

A Life that ROCKS!

Sermon #5

Power Walking

- **DO YOU KNOW WHAT WEARINESS FEELS LIKE?**
- **HAVE YOU EVER BEEN BONE-TIRED?**

SERIES PASSAGES

John 10:10¹

¹⁰ *A thief comes only to steal and to kill and to destroy. I have come that they may have life and have it in abundance.*

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Isaiah 40: 31 HCSB

³¹ *but those who trust in the Lord will renew their strength; they will soar on wings like eagles; they will run and not grow weary; they will walk and not faint.*

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A LIFE THAT ROCKS! #5 – POWER WALKING

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- those who TRUST *[wait on, hope in]*
- in the LORD
- will
 - renew their strength *[gain new strength NASB]*
 - soar on wings like eagles;
 - run and not grow weary;
 - **WALK AND NOT FAINT.**

A LIFE THAT ROCKS! SERIES MESSAGES

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1. The Source of Abundance – The Great GOD Almighty
Isaiah 40:9b-26
2. Surrender: Beyond the White Flag – Positioned to Receive
Isaiah 40:11; 44:2; John 10; Psalm 95:6-7; 139:1ff
3. Take a Flying Leap! – When a Step Isn't Enough
Isaiah 40:31; Matt 17:20; John 10:10
4. Run, Man, Run – Straining Toward the Goal
Isaiah 40:31; Hebrews 12:1
5. Power Walking – In His Footsteps
Isaiah 40:31; John 13:12-15
6. Stand Strong – Renewed!
1 Cor. 16:13-14; Ephesians 6:10-20; Deuteronomy 20:3-4; Josh 23:3;



¹ All passages from Holman Christian Standard Bible (HCSB) unless otherwise specified.

#5 – POWER WALKING

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- Walking is...
- Walk This Way!
- Walking Difficulties
- Power Walking

Slide 5

Slide 6

Slide 7

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#5 – POWER WALKING

Slide 9

• WALKING IS...

What is Walking? —

Walking is the day-to-day grind...the way we live our lives...our actions over our intentions...it is what we do and why we do it...it is the life we live that others see, feel and hear.

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“Walk the walk; don’t just talk the talk!”

Our walk, our everyday actions, over-shouts our words and shows what we really believe; our walk shows our true values and priorities.

#5 – POWER WALKING

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• WALKING IS...

- How we live

How, then, should we walk?

#5 – POWER WALKING

Slide 11

- Walking is...
 - How we live

• WALK THIS WAY!

Slide 12

John 8:12

Slide 13



*Then Jesus spoke to them again: “I am the light of the world. Anyone who follows Me will never **walk** in the darkness but will have the light of life.”*



John 13:15

Slide 14



For I have given you an example that you also should do just as I have done for you.

Jesus says, "See how I do it?" John 13:15; Ephesian 5:1

Ephesians 5:1-2

Slide 15

*¹ Therefore, be imitators of God, as dearly loved children. ² And **walk** in love, as the Messiah also loved us and gave Himself for us, a sacrificial and fragrant offering to God.*

1 Corinthians 15:57-58

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⁵⁷ But thanks be to God, who gives us the victory through our Lord Jesus Christ! ⁵⁸ Therefore, my dear brothers, be steadfast, immovable, always excelling in the Lord's work, knowing that your labor in the Lord is not in vain.

IN CHRIST, WE WALK IN VICTORY

Slide 17



<ul style="list-style-type: none"> • In the new self, • Created according to God's likeness, • in Righteousness, • in Purity of the Truth, • in Renewed strength, • in the Armor of Light, • with Decency, • in Good Works, • with all Humility, 	<ul style="list-style-type: none"> • Exercising Love, • Joy, • Peace, • Patience, • Kindness, • Goodness, • Faith, • Gentleness, • and Self-control • Understanding God's Will
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#5 – POWER WALKING

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- **WALKING IS...**
 - how we live
- **WALK THIS WAY!**
 - Jesus is the example



Why do we need strength to “walk and not faint?” Well, because we have difficulty walking!

- **WALKING DIFFICULTIES**

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WALKING DIFFICULTIES

Slide 21

- **IT'S A LONG ROAD – A LIFE-LONG WALK**

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2 Timothy 4:7-8

Slide 23

⁷ I have fought the good fight, I have finished the race, I have kept the faith.

⁸ There is reserved for me in the future the crown of righteousness, which the Lord, the righteous Judge, will give me on that day, and not only to me, but to all those who have loved His appearing.



WALKING DIFFICULTIES

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- **IT'S A LONG ROAD – A LIFE-LONG WALK**
- **WE HAVE AN ENEMY**

Slide 25



1 Peter 5:8

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Be serious! Be alert! Your adversary the Devil is prowling around like a roaring lion, looking for anyone he can devour.



WALKING DIFFICULTIES

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- **IT'S A LONG ROAD – A LIFE-LONG WALK**
- **WE HAVE AN ENEMY – THE DEVIL**

Our BIGGEST PROBLEM:

- **WE CARRY BAGGAGE**

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WALKING WITH BAGGAGE

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• OVERCOMING THE OLD MAN

Paul talks about how difficult it is to walk in Romans 6-8.



Romans 7:15-8:2 – Walking Difficulties – Baggage

7:15 For I do not understand what I am doing, because I do not practice what I want to do, but I do what I hate. 16 And if I do what I do not want to do, I agree with the law that it is good. 17 So now I am no longer the one doing it, but it is sin living in me.

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18 For I know that nothing good lives in me, that is, in my flesh. For the desire to do what is good is with me, but there is no ability to do it.

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19 For I do not do the good that I want to do, but I practice the evil that I do not want to do.

20 Now if I do what I do not want, I am no longer the one doing it, but it is the sin that lives in me. 21 So I discover this principle: When I want to do what is good, evil is with me.

22 For in my inner self I joyfully agree with God's law. 23 But I see a different law in the parts of my body, waging war against the law of my mind and taking me prisoner to the law of sin in the parts of my body.

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24 What a wretched man I am! Who will rescue me from this dying body? 25 I thank God through Jesus Christ our Lord! So then, with my mind I myself am a slave to the law of God, but with my flesh, to the law of sin.

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8:1 Therefore, no condemnation now exists for those in Christ Jesus, 2 because the Spirit's law of life in Christ Jesus has set you free from the law of sin and of death.

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IN THE OLD MAN WE WALK IN DEFEAT

Slide 35



- In Darkness,
- Carousing,
- Drunkenness,
- Quarreling ,
- Jealousy,
- Sexual immorality,
- Moral impurity,
- Promiscuity,
- Idolatry,
- Sorcery,

- Hatreds,
- Strife,
- Outbursts of anger,
- Selfish ambitions,
- Dissensions,
- Factions,
- Envy,
- Ignorance,
- Hardness of Heart,
- and anything similar.

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WALKING DIFFICULTIES

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- *IT'S A LONG ROAD – A LIFE-TIME WALK*
- *WE HAVE AN ENEMY – THE DEVIL*
- *WE HAVE BAGGAGE – THE OLD MAN*



#5 – POWER WALKING**Slide 38**

- **WALKING IS — HOW WE LIVE**
- **WALK THIS WAY! — JESUS IS THE EXAMPLE**
- **WALKING DIFFICULTIES — OVERCOMING THE OLD MAN**

With all of this holding us back, how do we move forward?

We start Power Walking...

- **POWER WALKING**

Slide 39**POWER WALKING****Slide 40****Living IN CHRIST by FAITH****2 Corinthians 5:17 (HCSB)****Slide 41**

Therefore, if anyone is in Christ, he is a new creation; old things have passed away, and look, new things have come.

But it doesn't always **look** like new things have come! We have trouble overcoming the "old man," our sin nature, even with Christ in us. The road gets too long, the devil attacks, and our old man weighs us down to the point it seems impossible to move forward. We don't have the strength. And, because of our actions, we certainly don't deserve any help from God.

You'll ALWAYS have to deal with your sin nature while on this earth.

1 John 1:8-10**Slide 42**

⁸ *If we say, "We have no sin," we are deceiving ourselves, and the truth is not in us.*

⁹ *If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.*

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¹⁰ *If we say, "We don't have any sin," we make Him a liar, and His word is not in us.*

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There will ALWAYS be sin in your life, and sin is deadly! But you don't have to be ruled by the sin!



As we read earlier in Romans 7:24-25

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²⁴ *What a wretched man I am! Who will rescue me from this dying body?*

²⁵ *I thank God through Jesus Christ our Lord!*

• BEN'S QUOTE

Slide 46



If your condition doesn't match your position, then look to your position, not your condition, until your condition becomes like your position.

— Ben Smith

- Condition = the life you are living, struggles you face
- Position = in Christ enthroned in heaven

IN CHRIST WE WALK

Slide 47

in victory over the OLD MAN,

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in the freedom of the NEW MAN,

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by **FAITH** in Christ Jesus.

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2 Corinthians 5:7

"For we walk by faith, not by sight"

And there's the key – FAITH.

POWER WALKING

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You will not have faith in which to walk if you never learn to fly!

Earlier in the series we talked about how flying comes first. The faith you learn when you soar on wings like eagles is essential to your walk!

Sometimes you don't have the strength to walk now because you didn't chose to fly when Christ called you out!



#5 – POWER WALKING

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- *WALKING IS — HOW WE LIVE*
- *WALK THIS WAY! — JESUS IS THE EXAMPLE*
- *WALKING DIFFICULTIES — OVERCOMING THE OLD MAN*
- *POWER WALKING — BY FAITH IN CHRIST JESUS*

WALK THIS WAY

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Invitation

LIVING A LIFE THAT ROCKS #5 – POWER WALKING

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RESEARCH PASSAGES

John 8:12



Then Jesus spoke to them again: “I am the light of the world. Anyone who follows Me will never **walk** in the darkness but will have the light of life.”

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John 11:9-10



⁹ “Aren’t there 12 hours in a day?” Jesus answered. “If anyone **walks** during the day, he doesn’t stumble, because he sees the light of this world. ¹⁰ If anyone **walks** during the night, he does stumble, because the light is not in him.”

John 12: 35-36



Jesus answered, “The light will be with you only a little longer. **Walk** while you have the light so that darkness doesn’t overtake you. The one who **walks** in darkness doesn’t know where he’s going. ³⁶ While you have the light, believe in the light so that you may become sons of light.”

John 13:12-17

¹² When Jesus had washed their feet and put on His robe, He reclined again and said to them, “Do you know what I have done for you? ¹³ You call Me Teacher and Lord. This is well said, for I am. ¹⁴ So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another’s feet.

¹⁵ For I have given you an example that you also should do just as I have done for you.

¹⁶ “I assure you: A slave is not greater than his master, and a messenger is not greater than the one who sent him. ¹⁷ If you know these things, you are blessed if you do them.

Slide 8

John 14:6

Jesus told him, “I am the way, the truth, and the life. No one comes to the Father except through Me.

Acts 9:31 – benefits of walking



So the church throughout all Judea, Galilee, and Samaria **had peace**, being **built up** and **walking** in the fear of the Lord and in the encouragement of the Holy Spirit, and **it increased** in numbers.

Romans 6:4



⁴ Therefore we were buried with Him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, so we too may **walk** in a new way of life.





Romans 7 – The difficulty with walking

¹⁵ For I do not understand what I am doing, because I do not practice what I want to do, but I do what I hate. ¹⁶ And if I do what I do not want to do, I agree with the law that it is good. ¹⁷ So now I am no longer the one doing it, but it is sin living in me. ¹⁸ For I know that nothing good lives in me, that is, in my flesh. For the desire to do what is good is with me, but there is no ability to do it. ¹⁹ For I do not do the good that I want to do, but I practice the evil that I do not want to do. ²⁰ Now if I do what I do not want, I am no longer the one doing it, but it is the sin that lives in me. ²¹ So I discover this principle: When I want to do what is good, evil is with me. ²² For in my inner self I joyfully agree with God's law. ²³ But I see a different law in the parts of my body, waging war against the law of my mind and taking me prisoner to the law of sin in the parts of my body. ²⁴ What a wretched man I am! Who will rescue me from this dying body? ²⁵ I thank God through Jesus Christ our Lord! So then, with my mind I myself am a slave to the law of God, but with my flesh, to the law of sin.

Romans 8:1-9 (see rest of chapter)

Therefore, no condemnation now exists for those in Christ Jesus, ² because the Spirit's law of life in Christ Jesus has set you free from the law of sin and of death. ³ What the law could not do since it was limited by the flesh, God did. He condemned sin in the flesh by sending His own Son in flesh like ours under sin's domain, and as a sin offering, ⁴ in order that the law's requirement would be accomplished in us who do not **walk** according to the flesh but according to the Spirit. ⁵ For those who live according to the flesh think about the things of the flesh, but those who live according to the Spirit, about the things of the Spirit. ⁶ For the mind-set of the flesh is death, but the mind-set of the Spirit is life and peace. ⁷ For the mind-set of the flesh is hostile to God because it does not submit itself to God's law, for it is unable to do so. ⁸ Those who are in the flesh cannot please God. ⁹ You, however, are not in the flesh, but in the Spirit, since the Spirit of God lives in you. But if anyone does not have the Spirit of Christ, he does not belong to Him.

Romans 13:12-14

¹² The night is nearly over, and the daylight is near, so let us discard the deeds of darkness and put on the armor of light. ¹³ Let us **walk** with decency, as in the daylight: **not in carousing and drunkenness; not in**



sexual impurity and promiscuity; not in quarreling and jealousy. ¹⁴ *But put on the Lord Jesus Christ, and make no plans to satisfy the fleshly desires.*

1 Corinthians 15:57-58

⁵⁷ *But thanks be to God, who gives us the victory through our Lord Jesus Christ!* ⁵⁸ *Therefore, my dear brothers, be steadfast, immovable, always excelling in the Lord's work, knowing that your labor in the Lord is not in vain.*

2 Corinthians 5:7

For we **walk** by faith, not by sight

Galatians 5:16-26

¹⁶ *I say then, **walk** by the Spirit and you will not carry out the desire of the flesh.* ¹⁷ *For the flesh desires what is against the Spirit, and the Spirit desires what is against the flesh; these are opposed to each other, so that you don't do what you want.* ¹⁸ *But if you are led by the Spirit, you are not under the law.*

¹⁹ *Now the works of the flesh are obvious: sexual immorality, moral impurity, promiscuity, ²⁰ idolatry, sorcery, hatreds, strife, jealousy, outbursts of anger, selfish ambitions, dissensions, factions, ²¹ envy, drunkenness, carousing, and anything similar. I tell you about these things in advance—as I told you before—that those who practice such things will not inherit the kingdom of God.*

²² *But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faith, ²³ gentleness, self-control. Against such things there is no law.* ²⁴ *Now those who belong to Christ Jesus have crucified the flesh with its passions and desires.* ²⁵ *Since we live by the Spirit, we must also follow the Spirit.* ²⁶ *We must not become conceited, provoking one another, envying one another.*

See also Galatians 5:1-15

Ephesians 2:1-2, 8-10

*And you were dead in your trespasses and sins ² in which you previously **walked** according to the ways of this world, according to the ruler who exercises authority over the lower heavens, the spirit now working in the disobedient.*



⁸ For you are saved by grace through faith, and this is not from yourselves; it is God's gift— ⁹ not from works, so that no one can boast. ¹⁰ For we are His creation, created in Christ Jesus for good works, which God prepared ahead of time so that we should walk in them.

Ephesians 4:



¹ Therefore I, the prisoner for the Lord, urge you to **walk** worthy of the calling you have received, ² with all humility and gentleness, with patience, accepting one another in love, ³ diligently keeping the unity of the Spirit with the peace that binds us.

Living the New Life



¹⁷ Therefore, I say this and testify in the Lord: You should **no longer walk as the Gentiles walk**, in the futility of their thoughts. ¹⁸ They are darkened in their understanding, excluded from the life of God, because of the ignorance that is in them and because of the hardness of their hearts. ¹⁹ They became callous and gave themselves over to promiscuity for the practice of every kind of impurity with a desire for more and more.



²⁰ But that is not how you learned about the Messiah, ²¹ assuming you heard about Him and were taught by Him, because the truth is in Jesus. ²² You took off your former way of life, the old self that is corrupted by deceitful desires; ²³ you are being renewed in the spirit of your minds; ²⁴ you put on the new self, the one created according to God's likeness in righteousness and purity of the truth.

Ephesians 5:1-5, 8-10, 15-16



¹ Therefore, be imitators of God, as dearly loved children. ² And **walk** in love, as the Messiah also loved us and gave Himself for us, a sacrificial and fragrant offering to God. ³ **But sexual immorality and any impurity or greed should not even be heard of among you, as is proper for saints.**



⁴ **Coarse and foolish talking or crude joking are not suitable, but rather giving thanks.** ⁵ **For know and recognize this: Every sexually immoral or impure or greedy person, who is an idolater, does not have an inheritance in the kingdom of the Messiah and of God.**



⁸ For you were once darkness, but now you are light in the Lord. **Walk** as children of light— ⁹ for the fruit of the light results in all goodness, righteousness, and truth— ¹⁰ discerning what is pleasing to the Lord.





¹⁵ Pay careful attention, then, to how you **walk**—not as unwise people but as wise— ¹⁶ making the most of the time, because the days are evil. ¹⁷ So don't be foolish, but understand what the Lord's will is.

Colossians 1:9-14



⁹ For this reason also, since the day we heard this, we haven't stopped praying for you. We are asking that you may be filled with the knowledge of His will in all wisdom and spiritual understanding, ¹⁰ so that you may **walk** worthy of the Lord, fully pleasing to Him, bearing fruit in every good work and growing in the knowledge of God. ¹¹ May you be strengthened with all power, according to His glorious might, for all endurance and patience, with joy ¹² giving thanks to the Father, who has enabled you to share in the saints' inheritance in the light. ¹³ He has rescued us from the domain of darkness and transferred us into the kingdom of the Son He loves. ¹⁴ We have redemption, the forgiveness of sins, in Him.

Colossians 2:6-7



⁶ Therefore, as you have received Christ Jesus the Lord, **walk** in Him, ⁷ rooted and built up in Him and established in the faith, just as you were taught, overflowing with gratitude.

Colossians 3



⁵ Therefore, put to death what belongs to your worldly nature: sexual immorality, impurity, lust, evil desire, and greed, which is idolatry. ⁶ Because of these, God's wrath comes on the disobedient, ⁷ and you once **walked** in these things when you were living in them. ⁸ But now you must also put away all the following: anger, wrath, malice, slander, and filthy language from your mouth. ⁹ Do not lie to one another, since you have put off the old self with its practices ¹⁰ and have put on the new self. You are being renewed in knowledge according to the image of your Creator.

2 Thessalonians 3



¹⁰ In fact, when we were with you, this is what we commanded you: "If anyone isn't willing to work, he should not eat." ¹¹ For we hear that there are some among you who **walk** irresponsibly, not working at all, but interfering with the work of others. ¹² Now we command and exhort such people by the Lord Jesus Christ that quietly working, they may eat their own food. ¹³ Brothers, do not grow weary in doing good.



1 John 1

⁵ Now this is the message we have heard from Him and declare to you: God is light, and there is absolutely no darkness in Him. ⁶ If we say, "We have fellowship with Him," yet we **walk in darkness, we are lying and are not practicing the truth.** ⁷ But if we **walk in the light as He Himself is in the light, we have fellowship with one another, and the blood of Jesus His Son cleanses us from all sin.** ⁸ If we say, "We have no sin," we are deceiving ourselves, and the truth is not in us. ⁹ If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness. ¹⁰ If we say, "We don't have any sin," we make Him a liar, and His word is not in us.



1 John 2

³ This is how we are sure that we have come to know Him: by keeping His commands. ⁴ The one who says, "I have come to know Him," yet doesn't keep His commands, is a liar, and the truth is not in him. ⁵ But whoever keeps His word, truly in him the love of God is perfected. This is how we know we are in Him: ⁶ The one who says he remains in Him should **walk just as He walked.**



Philippians 3

¹⁰ My goal is to know Him and the power of His resurrection and the fellowship of His sufferings, being conformed to His death, ¹¹ assuming that I will somehow reach the resurrection from among the dead.

¹² Not that I have already reached the goal or am already fully mature, but I make every effort to take hold of it because I also have been taken hold of by Christ Jesus. ¹³ Brothers, I do not[c] consider myself to have taken hold of it. But one thing I do: Forgetting what is behind and reaching forward to what is ahead, ¹⁴ I pursue as my goal the prize promised by God's heavenly call in Christ Jesus. ¹⁵ Therefore, all who are mature should think this way. And if you think differently about anything, God will reveal this also to you. ¹⁶ In any case, we should live up to whatever truth we have attained. ¹⁷ Join in imitating me, brothers, and observe those who live according to the example you have in us. ¹⁸ For I have often told you, and now say again with tears, that many live as enemies of the cross of Christ. ¹⁹ Their end is destruction; their god is their stomach; their glory is in their shame. They are focused on earthly



things, ²⁰ but our citizenship is in heaven, from which we also eagerly wait for a Savior, the Lord Jesus Christ. ²¹ He will transform the body of our humble condition into the likeness of His glorious body, by the power that enables Him to subject everything to Himself.

