

Walk Worthy



BECOMING WORTHY OF YOUR CALLING

“...walk in a manner worthy of the calling to which you have been called...”

— Ephesians 4:1b (ESV)

Book 1 of The Walk Series

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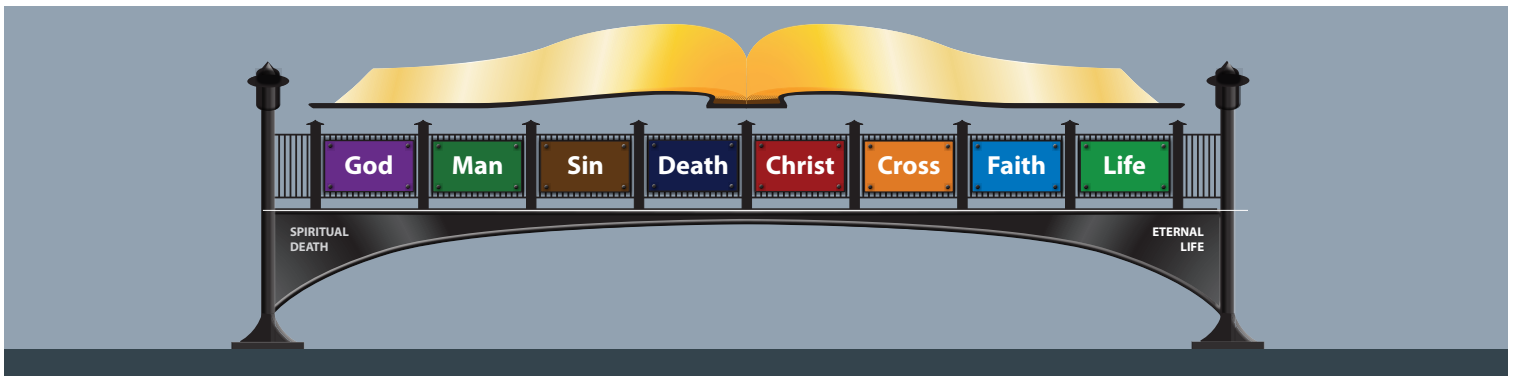


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ChronoBridge Review

from *The Story of Hope*
and *The Way to Joy*



The Gospel in 8 Key Words



God: One, true, eternal, and holy God exists who is our all-powerful Creator and just Judge to whom we are accountable.
(Hebrews 11:6)



Man: We are made and loved by God who deserves our full obedience.
(Genesis 2:7)



Sin: We all have sinned against God and deserve His righteous punishment.
(Romans 3:23)



Death: We are facing God's judgment and cannot escape it on our own.
(Hebrews 9:27)



Christ: Jesus Christ is the perfect Son of God and the perfect Son of Man, and He is the only way to eternal life. *(John 14:6)*



Cross: Jesus Christ, God's Son, died for our sins, rose from the dead to rescue us from death and to give us eternal life.
(1 Peter 2:24)



Faith: We must trust in Jesus' death on the cross as the only satisfactory payment for our sins, abandoning our trust in other things on which we formerly relied to save us. *(Ephesians 2:8-9)*



Life: Jesus alone has power over death and gives eternal life to those who trust solely in Him for the forgiveness of sins.
(John 11:25-26)

Welcome



Walk Worthy

Book 1 in “The Walk Series” — Continuing on the Path to Disciple Maker

Hi! Welcome to **Walk Worthy**, the first book in our “Walk Series” from Good Soil Evangelism & Discipleship. This series is designed to guide you in the next steps to spiritual growth following *The Story of Hope* and *The Way to Joy*.*

[The Story of Hope](#) will guide you through God's redemptive plan in the Bible. By starting at the beginning in Genesis and working right through to the end in Revelation, you will begin to understand who God is, how we became separated from Him, and what He did to solve that problem. You will see, using the “ChronoBridge to Life” what your response to God needs to be by going through His redemptive story using these eight words: God—Man—Sin—Death—Christ—Cross—Faith—Life.

[The Way to Joy](#) gives an overview of what they learned in *The Story of Hope*. It clarifies whether or not the student in the study has truly understood and embraced the gospel before moving on. Then it continues with assurance of salvation and eternal security, the importance of daily Bible reading, prayer, the role of the Holy Spirit, personal holiness, sharing your faith, involvement in the local church, and service and ministry.

*To order *The Story of Hope* and *The Way to Joy*, go to www.GoodSoil.com/resources.



Then proceed to **Walk Worthy**, the first book in “The Walk Series,” to see what your next step in walking from lost to leading should be. Here, we will focus on spiritual growth and the transformation that happens as a new believer.

It is important to note that anyone can start studying with you without having gone through *The Story of Hope* and/or *The Way to Joy*. However, since this is a series, and we do build upon what was learned there, it would always be a good idea to go ahead and talk your friend through both before you start. Also, as the disciple-maker, it would a good idea and a kind gesture for you to provide *The Story of Hope* and *The Way to Joy* books for your disciple, along with a blank notebook in which they can take notes.




Below is that “upward” path you will be traveling as you walk. Follow your progress as you go and grow. We’ll call this the “Disciple’s Walk Scale” as is written on the left side. This scale is adapted from and looks a lot like the Good Soil Evangelism & Discipleship Scale found on page 7 of the *Good Soil Evangelism & Discipleship Workbook*.

Following a Disciple's Walk in Ephesians			Equippers	<i>Gaining Ground as a Truly Evangelistic Church</i>
	5:15	Walk as Wise	Disciple-Maker	<i>Walk Wise</i>
	5:8	Walk as Children of Light	Discerning	<i>Walk in Light</i>
	5:1-2	Walk in Love	Dear Children	<i>Walk in Love</i>
	4:1, (17-24)	Walk Worthy of the Calling	Different from World	<i>Walk Worthy</i>
	2:10	Walk in Good Works	Designed by God	<i>The Way to Joy</i>
	2:4-5	“BUT GOD...”	Dynamic/Alive!	<i>ChronoBridge</i>
		Walked,		<i>The Story of Hope</i>
		following the course		<i>The Story of Hope Condensed</i>
	2:2	of this world	Dead/Lost	
<div>DISCIPLE'S WALK SCALE</div> <div>WHO THEY ARE</div> <div>WHAT WE USE</div>				

Walk Worthy Instructions

Whether you are discipling someone or being disciplined, this material serves as a guide to help you mine what you need from God’s Word to keep you walking the upward-winding path from lost to leading.

Starting with session one, each session includes three major sections: **Accountability, Bible Study, and Evangelism & Discipleship Skills**. As you work through them, you will be dealing with your heart, head, and hands. This will develop your character, knowledge of God’s Word, and your skills in making disciples—all this because we want you to concentrate on allowing Jesus to develop you into being a better person, knowing His Word and doing what you should. Meditate on the chart below and talk with your disciple or your disciple-maker about what it means for you as you anticipate going through “The Walk Series”.

 ACCOUNTABILITY	 BIBLE STUDY	 E&D SKILLS
Heart	Head	Hands
(Character)	(Knowledge)	(Skills)
Loving	Knowing	Doing
To Be	To Know	To Do

What we believe would be a good outline for each session is detailed on the next page. However, in your cultural context, it may be wise to change the order or spend more time on one section or another. Be sensitive to your host culture’s context and adapt your discipleship time accordingly.

Opening Prayer (5-10 minutes)

Scripture Memory and/or Bible Story Telling from the week before

(10-15 minutes).



ACCOUNTABILITY— How are you doing with your relationship to...



GOD (includes, but not limited to devotional time/disciplines)



FAMILY (starting with wife, if married)



CHURCH (as a community, but including discipleship opportunities)



WORLD (How are you sharing the gospel/cultivating relationships?)



SELF (How are you struggling with a specific sin or temptation?)

*Prayer scattered throughout this section as is deemed appropriate.



BIBLE STUDY— based on 5 questions



What does this passage say? **STUDY**



What did this passage mean to its original audience? **CONTEXT**



What does this passage tell us about the essential gospel truths?
(GOD, MAN, SIN, DEATH, CHRIST, CROSS, FAITH, LIFE)



How should I respond to God? **OBEY/APPLY**



How should I change the way I relate to people? **SHARE**



EVANGELISM & DISCIPLESHIP SKILLS

Included here will be a follow-up response question and a memory verse to practice together!

Paul encouraged disciples in Ephesus to “walk in a manner worthy of the calling to which you have been called.”

*“I, therefore, a prisoner for the Lord, urge you to **walk in a manner worthy** of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love.” - Ephesians 4:1-2 (ESV)*

He did not want the Ephesians to (nor should we) walk as we walked in the past.

“Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds.” - Ephesians 4:17 (ESV)

As you went through **The Way to Joy**, you were becoming a disciple, one who walks in good works. Now, you can become a disciple-maker; one who walks “in a manner worthy of the calling to which you have been called.” There is a transformation that takes place in the life of believers that starts when they trust Jesus as savior and continues through their life on this earth, so that they “no longer walk . . . in the futility of their minds . . . darkened in their understanding, alienated from the life of God (Ephesians 4:17). God is changing you, and He wants to use you to bring about change in others’ lives. He wants you to make disciples.

“Whoever says he abides in him ought to walk in the same way in which he walked.” - 1 John 2:6 (ESV)

Yes, we should walk like Jesus; be like Jesus. After all, as John Burke says, believers are “re-presenting Christ to the world.”¹ Burke is emphasizing the concept of re-presenting Christ to a lost world. He defines re-presentation²: “And his church, functioning as the re-presentation of – that is, an all-new presenting again – of Christ’s own Body in the world, prevailed, and changed the whole Roman Empire.” *Walk Worthy* is re-presenting Christ to the world in which we live and discipling others to do the same.

¹ Burke, John. *No Perfect People Allowed* (p/ 305). Zondervan, 2005.

² Burke, John. *No Perfect People Allowed* (p/ 19). Zondervan, 2005.



01

What is Inductive Bible Study?

Opening Prayer

Quote Ephesians 4:1-2 to each other.



ACCOUNTABILITY — How are you doing with your relationship to . . .



GOD *(includes, but not limited to devotional time/disciplines)*



FAMILY *(starting with wife, if married)*



CHURCH *(as a community, but including discipleship opportunities)*



WORLD *(How are you sharing the gospel/cultivating relationships?)*



SELF *(How might you be struggling with a specific sin or temptation?)*

*Prayer scattered throughout this section as is deemed appropriate.



Before we look at our Bible text today, let's look at one approach to studying the Bible:

in·duc·tive

“Inductive Bible study is an approach to God's Word focusing on three basic steps that move from a focus on specific details to a more general, universal principle”—so says www.GotQuestions.org. The three basic steps are Observation, Interpretation, and Application.

OBSERVATION asks:

What does the text we're studying say?

During this step, we should answer basic reporter questions; who, what, when, where, why, and how. Also look for words that seem to be repeated or seem particularly significant — **STUDY**.

INTERPRETATION asks:

What does the text we're studying mean?

During this step, we are trying to determine what the Bible story or text meant to its original audience. Try to put yourself in their place. What might they be thinking? Feeling? Experiencing at that time? — **CONTEXT**.

Then we'll usually try to pass the text through our essential truths grid: what does this passage tell us about **GOD, MAN, SIN, DEATH, CHRIST, CROSS, FAITH, LIFE**? This can help us build our theology.

APPLICATION asks:

How should I respond to God or how should I change the way I relate to people based on this text?

During this step, we're trying to determine how we should respond based on the meaning we discovered in steps one and two. Certainly, people will have different responses, but our different applications should come from a singular, non-contrived meaning. As you can see from our five questions on the next page, we want our application to have a response to the God who gave us His Word and also a response to the people around us. A text may demand a response to both—or not—but we want to ask ourselves the questions to be sure — **OBEY/APPLY**.

Now read Genesis 1-2, and apply your observation, interpretation, and application skills to this passage by asking the five questions below. For the last question, we encourage you to share what you have learned with a friend.



What does this passage say? **STUDY**

**who, what,
when, where,
why, how**



What did this passage mean to its original audience?
CONTEXT

**to determine
what the
Bible story or
text meant
to its original
audience**



What does this passage tell us about the essential
gospel truths?
**(GOD, MAN, SIN, DEATH, CHRIST, CROSS,
FAITH, LIFE)**



How should I respond to God? **OBEY/APPLY**

**how we should
respond**



How should I change the way I relate to people?
SHARE



EVANGELISM & DISCIPLESHIP SKILLS

What can you share with someone about the Bible passage in this session?

Write out the verse below. Then memorize and meditate on it. The memory verses in this booklet will focus on walking worthy.

MEMORY ASSIGNMENT:

Ephesians 4:1-2

Pray for each other before you go.

02

What Are Spiritual Disciplines?

Opening Prayer

Quote Ephesians 4:1-2 to each other.



ACCOUNTABILITY — How are you doing with your relationship to . . .



GOD *(includes, but not limited to devotional time/disciplines)*



FAMILY *(starting with wife, if married)*



CHURCH *(as a community, but including discipleship opportunities)*



WORLD *(How are you sharing the gospel/cultivating relationships?)*



SELF *(How might you be struggling with a specific sin or temptation?)*

*Prayer scattered throughout this section as is deemed appropriate.



BIBLE STUDY — based on 5 questions

Don Whitney, in an interview with John Piper, defined spiritual disciplines as follows: “*The spiritual disciplines are those practices found in Scripture that **promote spiritual growth** among believers in the gospel of Jesus Christ. They are **habits of devotion, habits of experiential Christianity** that have been practiced by God’s people since biblical times.*” www.desiringGod.org. Spiritual disciplines are actions modeled in the Bible in which believers engage both personally and corporately to promote godliness.

Read 1 Timothy 4:7 *“Have nothing to do with irreverent, silly myths. Rather train yourself for godliness.”*

Down through the years, many spiritual disciplines have been practiced. For our purposes, we will only mention six. The first four all have to do with God’s Word:



READING

“Do your best to present yourself to God as one approved, a worker who has no need to be ashamed, rightly handling the word of truth.” — 2 Timothy 2:15 (ESV)

STUDYING

“This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.” — Joshua 1:8 (ESV)

MEDITATING ON

“All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness” — 2 Timothy 3:16-17 (ESV)

MEMORIZING

*“I have stored up your word in my heart, that I might not sin against you.”
—Psalm 119:11 (ESV)*

If a disciple-maker is not getting into the Word and getting the Word into him/her, there can be little growth. Talk about the differences you see in these four disciplines mentioned above.

Which are you already practicing?

Which might you find difficult?

What can you do to begin practicing these four disciplines?



PRAYER is the next discipline. We could divide prayer up into several unique disciplines as well: thanksgiving, adoration, confession, supplication, and petition. Talk about the differences between these types of prayer. Bible reading, study, and memorization is God speaking to us; prayer is one of our major responses to Him.

"Continue steadfastly in prayer, being watchful in it with thanksgiving."

— Colossians 4:2 (ESV)

FASTING is the sixth discipline we will touch on here. While various types of fasting, such as intermittent fasting, are popular today to lose weight or cleanse the body of toxins, the purpose of spiritual fasting *is the abstaining from food for a period of time with the purpose of concentrating on prayer and Bible study, hearing from God.*



"And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward." — Matthew 6:16 (ESV)

Instead of answering our hunger with physical food, we are choosing to hunger after God. Jesus also said, *"Blessed are those who hunger and thirst for righteousness, for they shall be satisfied."* — Matthew 5:6 (ESV)

*"But seek first the kingdom of God and his righteousness,
and all these things will be added to you." — Matthew 6:33 (ESV)*

Now read **2 Peter 1:1-15**, and answer our five questions below to each other.



What does this passage say? **STUDY**



What did this passage mean to its original audience? **CONTEXT**



What does this passage tell us about the essential gospel truths?
(GOD, MAN, SIN, DEATH, CHRIST, CROSS, FAITH, LIFE)



How should I respond to God? **OBEY/APPLY**



How should I change the way I relate to people? **SHARE**

See
Appendix
Note 1 on
page 63

How do you think practicing the spiritual disciplines will help in developing the “qualities” of 2 Peter 1? (ESV)

What appears to be a responsibility of a disciple-maker according to verse 12?

See Appendix Note 2 on page 63

What Are Spiritual Disciplines?

Encourage each other to continue developing the qualities that pertain to life and godliness.



Evangelism & Discipleship Skills

Share with each other and a friend how God is developing these qualities in your life.

Write out the verse below. Then memorize and meditate on it.

MEMORY ASSIGNMENT:

2 Peter 1:3

See
Appendix
Note 3 on
page 63

Pray for each other before you go.



03

Transformed! Part 1

Opening Prayer

Quote 2 Peter 1:3 to each other. If you have time, review Ephesians 4:1-2 as well.



ACCOUNTABILITY— How are you doing with your relationship to . . .



GOD *(includes, but not limited to devotional time/disciplines)*



FAMILY *(starting with wife, if married)*



CHURCH *(as a community, but including discipleship opportunities)*



WORLD *(How are you sharing the gospel/cultivating relationships?)*



SELF *(How might you be struggling with a specific sin or temptation?)*

*Prayer scattered throughout this section as is deemed appropriate.



BIBLE STUDY — based on 5 questions

According to Ephesians 4:1, we should be walking worthy of our calling.

Ephesians 4:17 indicates that we should be transformed, no longer walking in the futility of our minds or as Gentiles. That's not what we learned in Christ! We should be renewed in the spirit of our minds.

Read Galatians 5:16-26 and match the opposites of the works of the flesh and the fruit of the Spirit. In other words, when exercised, which part of the fruit of the Spirit extinguishes which work of the flesh listed below? Some pieces of the fruit of the Spirit may extinguish more than one work of the flesh.

See
Appendix
Note pg 63-
64

Works of the Flesh (Galatians 5:19-21)	Fruit of the Spirit (Galatians 5:22-23)
Sexual Immorality	
Impurity	
Sensuality	
Orgies	
Idolatry	
Sorcery	
Enmity/Strife	
Jealousy/Envy	
Fits of anger	
Rivalries	
Dissensions	
Divisions	
Drunkenness	

Ask each other,
“Which one(s)
do you see as my
weakness?”

Now read **Ephesians 4:15-32** and answer the following questions:



What does this passage say? **STUDY**



What did this passage mean to its original audience? **CONTEXT**



What does this passage tell us about the essential gospel truths?
(GOD, MAN, SIN, DEATH, CHRIST, CROSS, FAITH, LIFE)



How should I respond to God? **OBEY/APPLY**



How should I change the way I relate to people? **SHARE**

See
Appendix
Note pg 64

Contrast the love you see in this passage with the hostility you see.

Who loves?
Why?

Who is hostile?
Why?

What makes the
difference?

How can you be
more loving?



Evangelism & Discipleship Skills

Make an effort to be more loving to those around you.

Write out the verse below. Then memorize and meditate on it.

MEMORY ASSIGNMENT:

Galatians 5:16

Pray for each other before you go.

04

Transformed! Part 2

Opening Prayer

Quote Galatians 5:16 to each other. If you have time, review other verses. (10-15 mins)



ACCOUNTABILITY — How are you doing with your relationship to . . .



GOD (includes, but not limited to devotional time/disciplines)



FAMILY (starting with wife, if married)



CHURCH (as a community, but including discipleship opportunities)



WORLD (How are you sharing the gospel/cultivating relationships?)



SELF (How might you be struggling with a specific sin or temptation?)

*Prayer scattered throughout this section as is deemed appropriate.



BIBLE STUDY—based on 5 questions

Read Acts 16:11-40



What does this passage say? **STUDY**



What did this passage mean to its original audience? **CONTEXT**



What does this passage tell us about the essential gospel truths?
(GOD, MAN, SIN, DEATH, CHRIST, CROSS, FAITH, LIFE)



How should I respond to God? **OBEY/APPLY**



How should I change the way I relate to people? **SHARE**

Who is joyful?
Why?

Who is envious?
Why?

What makes the
difference?

How can you
be more joyful
in difficult
circumstances?

But how can you have **joy** instead of being **envious** (the work of the flesh which is the opposite of joy), or how can you **love** instead of being **hostile** (the work of the flesh which is the opposite of love)? We can talk about it, and we can try to muster it up in our lives, but the key is in Galatians 5:16. The full meaning of the term “by” in the phrase “walk by the Spirit” is this: to walk **“by means of”** the Spirit. Picture a growing baby who is beginning to walk. By hanging on to mommy or daddy’s fingers, the youngster can walk all over! But as soon as those fingers are no longer available, baby plops down. Or picture the baby with hands leaning on the couch and then the coffee table next to the couch and then the chair beside the table—baby is walking all over the room **by means of** the furniture. But without it, he goes down.

Let’s apply this to our lives. If we walk **by means of** the Spirit, depending on Him, we can love, have joy, etc. If we try to do it on our own, we’ll fall. But what does “walking by means of” the Spirit mean? It’s an utter dependence on Him. It means acknowledging our inability, praying, and asking for help constantly. Walking **by means of** the Spirit (this dependence on Him that we are describing) will produce the fruit of the Spirit.



Evangelism & Discipleship Skills

Encourage and pray for those around you who are going through difficult situations.

Write out the verse below. Then memorize and meditate on it.

MEMORY ASSIGNMENT:

Galatians 5:17

Pray for each other before you go.

05

Transformed! Part 3

Opening Prayer

Quote Galatians 5:16-17 to each other. If you have time, review other verses. (10-15 mins)



ACCOUNTABILITY — How are you doing with your relationship to . . .



GOD (includes, but not limited to devotional time/disciplines)



FAMILY (starting with wife, if married)



CHURCH (as a community, but including discipleship opportunities)



WORLD (How are you sharing the gospel/cultivating relationships?)



SELF (How might you be struggling with a specific sin or temptation?)

*Prayer scattered throughout this section as is deemed appropriate.



BIBLE STUDY — based on 5 questions

We have been learning to walk worthy of our calling (Ephesians 4:1) and transformed, and *not* walk as we once did (Ephesians 4:17). As we learned that the fruit of the Spirit (Galatians 5:23) should be evident in our lives instead of the works of the flesh, we've contrasted love with hostility and joy with envy. Today, we will contrast **peace** with **enmity and strife**.

Read Acts 18:1-18. This tells about Paul's ministry in Corinth. What impresses you from this story?

Now read Philippians 4:1-9 and answer our questions.



What does this passage say? **STUDY**



What did this passage mean to its original audience? **CONTEXT**



What does this passage tell us about the essential gospel truths?
(GOD, MAN, SIN, DEATH, CHRIST, CROSS, FAITH, LIFE)



How should I respond to God? **OBEY/APPLY**



How should I change the way I relate to people? **SHARE**

Contrast the strife you see in the church at Corinth with the peace you see Paul says they should have in Philippians 4. (Did you know that Paul was in prison when he was writing about peace and joy?)

Why is there strife and enmity among the Corinthians?

Why does Paul have peace and joy even though he is in prison, and some (believers?) are even trying to inflict more suffering on him?

How can you gain peace in difficult circumstances? (see Philippians 4:6-9)



Evangelism & Discipleship Skills

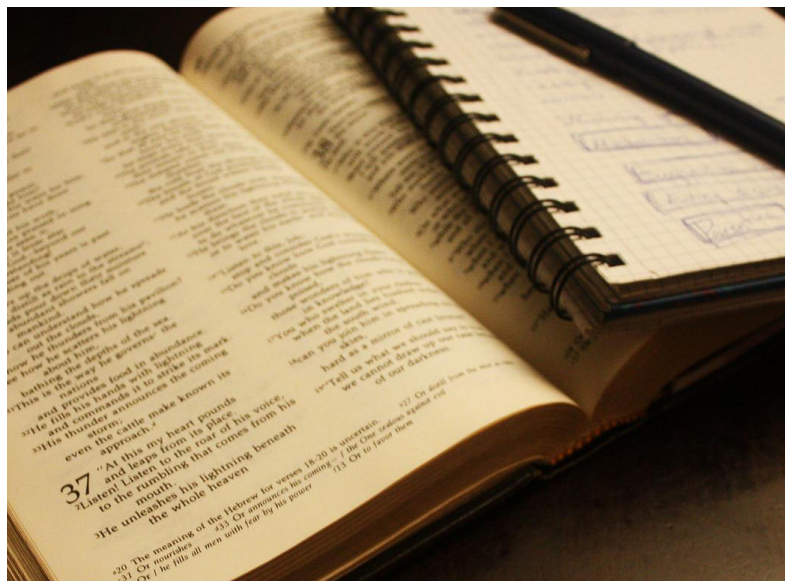
Share with a friend some passages of scripture that give you peace in a world filled with hostility and strife.

Write out the verse below. Then memorize and meditate on it.

MEMORY ASSIGNMENT:

Galatians 5:18

Pray for each other before you go.



06

Transformed! Part 4

Opening Prayer

Quote Galatians 5:16-18 to each other. If you have time, review other verses. (10-15 mins)



ACCOUNTABILITY — How are you doing with your relationship to . . .



GOD (includes, but not limited to devotional time/disciplines)



FAMILY (starting with wife, if married)



CHURCH (as a community, but including discipleship opportunities)



WORLD (How are you sharing the gospel/cultivating relationships?)



SELF (How might you be struggling with a specific sin or temptation?)

*Prayer scattered throughout this section as is deemed appropriate.



BIBLE STUDY — based on 5 questions (20-25 minutes)

Remember that we are to be walking worthy of our calling (Ephesians 4:1) and transformed, not walking as we once did (Ephesians 4:17). As we continue learning about the fruit of the Spirit, today we contrast **patience** with **outbursts of anger**. Many times, our outbursts of anger towards people have their roots in dissatisfaction or anger towards God. Observe how the people in today's story responded toward God—in patient acceptance and bitter anger.

Read Job 1:1-2:10 and answer our questions.



What does this passage say? **STUDY**



What did this passage mean to its original audience? **CONTEXT**



What does this passage tell us about the essential gospel truths?
(GOD, MAN, SIN, DEATH, CHRIST, CROSS, FAITH, LIFE)



How should I respond to God? **OBEY/APPLY**



How should I change the way I relate to people? **SHARE**

Contrast Job's attitude with Job's wife's attitude. Why do you think they were so different?	
What can you do to cultivate the calm, patience, and acceptance of Job?	

For further study, read Ruth 1:1-18.



Evangelism & Discipleship Skills

As God develops patience in your life, consider sharing how He is doing that with a friend.

Write out the verse below. Then memorize and meditate on it.

	MEMORY ASSIGNMENT:	
Galatians 5:19-21		

Pray for each other before you go.



07

Transformed! Part 5

Opening Prayer

Quote Galatians 5:16-21 to each other. If you have time, review other verses. (10-15 mins)



ACCOUNTABILITY — How are you doing with your relationship to . . .



GOD (includes, but not limited to devotional time/disciplines)



FAMILY (starting with wife, if married)



CHURCH (as a community, but including discipleship opportunities)



WORLD (How are you sharing the gospel/cultivating relationships?)



SELF (How might you be struggling with a specific sin or temptation?)

*Prayer scattered throughout this section as is deemed appropriate.



BIBLE STUDY — based on 5 questions (20-25 minutes)

Remember that we are to be walking worthy of our calling (Ephesians 4:1) and transformed, not walking as we once did (Ephesians 4:17). As we continue learning about the fruit of the Spirit, today we contrast **kindness** with **selfish ambition**. Observe how the people in today's events responded toward God—with kindness or selfish ambition.

Read 1 Samuel 25:1-42 and answer our questions.



What does this passage say? **STUDY**



What did this passage mean to its original audience? **CONTEXT**



What does this passage tell us about the essential gospel truths?
(GOD, MAN, SIN, DEATH, CHRIST, CROSS, FAITH, LIFE)



How should I respond to God? **OBEY/APPLY**



How should I change the way I relate to people? **SHARE**

Contrast Nabal's attitude with Abigail's attitude.

Why do you think they were so different?	
--	--

Where was David on the kindness/selfishness pendulum before Abigail met him?	
--	--

Read Ephesians 4:25-32.

What help do you find in this passage to grow kindness in your life?	
--	--

What will you do this week to develop kindness toward others?	
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Evangelism & Discipleship Skills

Consider how you can show kindness to your neighbors this week. This could open the door to sharing what God has done for you.

Write out the verse below. Then memorize and meditate on it.

MEMORY ASSIGNMENT:

Galatians 5:22-23

Pray for each other before you go.



08

Transformed! Part 6

Opening Prayer

Quote Galatians 5:16-23 to each other, and review past verses. (10-15 mins)



ACCOUNTABILITY— How are you doing with your relationship to . . .



GOD (includes, but not limited to devotional time/disciplines)



FAMILY (starting with wife, if married)



CHURCH (as a community, but including discipleship opportunities)



WORLD (How are you sharing the gospel/cultivating relationships?)



SELF (How might you be struggling with a specific sin or temptation?)

*Prayer scattered throughout this section as is deemed appropriate.



BIBLE STUDY — based on 5 questions

Are you walking worthy of our calling (Ephesians 4:1)? And are you being transformed, not walking as you once did (Ephesians 4:17)? As we continue learning about the fruit of the Spirit, today we contrast **goodness** with **indecent behavior**. The Greek word ἀγαθωσύνη carries with it the idea of “goodness, virtue, beneficence, or generosity. Observe how the people in today’s story demonstrated either generosity or indecent behavior.

Read 1 Samuel 1 & 2



What does this passage say? **STUDY**



What did this passage mean to its original audience? **CONTEXT**



What does this passage tell us about the essential gospel truths?
(GOD, MAN, SIN, DEATH, CHRIST, CROSS, FAITH, LIFE)



How should I respond to God? **OBEY/APPLY**



How should I change the way I relate to people? **SHARE**

Who demonstrated generosity in chapter one? How was generosity or goodness shown?

Who demonstrated what you could consider the opposite of generosity?

What about in chapter two?

Generosity?

Indecent behavior?

In 1 Samuel 2:12, the sons of Eli were called “worthless” men. How are their actions (considered worthless or indecent) actually the opposite of generosity?

Where we once were selfish, the Holy Spirit can produce fruit in us of a generous nature.

Ask God to help you demonstrate generosity to people around you. What can you do to demonstrate generosity?

Name at least one action or attitude you might change this week to be more generous.



Evangelism & Discipleship Skills

Pick someone who you can be generous with this week.

Write out the verse below. Then memorize and meditate on it.

MEMORY ASSIGNMENT:

Galatians 5:24

Pray for each other before you go.



09

Transformed!

Part 7

Opening Prayer

Quote Galatians 5:16-24 to each other, and review past verses. (10-15 mins)



ACCOUNTABILITY— How are you doing with your relationship to . . .



GOD (includes, but not limited to devotional time/disciplines)



FAMILY (starting with wife, if married)



CHURCH (as a community, but including discipleship opportunities)



WORLD (How are you sharing the gospel/cultivating relationships?)



SELF (How might you be struggling with a specific sin or temptation?)

*Prayer scattered throughout this section as is deemed appropriate.



BIBLE STUDY— based on 5 questions

The fruit of the Spirit should be helping you to walk worthy of your calling (Ephesians 4:1) and should be transforming you so you do not walk as we once did (Ephesians 4:17). As we continue learning about the fruit of the Spirit, today, we contrast **faithfulness** with **idolatry** (one of the works of the flesh listed in Galatians 5:20). Observe how the people in today's story were either faithful or idolatrous in their behavior.

Before reading the Bible passage about Moses, let's remember a few key points of historic background:

1. Elohim (powerful self-existent, self-sufficient God) created the universe. (Genesis 1)
2. He also created humankind and cultivated a relationship with them. (Genesis 2)
3. Humankind progressively turned away from God. (Genesis 3-9)
4. People began to create their own gods. (Genesis 11). History tells us that the purpose of ziggurats, like the one built in Babel, was to allow the *gods* (plural) to come *down* to the temple at the base of the tower.
5. Abraham, the father of the Hebrew nation, had lived in two major hubs of moon worship before God called him to leave that behind and to follow Him. (Genesis 12)
6. The Hebrew people (descendants of Abraham) spent 400 years in bondage in Egypt where they were exposed to (and may have participated in) polytheism.

Read Exodus 32, and answer our questions.



What does this passage say? **STUDY**



What did this passage mean to its original audience? **CONTEXT**



What does this passage tell us about the essential gospel truths?
(GOD, MAN, SIN, DEATH, CHRIST, CROSS, FAITH, LIFE)



How should I respond to God? **OBEY/APPLY**



How should I change the way I relate to people? **SHARE**

Look over Exodus 32 again, and answer the following questions

See Appendix Note on page 65

Why was God so upset with the people? (v. 7-10)

Do you think He was justified in His anger?

Notice the difference between Moses' response in verses 11-13 and his response in verses 19-27. What made the difference? Why did Moses change his mind?

Why did God's people turn to idolatry? (v. 22-23)

This sin of idolatry was serious. Many people died. Remember that idolatry is one of the works of the flesh (Galatians 5:18-20).

What does idolatry look like in your part of the world? Meditate on Ephesians 5:1-6, also, as you answer this question.

Ask God to help you remain faithful; cultivating the fruit of the Spirit, and not allowing idolatry to sidetrack you in any way.



Evangelism & Discipleship Skills

Pray everyday this week, trusting God, that He will draw your unsaved friends to Christ.

Write out the verse below. Then memorize and meditate on it.

MEMORY ASSIGNMENT:

Galatians 5:25

Pray for each other before you go.

10

Transformed! Part 8

Opening Prayer

Quote Galatians 5:16-25 to each other, and review past verses. (10-15 mins)



ACCOUNTABILITY — How are you doing with your relationship to . . .



GOD (includes, but not limited to devotional time/disciplines)



FAMILY (starting with wife, if married)



CHURCH (as a community, but including discipleship opportunities)



WORLD (How are you sharing the gospel/cultivating relationships?)



SELF (How might you be struggling with a specific sin or temptation?)

*Prayer scattered throughout this section as is deemed appropriate.



BIBLE STUDY—based on 5 questions

Remember that we are to be walking worthy of our calling (Ephesians 4:1) and transformed, *not* walking as we once did (Ephesians 4:17). Since many of the Corinthians were converted Gentiles, they needed to remember this and leave their old ways behind. When Paul got to Corinth, he first tried to reach Jews in the synagogues (Acts 18:5), but then seemed to have a lot of fruit with Gentiles (Acts 18:6-11). Today, we are contrasting **gentleness** with **dissensions/divisions**.

Read 1 Corinthians 1:10-17 and 3:1-23



What does this passage say? **STUDY**



What did this passage mean to its original audience? **CONTEXT**



What does this passage tell us about the essential gospel truths?
(GOD, MAN, SIN, DEATH, CHRIST, CROSS, FAITH, LIFE)



How should I respond to God? **OBEY/APPLY**



How should I change the way I relate to people? **SHARE**

"A soft answer turns away wrath, but a harsh word stirs up anger."
— Proverbs 15:1 (ESV)

According to Proverbs 15:1, if gentleness were cultivated and displayed in a situation similar to 1 Corinthians 1, what would happen?

What else can gentleness do if displayed in our lives?

(Galatians 6:1; Ephesians 4:1-3)



Evangelism & Discipleship Skills

Invite your friend or neighbor to church to see gentleness and unity displayed in the body.

Write out the verse below. Then memorize and meditate on it.

MEMORY ASSIGNMENT:

Galatians 5:26

Pray for each other before you go.



11

Transformed! Part 9

Opening Prayer

Quote Galatians 5:16-26 to each other, and review past verses. (10-15 mins)



ACCOUNTABILITY — How are you doing with your relationship to . . .



GOD (includes, but not limited to devotional time/disciplines)



FAMILY (starting with wife, if married)



CHURCH (as a community, but including discipleship opportunities)



WORLD (How are you sharing the gospel/cultivating relationships?)



SELF (How might you be struggling with a specific sin or temptation?)

*Prayer scattered throughout this section as is deemed appropriate.



BIBLE STUDY—based on 5 questions

The final part of the fruit of the Spirit is **self-control**. Galatians 5:21 lists **drunkenness** as one of the works of the flesh. It is certainly the opposite of self-control.

1 Corinthians 11:17-22 and Ephesians 5:15-21 may give us more insight. Read these two passages and respond to our questions.



What does this passage say? **STUDY**



What did this passage mean to its original audience? **CONTEXT**



What does this passage tell us about the essential gospel truths?
(GOD, MAN, SIN, DEATH, CHRIST, CROSS, FAITH, LIFE)



How should I respond to God? **OBEY/APPLY**



How should I change the way I relate to people? **SHARE**

Judging from what is said in these passages, how important do you think self-control is for the believer?	
Are there other areas besides alcohol in which one might need to exercise self-control? What are some of those areas?	
Do you struggle with self-control in any of these areas?	
How can your accountability partner help you?	



Evangelism & Discipleship Skills

Ask God to help you display self-control as part of the fruit of the Spirit in your life. Write out the verse below. Then memorize and meditate on it.

MEMORY ASSIGNMENT:

Ephesians 2:10

Pray for each other before you go.



12

Transformed! Part 10

Opening Prayer

Have fun quizzing each other on all or any of the verses. (10-15 mins)



ACCOUNTABILITY— How are you doing with your relationship to . . .



GOD (includes, but not limited to devotional time/disciplines)



FAMILY (starting with wife, if married)



CHURCH (as a community, but including discipleship opportunities)



WORLD (How are you sharing the gospel/cultivating relationships?)



SELF (How might you be struggling with a specific sin or temptation?)

*Prayer scattered throughout this section as is deemed appropriate.



BIBLE STUDY—based on 5 questions

This is our final Walk Worthy session. When we looked at the fruit of the Spirit, we contrasted it to the works of the flesh. By walking by means of the Spirit, depending on Him, we can manifest the fruit of the Spirit and not produce the works of the flesh and thus, walk worthy.

Ephesians, Philippians, and Colossians have similar positive and negative models.

Look at Philippians 2:1-16, and contrast what our lives should look like as opposed to what they should not look like.

See
Appendix
Note pg 65

Don't Live Like This:	Live Like This:

In Ephesians 4 & 5, we have already talked about how we *should walk* as opposed to how we *should not walk*. Glance over these chapters of Ephesians, and list some of the contrasting ways of walking.

See
Appendix
Note pg 65-66

Don't Walk:	Walk:

Additional space on next page.

Don't Walk:	Walk:

Now, let's look at **Colossians 2 & 3**. List what the Colossians were to put to death (νεκρώ), or render useless—take off—and what they were to put on (ἐνδύω) as if they were putting on clothing. After you make your lists, walk through the other questions to make sure you get all you can from this passage.

See Appendix Note on page 66 

Put Off:	Put On:

After reading Colossians 2 & 3 ...



What does this passage say? **STUDY**



What did this passage mean to its original audience? **CONTEXT**



What does this passage tell us about the essential gospel truths?
(GOD, MAN, SIN, DEATH, CHRIST, CROSS, FAITH, LIFE)



How should I respond to God? **OBEY/APPLY**



How should I change the way I relate to people? **SHARE**

¹⁴Do all things without grumbling or disputing, ¹⁵that you may be blameless and innocent, children of God without blemish in the midst of a crooked and twisted generation, among whom you shine as lights in the world,”

— Phillipians 2:14-15 (ESV)

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

— Ephesians 2:10 (ESV)

What is the main reason we should put off the earthly and put on the heavenly?

See Appendix Note on page 66 



Evangelism & Discipleship Skills

What practical steps can you take this week to put off and put on?

MEMORY ASSIGNMENT:

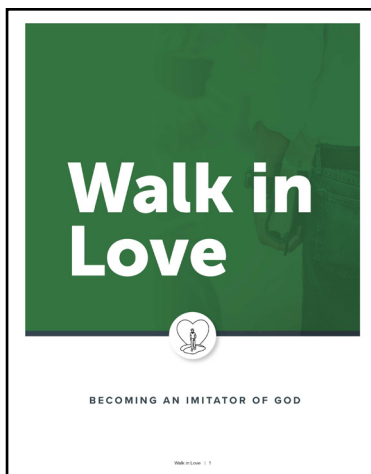
Take extra time this week to review all the verses you’ve learned to date.

- Ephesians 4:1-2
- 2 Peter 1:3
- Galatians 5:16-26
- Ephesians 2:10

Congratulations! You finished **Walk Worthy** and are ready to move on to **Walk in Love**. You’ve learned about spiritual disciplines, how to do inductive Bible study, and went on to use your new skills to study about how we, as believers, ought to be transformed as we live by means of the Spirit. .

What's Next: Now you are ready to go onto Book 2 in The Walk Series — ***Walk in Love***.

In this workbook, you will learn how to walk in love in the Body of Christ, His Church. Your inductive Bible study skills will be put to work so you can learn about.:



- The unity we have in Christ
- The spiritual gifts we receive to serve the Body
- How to worship and serve together
- How to relate to one another
- How to reach out to others outside the body of Christ.

Make plans to continue your Bible study time using *Walk in Love*!

Pray for each other before you go.

Appendix

Page 19

¹How do you think practicing the spiritual disciplines will help in developing the “qualities” of 2 Peter 1 (ESV)? In 2 Peter 1:3 (ESV), the word translated “things” is the same Greek word translated “qualities” in verses 8 and 12. What can we deduce from this passage then?
ANSWER: That God has given us what we need to grow, but we have to appropriate what he has given us and work at it using spiritual disciplines.

²What appears to be a responsibility of a disciple-maker according to verse 12? Disciple-makers are to “remind” disciples to continue developing the qualities that pertain to life and godliness.

³DISCIPLE-MAKER: Go over your objectives for this next section in your mind and during your prayers for your disciple. During the eight “Transformed!” sessions, you want your disciple to know, feel, and do—

- **Know:** A life that manifests the works of the flesh is apart from the will of the Lord while a life changed by Jesus will demonstrate the fruit of the Spirit.
- **Feel:** Conviction for areas of worldly/ fleshly living. Confidence in how God has changed them.
- **Do:** Identify areas that need to change in his/her life.

Page 22

Prepare nine cards of one color with one of the fruit of the Spirit on each—Love, Joy, Peace, Patience, Kindness, ,Goodness, Faithfulness, Gentleness, Self-control—and another set of cards of a different color, each card with one or more of the works of the flesh on a card as such: 1. Sexual Immorality, Impurity, Sensuality, Orgies., 2. Idolatry, Sorcery, 3. Enmity, Strife, 4. Jealousy, Envy, 5. Fits of Anger, 6. Rivalries, 7. Dissensions, 8. Divisions, 9. Drunkenness. Have your disciple (you can help) match the work of the flesh card with what would be the opposite fruit of the Spirit.

Appendix

Page 22 Here are our answers:

Sexual immorality, impurity, sensuality, orgies	Goodness
Idolatry, sorcery	Faithfulness
Strife, enmity	Peace
Jealousy, envy	Joy
Fits of anger	Patience
Rivalries	Kindness
Dissensions	Gentleness
Divisions	Love
Drunkenness	Self-control

Page 24 **Who loves? Why?** Those growing up in the Body of Christ (v. 15-16), because Jesus, in us, helps us work properly, building us up in love.

Who is hostile? Why? Those who walk in the futility of their minds, darkened in their understanding, alienated from the life of God, ignorant and hard in heart (v. 17-18). They are callous and greedy, practicing impurity (v. 19).

What makes the difference? Jesus working in us (v. 16), our putting off of the old self (v. 22), being renewed in the spirit of our minds (v. 23), putting away falsehood (v. 25), bitterness, wrath, anger, clamor, slander, and malice (v. 31).

How can you be more loving? Allowing the Spirit to work and be intentional in putting off the old self, forgiving one another, as God in Christ forgave us (v. 32).

Appendix

Page 47

Why was God so upset with the people? They turned aside quickly out of the way He had commanded them, made a golden calf, worshiping and sacrificing to it (v. 8), saying that it was the calf that brought them out of Egypt! They were stiff-necked (v. 9).

Do you think He was justified in His anger? Yes.

Notice the difference between Moses' response in verses 11-13 and 19-27.

What made the difference? Moses had personally seen how terribly the people had disobeyed and saw their wretched behavior.

Page 74

Philippians 2:1-16:

Don't Live Like This

Selfish ambition, conceit
Look only after your own interests
Grumbling, disputing

Live Like This

Be of the same mind
Humility
Other-mindedness (2:5-8)
Hold fast to the Word

Ephesians:

Don't Walk

Like Gentiles—futility of minds,
darkened in understanding,
alienated from life of God, ignorant,
hard of heart, calloused,
given to sensuality, greedy
Corrupt through deceitful desires
Falsehood

Walk

Worthy
As children of light, carefully, wisely
Humbly
With gentleness
With patience
Bearing with one another in love
Maintaining unity in the bond
of peace

continued...

Appendix

Page 74 Don't Walk

Continued Don't let sun go down on anger
Steal (who used to steal)

Corrupt talk

Bitterness, wrath, anger, clamor,
slander,

Malice, Sexual immorality, impurity,

Covetousness, Filthiness, foolish talk,
Crude joking, Foolishness
Getting drunk

Walk

Renewed in the spirit of our mind
With new self, created after the
likeness of God

in true righteousness
and holiness

Speak truth, Labor (instead of
stealing)

Kindness, be tenderhearted,
Forgive,

Be thankful, Make good use of time,
Understand God's will, Give thanks,
Submit to one another

Page 59 **Colossians 2 & 3**

Put Off

Sexual immorality

Impurity

Passion

Evil Desire

Covetousness (Idolatry)

Anger

Wrath

Malice

Slander

Obscene talk

Lying

Put On

Compassionate Hearts

Kindness

Humility

Meekness

Patience

Bear with One Another

Forgive One Another

Love Above All (overcoat)

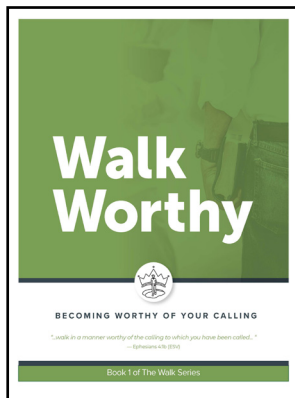
Let Peace Rule in Your Hearts

Let the Word of Christ Dwell in You

Teaching and Singing

Page 61 **What is the main reason we should put off the earthly and put on the heavenly?** Because we've been raised with Christ!

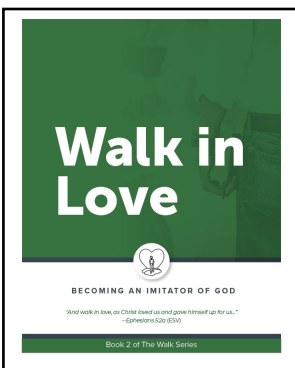
The Walk Series is a free download
on our website: GoodSoil.com



Book 1, Walk Worthy
Becoming Worthy of Your Calling

“...walk in a manner worthy of the calling to which you have been called...”

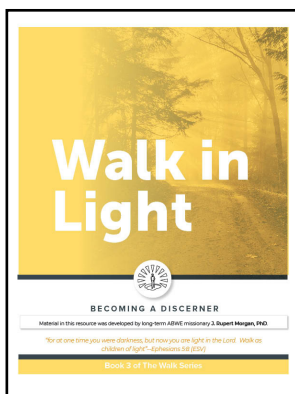
—Ephesians 4:1b (ESV)



Book 2, Walk in Love
Becoming an Imitator of God

“And walk in love, as Christ loved us and gave himself up for us...”

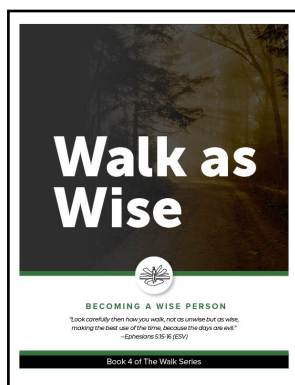
—Ephesians 5:2a



Book 3, Walk in Light
Becoming a Discerner

“for at one time you were darkness, but now you are light in the Lord. Walk as children of light”

—Ephesians 5:8



Book 4, Walk as Wise
Becoming a Wise Person

“Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil.”

—Ephesians 5:15-16