROPHETICALLY

Romans 13:10 NLT

“Love does no wrong to others, so love fulfills the requirements of God’s law.”

LOVING PROPHETICALLY FULFILLS THE LAW

LOVE IS THE WHOLE POINT

2. THE RHYTHM OF WALKING IS STAYING WOKE

Romans 13:11 ESV

“Besides this you know the time, that the hour has come for you to wake from sleep. For salvation is nearer to us now than when we first believed.”

STAY WOKE BY THE SPIRIT

Galatians 5:16 ESV

“But I say, walk by the Spirit, and you will not gratify the desires of the flesh.”

STAY WOKE BY YOUR SENSITIVITY

“SLEEP WALKING SUBTLY DESENSITIZES”

Galatians 5:25-26 ESV

“If we live by the Spirit, let us also keep in step with the Spirit. Let us not become conceited, provoking one another, envying one another.”

STAY WOKE BY YOUR SELF AWARENESS

Ephesians 5:15-17 ESV

“Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil. Therefore do not be foolish, but understand what the will of the Lord is.”

3. THE RHYTHM OF WALKING IS CHANGING YOUR CLOTHES

Romans 13:12 ESV

“The night is far gone; the day is at hand. So then let us cast off the works of darkness and put on the armor of light.”

CHANGE OUT OF YOUR “SLEEP-CLOTHES”

1 Thessalonians 5:4-8 NLT

“But you aren’t in the dark about these things, dear brothers and sisters, and you won’t be surprised when the day of the Lord comes like a thief. For you are all children of the light and of the day; we don’t belong to darkness and night. So be on your guard, not asleep like the others. Stay alert and be clearheaded. Night is the time when people sleep and drinkers get drunk. But let us who live in the light be clearheaded, protected by the armor of faith and love, and wearing as our helmet the confidence of our salvation.”

-Pajamas in the airport, Pajamas in the hallways of schools

CHANGE OUT OF YOUR CLOTHES OF DARKNESS

Romans 13:13 ESV

“Let us walk properly as in the daytime, not in orgies and drunkenness, not in sexual immorality and sensuality, not in quarreling and jealousy.”

CHANGE OUT OF YOUR CLOTHES TO PUT ON JESUS CHRIST

Romans 13:14 ESV

“But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.”

JESUS LIVES THROUGH US! NOT FOR US.

WE GOTTA WALK THIS THING OUT