

How Do You Walk the Walk You Talk?



Kay Arthur

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PRECEPT SOUTH AFRICA



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40 Minute Bible Study Series
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HOW TO USE THIS STUDY

This small-group study is for people who are interested in learning for themselves more about what the Bible says on various subjects, but who have only limited time to meet together. It's ideal, for example, for a lunch group at work, an early morning men's group, a young mothers' group meeting in a home, a Sunday-school class, or even family devotions. (It's also ideal for small groups that typically have longer meeting times—such as evening groups or Saturday morning groups—but want to devote only a portion of their time together to actual study, while reserving the rest for prayer, fellowship, or other activities.)

This book is designed so that all the group's participants will complete each lesson's study activities *at the same time*. Discussing your insights drawn from what God says about the subject reveals exciting, life-impacting truths.

Although it's a group study, you'll need a facilitator to lead the study and keep the discussion moving. (This person's function is *not* that of a lecturer or teacher. However, when this book is used in a Sunday-school class or similar setting, the teacher should feel free to lead more directly and to bring in other insights in addition to those provided in each week's lesson.)

If *you* are your group's facilitator, the leader, here are some helpful points for making your job easier:

- Go through the lesson and mark the text before you lead the group. This will give you increased familiarity with the material and will enable you to facilitate the group with greater ease. It may be easier for you to lead the group through the instructions for marking if you, as a leader, choose a specific color for each symbol you mark.
- As you lead the group, start at the beginning of the text and simply read it aloud in the order it appears in the lesson, including the “insight boxes,” which appear throughout. Work through the lesson together, observing and discussing what you learn. As you read the Scripture verses, have the group say aloud the word they are marking in the text.

- The discussion questions are there simply to help you cover the material. As the class moves into the discussion, many times you will find that they will cover the questions on their own. Remember, the discussion questions are there to guide the group through the topic, not to squelch discussion.
- Remember how important it is for people to verbalize their answers and discoveries. This greatly strengthens their personal understanding of each week's lesson. Try to ensure that everyone has plenty of opportunity to contribute to each week's discussions.
- Keep the discussion moving. This may mean spending more time on some parts of the study than on others. If necessary, you should feel free to spread out a lesson over more than one session. However, remember that you don't want to slow the pace too much. It's much better to leave everyone "wanting more" than to have people dropping out because of declining interest.
- If the validity or accuracy of some of the answers seems questionable, you can gently and cheerfully remind the group to stay focused on the truth of the Scriptures. Your object is to learn what the Bible says, not to engage in human philosophy. Simply stick with the Scriptures and give God the opportunity to speak. His Word *is* truth (John 17:17)!

HOW DO YOU WALK THE WALK YOU TALK?

You've probably heard the expression "Words are cheap." Maybe someone said that to you when you made a promise—and they added, "Yeah, sure! We'll see."

And that is it! They *will* wait and see if your promise is really true, if it will really come to pass—if you're going to "walk the walk you talk."

This is what you're going to see for yourself while taking an inductive look at a few passages from the book of Ephesians. By *inductive* we mean that rather than simply listening to what others say about the subject, you're going to see for yourself what God says about the walk of a true believer in Jesus Christ.

WEEK ONE

DISCUSS

Leader: Have the group spend about ten minutes discussing the following questions. They may want to jot down their insights under each question or in the sidebar column.

Do you know people who talk about their Christianity and yet they really don't walk it—or at least not the way you think they ought to walk it? What causes you to wonder, to doubt?

How do you think Christians ought to walk in respect to...
their relationship to God?

their relationship to their mates, their family?

their relationship to others? their relationship to their enemies?

- What do you think their standards ought to be?
- What about their morals?
- What do you think a Christian's perspective on the Word of God, the Bible, ought to be? How would you describe what a Christian's relationship to the Bible should look like?
- What are some of the things that you think keep people from being what they ought to be? From believing what the Word of God says about them?

OBSERVE

In two weeks we're going to take a close look in the Bible at the fourth and fifth chapters of Paul's letter to the Ephesians.

These chapters deal with walking the walk we talk as Christians.

In preparation for that time, we first need to take a look at ourselves from God's perspective. What does He say about those who are truly His children—those who believe on Jesus Christ and consequently receive Him as their Lord and Savior?

Leader: Read Ephesians 1:1 aloud.

DISCUSS

When you read the Word of God you need to train yourself to slow down long enough so that you really understand what God is saying. The Bible is the very Word of God, and it was written so that you might know truth and live by it.

This study will help you develop the inductive study skill of observation by interrogating the text with what we'll call the "five *W*s and an *H*"—who, what, when, where, why, and how. Let's try this approach on verse 1:

EPHESIANS 1:1

Paul, an apostle of Christ Jesus by the will of God, to the saints who are at Ephesus and who are faithful in Christ Jesus.

- Who is writing? Who is he? How did he get to be that way?
- To whom is he writing?
- Where are they?
- What are they called? How are they described?

EPHESIANS 1:2-8A

² Grace to you and peace from God our Father and the Lord Jesus Christ.

OBSERVE

Leader: Read Ephesians 1:2-8a aloud. As you do, have the students follow you in the text and mark

- *every occurrence of the words **we** and **us**. They can either color these words the same color or simply draw a circle around each occurrence.*

INSIGHT

The word *predestined* in the Greek language, the language of the New Testament, is *proorizo*. It comes from two words that, when combined, mean “to limit in advance,” with the figurative meaning of “to predetermine.” When this word is used, it’s important to note *who* has been predestined and to *what*.

The word *redemption* in the Greek language is *apolutrosis* and refers to a releasing upon payment of a ransom. According to Ephesians 1:7, the ransom that released Christians from their sin was the blood of Jesus Christ.

³ Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ,

⁴ just as He chose us in Him before the foundation of the world, that we would be holy and blameless before Him. In love

⁵ He predestined us to adoption as sons through Jesus Christ to Himself, according to the kind intention of His will,

⁶ to the praise of the glory of His grace, which He freely bestowed on us in the Beloved.

⁷ In Him we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace

⁸ which He lavished on us.

OBSERVE

Leader: Have the students read through the passage again and this time

- *mark every occurrence of the phrases **in Him, in Christ, and in the Beloved**. They can mark these phrases with a cloud like this:*



- *Also have them mark every occurrence of the phrase **according to** with a squiggly line like this:*



DISCUSS

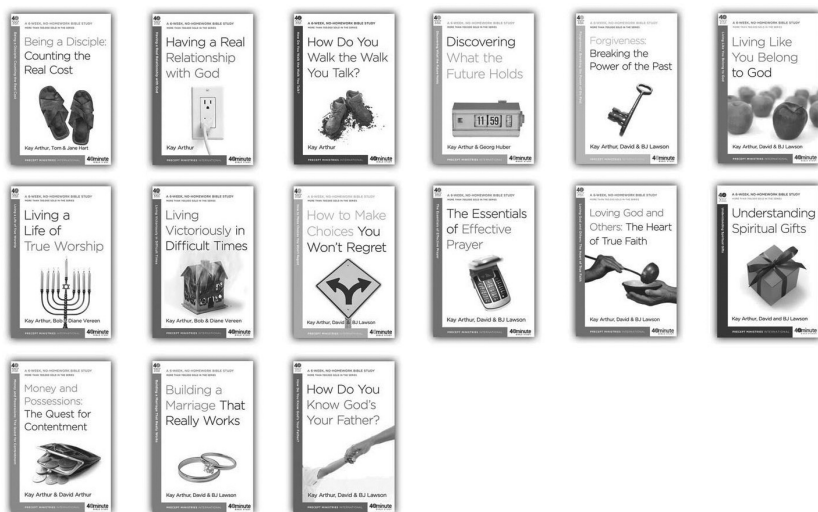
- Beginning with verse 3, look at every *we* or *us* that you've circled and discuss point by point what you learn about *us* from observing the text. As you do, notice *where* those blessings are. Notice also the repeated phrase *according to*. What does this phrase connect?

WRAP IT UP

So often our behavior is dictated by the image, the perception we have of ourselves. What we believe about ourselves determines the way we “walk.”

We’ll look at these verses in greater depth next week, along with others that will help you see yourself from God’s perspective. In the meantime, you might want to simply talk to God about what you’ve observed this week. In fact you may want to write Ephesians 1:3-8a on a card and read the verses aloud three times every morning, then three times again at noon, and finally three more times just before you go to bed. This should make for a better day—and sweet dreams!

40-MINUTE BIBLE STUDIES



This unique Bible study series from Kay Arthur and the teaching team of Precept tackles the issues with which inquiring minds wrestle—in short, easy-to-grasp lessons ideal for small-group settings. The study courses in the series can be followed in any order. Here is one possible sequence:

How Do You Know God's Your Father?

by Kay Arthur, David and BJ Lawson

So many say “I’m a Christian,” but how can they really know God’s their Father—and that heaven’s home? The short book of 1 John was written for that purpose—that you might *know* that you really do have eternal life. This is a powerful, enlightening study that will take you out of the dark and open your understanding to this key biblical truth.

Having a Real Relationship with God

by Kay Arthur

For those who yearn to know God and relate to Him in meaningful ways, Kay Arthur opens the Bible to show the way to salvation. With a straightforward examination of vital Bible passages, this enlightening study focuses on where we stand with God, how our sin keeps us from knowing Him, and how Christ bridged the chasm between humans and their Lord.

Being a Disciple: Counting the Real Cost

by Kay Arthur, Tom and Jane Hart

Jesus calls His followers to be disciples. And discipleship comes with a cost, a commitment. This study takes an inductive look at how the Bible describes a disciple, sets forth the marks of a follower of Christ, and invites students to accept the challenge and then enjoy the blessings of discipleship.

How Do You Walk the Walk You Talk?

by Kay Arthur

This thorough, inductive study of Ephesians 4 and 5 is designed to help students see for themselves what God says about the lifestyle of a true believer in Jesus Christ. The study will equip them to live in a manner worthy of their calling, with the ultimate goal of developing a daily walk with God marked by maturity, Christlikeness, and peace.

Living a Life of True Worship

by Kay Arthur, Bob and Diane Vereen

Worship is one of Christianity's most misunderstood topics. This study explores what the Bible says about worship—what it is, when it happens, where it takes place. Is it based on your emotions? Is it something that only happens on Sunday in church? Does it impact how you serve? This study offers fresh, biblical answers.

Discovering What the Future Holds

by Kay Arthur, Georg Huber

With all that's transpiring in the world, people cannot help but wonder what the future holds. Will there ever be peace on earth? How long will the world live under the threat of terrorism? Is a one-world ruler on the horizon? This easy-to-use study guide leads readers through the book of Daniel, which sets forth God's blueprints for the future.

How to Make Choices You Won't Regret

by Kay Arthur, David and BJ Lawson

Every day we face innumerable decisions, some of which have the potential to change the course of our lives forever. Where do we go for direction? What do we do when faced with temptation? This fast-moving study offers practical, trustworthy guidelines by exploring the role of Scripture and the Holy Spirit in the decision-making process.

How Can a Man Control His Thoughts, Desires, and Passions?

by Bob Vereen

This study equips men with the truth that God has provided everything we need to resist temptation. Through the examples of men in Scripture—those who fell into sin and those who stood firm—readers will find hope for controlling their passions, learn how to choose the path of purity, and find assurance that through the power of the Holy Spirit and God's Word, they can stand before God blameless and pure.

Living Victoriously in Difficult Times

by Kay Arthur, Bob and Diane Vereen

We live in a fallen world filled with fallen people, and we cannot escape hardship and pain. Somehow difficult times are a part of God's plan and they serve His purposes. This study helps readers discover how to glorify God in the midst of their pain. They'll learn how to find joy even when life seems unfair and experience the peace that comes from trusting in the One whose strength is made perfect in their weaknesses.

Money and Possessions: The Quest for Contentment

by Kay Arthur, David Arthur

Our attitudes toward money and possessions reflect the quality of our relationship with God. And, according to the Scriptures, our view of money reveals where our true affections lie. In this study readers dig into the Scriptures to learn where money comes from, how we're supposed to handle it, and how to live an abundant life, regardless of our financial circumstances.

ABOUT THE AUTHORS AND PRECEPT

KAY ARTHUR is known around the world as an international Bible teacher, author, conference speaker, and host of the national radio and television programs *Precepts for Life*, which reach a worldwide viewing audience of over ninety-four million. Recipient of the NRB Hall of Fame Award in 2011, Kay is a four-time Gold Medallion Award-winning author of more than one hundred books and Bible studies. She received an honorary doctorate from Tennessee Temple University.

Kay and her husband, Jack, founded Precept Ministries International in 1970 in Chattanooga, Tennessee, with a vision to establish people in God's Word. Today, the ministry has a worldwide outreach. In addition to inductive-study training workshops and thousands of small-group studies across America, PMI ministers in 180 countries with inductive Bible studies translated into more than seventy languages, discipling people by teaching them how to discover Truth for themselves.

MARK SHELDRAKE serves as national director of the Precept Ministries International program in Canada. He has a passion to see God's people established in God's Word.

Prior to coming on staff with Precept in 2007, Mark served the local church for more than fifteen years as a youth pastor and senior pastor and was involved in developing high school impact programs. Mark graduated from Emmanuel Bible College with a bachelor's degree in professional studies with a focus on education and youth. Mark and his wife, Jessica, travel across Canada and internationally, teaching Precept Bible Studies and sharing the gospel.

Contact Precept South Africa for more information about inductive Bible studies in your area.

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