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Shepherd in a Shed

A LIFE THAT ROCKS #5—POWER WALKING

They Shall Walk and Not Faint

Sermon Study Guide



John 10:10

*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.*

Isaiah 40:30-31 HCSB

*Youths may faint and grow weary, and young men stumble and fall,
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.*

Power Walking is ... how we _____

Walk THIS Way—_____ is our Example

John 13:15 (HCSB)

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

See also: John 8:12; John 13:15; Ephesians 5:1-2

In Christ we walk in Victory	In the Old Man we walk in Defeat
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, Exercising Love, Joy, Peace, Patience, Kindness, Goodness, Faith, Gentleness, and Self-control, Understanding God’s Will.	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.

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.*

Walking Difficulties

- It's a long road—a _____ - _____ walk (2 Timothy 4:7-8)
- We have an enemy—the _____ (1 Peter 5:8)
- We carry baggage—the _____ (Romans 6-8)



Romans 7:15-8:2

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. ... 24 What a wretched man I am! Who will rescue me from this dying body? 25 I thank God through Jesus Christ our Lord! ...

- Power Walking — in _____ by _____

2 Corinthians 5:7

“For we walk by faith, not by sight”

See also 1 John 1:8-10; 2 Corinthians 5:17

Ben Smith said,

“If your c_____ doesn't match your p_____, then look to your p_____, not your c_____, until your c_____ becomes like your p_____.”

Power Walking

In Christ we walk

- in _____ over the OLD MAN,
- in the _____ of the NEW MAN,
- by _____ in Christ Jesus.

Power Walking:

- You will not have _____ in which to walk if you never learned to _____!

Notes

Questions for Thought & Further Discussion:

1. Compare the lists in the “in Christ vs. in the Old Man” table. What things in the “old man” column do you need to get out of your life? _____
 What things in the “in Christ” column would you need to add? _____
2. What aspects of Christ’s example can help you overcome your walking difficulties? _____
3. What steps do you need to take to begin walking in power? _____