

***“The Worthy Walk”* Part II**

Ephesians 4:1-3

Intro: Walk a Worthy walk... *here's how* – _____

The bottom line to unlocking a worthy walk is not so much what I do, as who I am.

It is possible for us to have _____
without attitude fruit.

- **Who I am... who I really am**, is revealed by my attitudes.

“Worthy” means – to _____ *the scales*.

Gentle (*also translated – meek*): *having or showing a kind and quiet nature, not harsh, violent or vindictive.*

Gentleness: a _____ *medicine, a breeze.*

- **Question:** *How do people experience me? How would they describe me when I “blow into a room” when I come upon a situation?*

Gentleness: *Unwavering. Without hypocrisy. It is going to fight for the right cause and for the right reason.*

The ancient Greeks also used this term “*meekness*” to refer to the taming of animals, specifically the breaking of a wild stallion.

Meekness, in that context, means – _____

“The virtues of life are defined (or discovered) as the middle between the excess and the deficiency.” Aristotle

What do you care about?

What makes the lion in you roar?

A lot of the things – *most of the things* – that we care about, and brings out our lion to pounce... *most* of those things really don't matter.

- The truth is, we care about the wrong things.
- Until we roar about the right things, until we get that straightened out, we're never going to walk a worthy walk – never.

Application:

Is the power in you – *its all there, the energy, the power, the resources* – is it under control?

What makes the lion roar in you?

What makes the lion in you *pounce*?

Would you be as offended if God were dishonored?

Does it hurt your heart as much when you sense your own heart moving into hypocrisy, when you sense your own heart moving into sin? Does it violate you just as much then?

Are you a peacemaker? If one would stumble among us, would you be one who would condemn, and talk of them, and gossip? Or, would you be one who would go to that person in the spirit of gentleness, meekness **Galatians 6:1** to restore?

That tells you whether the lion is under control or not.

Do you receive criticism without retaliation? Whether it's right or wrong?

Bottom line: This is either true, *and I need to deal with it*, or let's just not even preach it.

Do you want to walk a worthy walk? Worthy of that high exalted position that is mine, *in-Christ*? It starts with – “*In all humility and in all gentleness... walk.*”

What's amazing to me is that the whole thing comes back to what we spent so much time in... and those verses where the power switch gets turned on. The ability for me to do this comes as I submit to the Spirit, and He begins to do His work of supernatural transformational power in me.

Side Note: To be a gentle breeze in someone's life, when that's what they need... to be a soothing medicine that promotes healing in someone's life that is wounded... being gentle, bringing gentleness to those situations requires a great deal of strength.