

WEEK 1: Walking in the Fear of the Lord

Day 1: Power Walking

The Passage: Galatians 5:13–26

The Focus: *“So I say, walk by the Spirit, and you will not gratify the desires of the flesh.”*
(Gal. 5:16 NIV)

The Meditation: “Walk by the Spirit.”

Empowering Truths: For many years, my wife, Deb, and I have power walked together. Power walking is when you focus on your stride, your speed, your form, and your breathing to maximize the “power” in your “walk.”

Galatians 5 teaches us about spiritual “power walking.” The Lord points out actions and attitudes that will drain our spiritual power and contrasts them with what will increase our power. The Spirit empowers us to analyze our lives and adjust our “walks.”

Researchers have recently found that each person’s walking gait is unique—and it can serve not only as an identifier but also as an indicator of mood and health. The way you walk is like a fingerprint—it’s like a unique signature of yourself. No one else walks just like you.

Scripture uses the word “walk” to describe your daily attitude, values, decisions, disciplines, and actions. Your “walk” is the unique totality of your life as lived out hour by hour. No one else walks just like you.

The early church “walked” in the fear of the Lord (Acts 9:31), and this positioned them for the empowerment of the Spirit. Their deep reverence for the daily lordship of Jesus invited the fullness of the Spirit. Galatians 5:16 invites us into walking by the Spirit so we are kept from walking in our flesh.

“Fast Walking” is essential in power walking. You walk faster than your usual pace and typical comfort zone. You “fast walk” because you want to advance your physical health.

Likewise, in the spiritual realm, the advancement of your life, ministry, and church requires fasting and prayer. Fasting takes you out of your usual pace and typical comfort zone so you can focus more attention to the Spirit. We know from Acts 13:1–3 and other Scriptures that fasting was a vital part of the empowerment and direction of the early church.

Fasting is emptying yourself of something that makes more room for the fullness of the Spirit. It is denying your flesh something it craves to feel more intensely the desire of your spirit. Fasting opens up space to listen for the Spirit’s voice.

During these 21 Days of Empowerment, give up something that changes the way you walk through your days so that you can walk in greater fear and awe of the Lord.

Let’s pray that people can recognize Jesus through us by the way we walk!

Power Truth: My daily behaviors and habits position me for more or less Spirit-empowerment.

Our Prayer: *Lord, forgive me in those places I have been walking by my flesh instead of by your Spirit. I want my healthy fear of you to cause me to “walk” in life-giving, joy-inducing, power-producing ways. I choose to fast, to give up something significant, so I can make more room for you in my life. Use these 21 Days to adjust my walk to your will.*