

# Lesson #5 | Walk Worthy

## Lesson Summary

---

Salvation is not the goal of Christianity, it is merely the first step of the foot on the journey. In light of the great love and grace that God has shown to us through Jesus Christ, we should strive to live a life pleasing to God. And if we are to be able servants of the Lord, then we must conduct ourselves as one who has been redeemed by the blood of Christ.

## Lesson Goal

---

To understand that God wishes us to walk in fellowship with him throughout our life. That Christ not only freed us from the penalty of sin, but also its' power. And this freedom gives us as Christians the opportunity to live lives fruitful and pleasing to the Lord.

## Study Point #1: We are called to walk worthy - thrice!

---

The New Testament actually uses the term “walk worthy” three times. Each time we are encouraged to live a life acceptable to God in a different context.

- Read Ephesians 4:1-6.
- Read Colossians 1:9-15.
- 1 Thessalonians 2:9-12.

## Study Point #2: How can we walk worthy?

---

- Read Romans 6:7-11.
- Do you feel dead to sin?
- Does sin have dominion over the Lord Jesus Christ?
- Are you dead to sin?

## Study Point #3: How do we actually, really walk worthy in our own lives?

---

- Read Romans 6:12-14.
- Does sin have dominion (rule) over you?
- Should we let sin reign (rule) our lives and obey it?

## Study Point #4: How do we “not let sin reign” in our lives?

---

- What does Romans 6:13 tell you to do?
- A driver practices yielding every day. How does a driver of a car yield?
- How can you compare that to yielding to sin or to righteousness?

# Lesson #5 | Walk Worthy

## Study Point #5: Put on the New Man (or the new creation)

---

- Read Ephesians 4:17-32.
- What does Paul tell us to put on in verse 24?
- What are some things from verses 28 to the end of the chapter that we should not “let” happen in our lives?
- Is “letting” something happen (or not happen) the same as yielding?

## Study Questions

---

1. Romans teaches us that the believer has become \_\_\_\_\_ to sin through our identification with Christ on the cross. We may not feel that way, but God has declared it to be true through the work of his Son on the cross.  
\_\_\_\_\_
2. We should not \_\_\_\_\_ sin reign (rule) in our bodies. What does dominion mean?  
\_\_\_\_\_
3. Instead, we should \_\_\_\_\_ to the things that are right instead of wrong in our life.  
\_\_\_\_\_
4. Ephesians tells us that we should put on the \_\_\_\_\_ man, “which after God is created in righteousness and true holiness.”  
\_\_\_\_\_
5. Ephesians tells us that we should be \_\_\_\_\_ to one another. If we follow that instruction, will we sin against each other?  
\_\_\_\_\_

# Teacher's Notes

## Lesson Preparation

---

Read all the stated scripture passages listed in this lesson. It would be best if you could spend the time to read the full context of each section in addition to just the verses listed.

Make sure you pray!

## Teaching the Lesson

---

Walking worthy is one of the highest goals (or it should be) of the Christian. It is interesting to note that while Paul talks about this subject in Ephesians, the word that he uses is "axios" when comparing our walk to that of Christ's.

Axios is the greek word for the part of a scale where it balances. Paul is actually telling us that our walk out to weigh the same - so that it balances - as the life of Christ! Can you imagine that? God has put forth a high calling, but He has not left us powerless to do so.

We should aim high, our goal should be to please the Father as the Lord Jesus did. We will learn in lesson 6 about the difference between sin and sins and our deliverance from both, but we do touch lightly on that subject in this lesson.

We are called to yield to righteousness instead of ungodliness. To yield to something is to let it happen. We need to understand that we do not need to yield to sin in our lives, and in fact God wants us to yield to righteousness instead.

And doing so brings the fruit of the spirit into our lives, such as peace and comfort and joy. And these are things that we all desire, and we all need - and they are gifts that we merely need to take from God. God is full of grace and mercy in all things, including providing for our life here on earth.

Question answers:

1. dead
2. let
3. yield
4. new
5. kind