

An aerial photograph of a forest fire, showing a large, dark, circular area of charred ground in the center, surrounded by a ring of fire and a larger area of smoke and ash. The word "walk." is overlaid in white, lowercase, sans-serif font, centered over the image.

**walk.**

An aerial photograph of a river winding through a dense, green forest. The river's path is highlighted by a lighter, sandy or silty color, contrasting with the dark green of the surrounding trees. The overall scene is serene and natural.

***WALKING AS AN ESSENTIAL PART OF  
LIFE: PHYSICALLY, EMOTIONALLY,  
MENTALLY AND SPIRITUALLY.***



**STATISTICS ON A REGULAR WALK DAILY:**

# STATISTICS ON A REGULAR WALK DAILY:

- *PHYSICALLY*

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- *PHYSICALLY*
  - *HELP YOU LOSE BODY FAT*

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- *IMPROVE CARDIOVASCULAR FITNESS*

# STATISTICS ON A REGULAR WALK DAILY:

- *PHYSICALLY*

- *HELP YOU LOSE BODY FAT*
- *IMPROVE CARDIOVASCULAR FITNESS*
- *STRENGTHEN YOUR BONES AND MUSCLES*

# STATISTICS ON A REGULAR WALK DAILY:

- *PHYSICALLY*

- *HELP YOU LOSE BODY FAT*
- *IMPROVE CARDIOVASCULAR FITNESS*
- *STRENGTHEN YOUR BONES AND MUSCLES*
- *INCREASE ENERGY LEVELS*

# STATISTICS ON A REGULAR WALK DAILY:

- ***PHYSICALLY***

- ***HELP YOU LOSE BODY FAT***
- ***IMPROVE CARDIOVASCULAR FITNESS***
- ***STRENGTHEN YOUR BONES AND MUSCLES***
- ***INCREASE ENERGY LEVELS***
- ***STRENGTHEN YOUR IMMUNE SYSTEM***



# STATISTICS ON A REGULAR WALK DAILY:

- *MENTALLY AND EMOTIONALLY*

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- *MENTALLY AND EMOTIONALLY*
  - *IMPROVE MOOD, COGNITION,  
MEMORY AND SLEEP*

# STATISTICS ON A REGULAR WALK DAILY:

- **MENTALLY AND EMOTIONALLY**
  - **IMPROVE MOOD, COGNITION, MEMORY AND SLEEP**
  - **REDUCE STRESS AND TENSION**

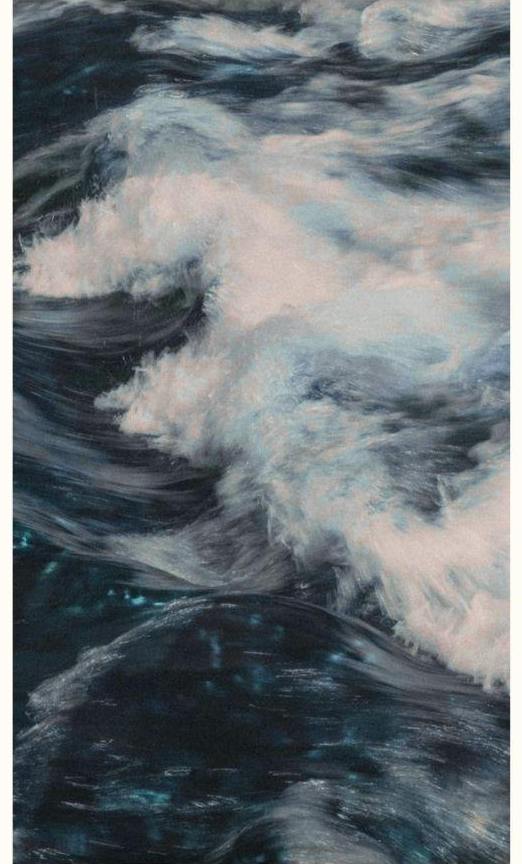
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- **MENTALLY AND EMOTIONALLY**
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- ***MENTALLY AND EMOTIONALLY***
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  - ***REDUCE STRESS AND TENSION***
  - ***WALKING INCREASES CREATIVITY***
  - ***WALKING IS A NATURAL ANTI-ANXIETY TREATMENT.***

**WHY IS WALKING  
WITH GOD  
IMPORTANT AND  
BENEFICIAL TO US?**





## WHY IS WALKING WITH GOD IMPORTANT AND BENEFICIAL TO US?

- WALKING GIVES LIFE.

***DEUTERONOMY 5:33 ESV***

***33 You shall walk in all the way that the LORD your God has commanded you, that you may live, and that it may go well with you, and that you may live long in the land that you shall possess.***



## WHY IS WALKING WITH GOD IMPORTANT AND BENEFICIAL TO US?

- WE HAVE FELLOWSHIP WITH EACH OTHER, AND WE ARE CLEANSED FROM SIN.

**1 JOHN 1:7 ESV**

***7 But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin.***



## WHY IS WALKING WITH GOD IMPORTANT AND BENEFICIAL TO US?

- We realize we have a purpose and work to do.

***EPHESIANS 2:10 ESV***

***10 For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.***

## **MATTHEW 14:22-33 NLT**

*Immediately after this, Jesus insisted that his disciples get back into the boat and cross to the other side of the lake, while he sent the people home. 23 After sending them home, he went up into the hills by himself to pray. Night fell while he was there alone. 24 Meanwhile, the disciples were in trouble far away from land, for a strong wind had risen, and they were fighting heavy waves. 25 About three o'clock in the morning Jesus came toward them, walking on the water. 26 When the disciples saw*

## **MATTHEW 14:22-33 NLT**

**him walking on the water, they were terrified. In their fear, they cried out, "It's a ghost!"<sup>27</sup> But Jesus spoke to them at once. "Don't be afraid," he said. "Take courage. I am here!"<sup>28</sup> Then Peter called to him, "Lord, if it's really you, tell me to come to you, walking on the water."<sup>29</sup> "Yes, come," Jesus said. So Peter went over the side of the boat and walked on the water toward Jesus. <sup>30</sup> But when he saw the strong wind and the waves, he was terrified and began to sink.**

## **MATTHEW 14:22-33 NLT**

**"Save me, Lord!" he shouted. 31 Jesus immediately reached out and grabbed him. "You have so little faith," Jesus said. "Why did you doubt me?"**

**32 When they climbed back into the boat, the wind stopped. Then the disciples worshiped him.**

**"You really are the Son of God!" they exclaimed.**



**WHAT CAN WE LEARN ABOUT WALKING  
THROUGH THIS STORY?**

## What can we learn about walking through this story?

- Jesus already goes before you.

*Deuteronomy 31:8 NLT*

*“Do not be afraid or discouraged, for the Lord will personally go ahead of you. He will be with you; he will neither fail you nor abandon you.”*

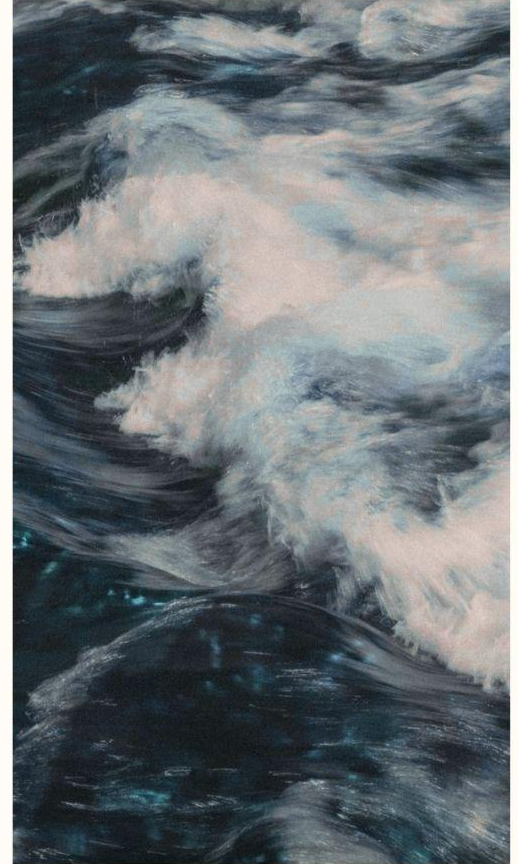


## What can we learn about walking through this story?

- When we walk, we sometimes get distracted and begin to sink, but God will always save us when we call on Him.

*Romans 10:13 ESV*

*For "everyone who calls on the name of the Lord will be saved."*

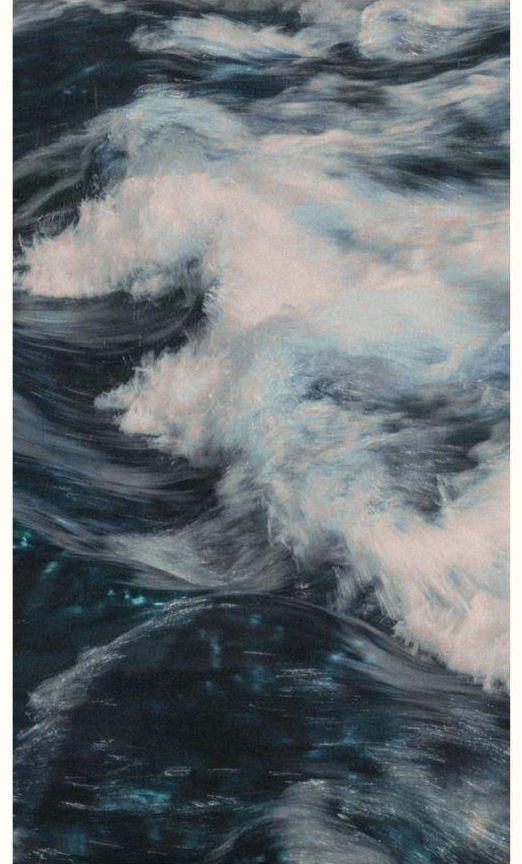


## What can we learn about walking through this story?

- Walking with God doesn't make the situation go away, but our focus gets centered.

*Isaiah 41:10 NLT*

*Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.*

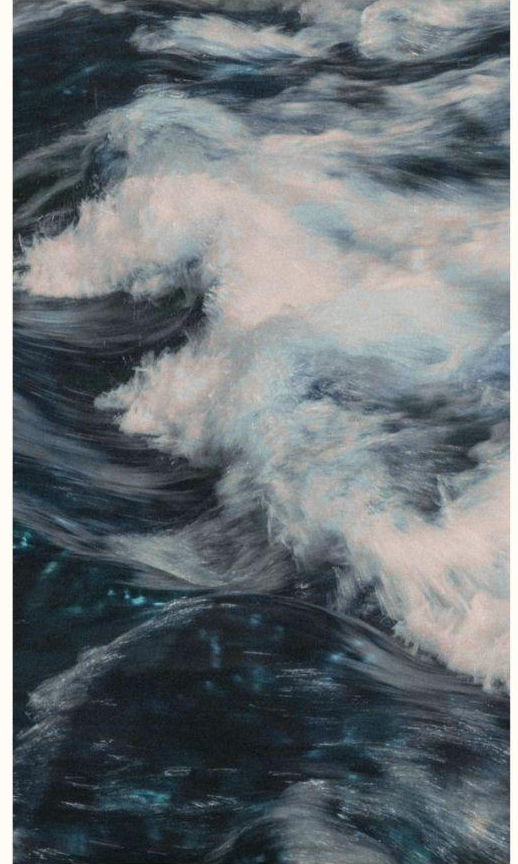


## What can we learn about walking through this story?

- Walking with God helps you point others to him.

### *1 Corinthians 3:7-8 NLT*

*It's not important who does the planting, or who does the watering. What's important is that God makes the seed grow. 8 The one who plants and the one who waters work together with the same purpose. And both will be rewarded for their own hard work.*





**How do we walk with God?**

# How do we walk with God?

- Walk with God

# How do we walk with God?

- Focus on God

Hebrews 12:1-2 NLT

Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. 2 We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne.

# How do we walk with God?

- Know God

# How do we walk with God?

- Love and *Serve others.*

**Micah 6:8 ESV**

**He has told you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?**

## **Isaiah 40:31 NLT**

**But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.**