

How Do You Walk the Walk You Talk?



Kay Arthur

4minute
BIBLE STUDIES

How Do You Walk the Walk You Talk?

Kay Arthur

PRECEPT MINISTRIES INTERNATIONAL



WATERBROOK
P R E S S

HOW DO YOU WALK THE WALK YOU TALK?

PUBLISHED BY WATERBROOK PRESS

12265 Oracle Boulevard, Suite 200

Colorado Springs, Colorado 80921

All Scripture quotations, unless otherwise indicated, are taken from the New American Standard Bible® (NASB), © Copyright The Lockman Foundation 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977, 1995. Used by permission. (www.Lockman.org)

Italics in Scripture quotations reflect the author's added emphasis.

ISBN: 978-0-307-45763-9

Copyright © 2001 by Precept Ministries International

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying and recording, or by any information storage and retrieval system, without permission in writing from the publisher.

Published in the United States by WaterBrook Multnomah, an imprint of the Crown Publishing Group, a division of Random House Inc., New York.

WATERBROOK and its deer colophon are registered trademarks of Random House Inc.

Printed in the United States of America

2009

10 9 8 7 6 5 4 3 2 1

SPECIAL SALES

Most WaterBrook Multnomah books are available at special quantity discounts when purchased in bulk by corporations, organizations, and special-interest groups. Custom imprinting or excerpting can also be done to fit special needs. For information, please e-mail SpecialMarkets@WaterBrookMultnomah.com or call 1-800-603-7051.

HOW TO USE THIS STUDY

This small-group study is for people who are interested in learning more about what the Bible says, but who have only limited time to meet together. It's ideal, for example, for a lunch group at work, an early morning men's group, a young mother's group meeting in a home, or a smaller Sunday-school class. (It's also ideal for small groups that typically have longer meeting times—such as evening groups or Saturday morning groups—but want to devote only a portion of their time together to actual study, while reserving the rest for prayer, fellowship, or other activities.)

This book is designed so that all the group's participants will complete each lesson's study activities *at the same time, while you're together*.

However, you'll need a facilitator to lead the group—someone to keep the discussion moving. (This person's function is *not* that of a lecturer or teacher. However, when this book is used in a Sunday-school class or similar setting, the teacher should feel free to lead more directly and to bring in other insights in addition to those provided in each week's lesson.)

If *you* are your group's facilitator, the leader, here are some helpful points for making your job easier:

- Go through the lesson and mark the text before you lead the group. This will give you increased familiarity with the material and will enable you to facilitate the group with greater ease. It may be easier for you to lead the group through the instructions for marking if you as a leader choose a specific color for each symbol you mark.
- As you lead the group, start at the beginning of the text and simply read it aloud in the order it appears in the lesson,

including the “insight boxes,” which may appear either before or after the instructions or in the midst of your observations or discussion. Work through the lesson together, observing and discussing what you learn. As you read the Scripture verses, have the group say aloud the word they are marking in the text.

- The discussion questions are there simply to help you cover the material. As the class moves into the discussion, many times you will find that they will cover the questions on their own. Remember the discussion questions are there to guide the group through the topic, not to squelch discussion.
- Remember how important it is for people to verbalize their answers and discoveries. This greatly strengthens their personal understanding of each week’s lesson. Try to ensure that everyone has plenty of opportunity to contribute to each week’s discussions.
- Keep the discussion moving. This may mean spending more time on some parts of the study than on others. If necessary, you should feel free to spread out a lesson over more than one session. However, remember that you don’t want to slow the pace too much. It’s much better to leave everyone “wanting more” than to have people dropping out because of declining interest.
- If the validity or accuracy of some of the answers seems questionable, you can gently and cheerfully remind the group to stay focused on the truth of the Scriptures. Your object is to learn what the Bible says, not to engage in human philosophy. Really *read* the Scriptures, asking God to show everyone His answers.

HOW DO YOU WALK THE WALK YOU TALK?

You've probably heard the expression "Words are cheap." Maybe someone said that to you when you made a promise—and they added, "Yeah, sure! We'll see."

And that is it! They *will* wait and see if your promise is really true, if it will really come to pass—if you're going to "walk the walk you talk."

This is what you're going to see for yourself while taking an inductive look at a few passages from the book of Ephesians. By *inductive* we mean that rather than simply listening to what others say about the subject, you're going to see for yourself what God says about the walk of a true believer in Jesus Christ.

WEEK ONE

DISCUSS

Leader: Have the group spend about ten minutes discussing the following questions. They may want to jot down their insights under each question or in the sidebar column.

Do you know people who talk about their Christianity and yet they really don't walk it—or at least not the way you think they ought to walk it? What causes you to wonder, to doubt?

How do you think Christians ought to walk in respect to...
their relationship to God?

their relationship to their mates, their family?

their relationship to others?

their relationship to their enemies?

What do you think their standards ought to be?

What about their morals?

What do you think a Christian's perspective on the Word of God, the Bible, ought to be? How would you describe what a Christian's relationship to the Bible should look like?

What are some of the things that you think keep people from being what they ought to be? From believing what the Word of God says about them?

OBSERVE

In two weeks we're going to take a close look in the Bible at the fourth and fifth chapters of Paul's letter to the Ephesians.

These chapters deal with walking the walk we talk as Christians.

In preparation for that time, we first need to take a look at ourselves from God's perspective. What does He say about those who are truly His children—those who believe on Jesus Christ and consequently receive Him as their Lord and Savior?

***Leader:** Read Ephesians 1:1 aloud.*

DISCUSS

When you read the Word of God you need to train yourself to slow down long enough so that you really understand what God is saying. The Bible is the very Word of God, and it was written so that you might know truth and live by it.

This study will help you develop the inductive study skill of observation by interrogating the text with what we'll call the "five *Ws* and an *H*"—who, what, when, where, why, and how. Let's try this approach on verse 1:

EPHESIANS 1:1

Paul, an apostle of Christ Jesus by the will of God, to the saints who are at Ephesus and who are faithful in Christ Jesus.

Who is writing? Who is he? How did he get to be that way?

To whom is he writing?

Where are they?

What are they called?

How are they described?

EPHESIANS 1:2-8a

² Grace to you and peace from God our Father and the Lord Jesus Christ.

OBSERVE

Leader: Read Ephesians 1:2-8a aloud. As you do, have the students follow you in the text and mark every occurrence of the words **we** and **us**. They can either color these words the same color or simply draw a circle around each occurrence.

INSIGHT

The word *predestined* in the Greek language, the language of the New Testament, is *proorizo*. It comes from two words that, when combined, mean “to limit in advance,” with the figurative meaning of “to predetermine.” When this word is used, it’s important to note *who* has been predestined and *to what*.

The word *redemption* in the Greek language is *apolutrosis* and refers to a releasing upon payment of a ransom. According to Ephesians 1:7, the ransom that released Christians from their sin was the blood of Jesus Christ.

³ Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ,

⁴ just as He chose us in Him before the foundation of the world, that we would be holy and blameless before Him. In love



⁵ He predestined us to adoption as sons through Jesus Christ to Himself, according to the kind intention of His will,

⁶ to the praise of the glory of His grace, which He freely bestowed on us in the Beloved.

⁷ In Him we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace

⁸ which He lavished on us.

OBSERVE

Leader: Have the students read through the passage again and this time mark every occurrence of the phrases **in Him, in Christ, and in the Beloved**. They can mark these phrases with a cloud like this:  Also have them mark every occurrence of the phrase **according to** with a squiggly line like this: 

DISCUSS

Beginning with verse 3, look at every *we* or *us* that you've circled and discuss point by point what you learn about *us* from observing the text. As you do, notice *where* those blessings are. Notice also the repeated phrase *according to*. What does this phrase connect?

Leader: *If there's time, the students may want to list their observations in the sidebar column.*

What do you think about what you've observed? How would you feel if you knew for certain that the things you marked were also true of *you*?

How does this compare with the way you normally see yourself?

WRAP IT UP

So often our behavior is dictated by the image, the perception we have of ourselves. What we believe about ourselves determines the way we “walk.”

We’ll look at these verses in greater depth next week, along with others that will help you see yourself from God’s perspective. In the meantime, you might want to simply talk to God about what you’ve observed this week. In fact you may want to write Ephesians 1:3-8a on a card and read the verses aloud three times every morning, then three times again at noon, and finally three more times just before you go to bed. This should make for a better day—and sweet dreams!