

Practice Walking in the Spirit

Ephesians 5:1-21 (NKJV)

Introduction

Walking in the Spirit is not something we accomplish in our own strength. We are empowered by the Holy Spirit to live the life God has called us to live.

Paul gives us three practical ways to practice walking in the Spirit:

1. Walk in Love
2. Walk in Light
3. Walk in Wisdom

Paul uses the word "walk." Walking is not a one-time event. Walking is a daily practice.

When someone does a great impersonation of another person, they didn't learn it overnight. They listened, observed, practiced, and repeated it again.

Paul tells us:

"Therefore be imitators of God as dear children."

As believers, we are called to imitate our Heavenly Father. We practice walking in the Spirit every day.

1. Walking in Love

Ephesians 5:1-2 (AMP)

"Therefore become imitators of God [copy Him and follow His example], as well-beloved children... and walk continually in love."

Notice the comparison Paul makes:

- As dear children
- As Christ loved us
- As Christ gave Himself for us

Love is not merely a feeling; it is sacrifice. Jesus demonstrated love by giving Himself.

Walking in love means:

- Practicing empathy
- Practicing compassion
- Seeking the best for others
- Choosing forgiveness
- Living with gratitude

Paul contrasts a life of love with a life dominated by sin, selfishness, impurity, and covetousness.

One thing that stands out in this passage is thanksgiving. "Rather giving of thanks."

Giving thanks is a key part of walking in the Spirit.

The opposite spirit is:

- Complaining
- Being ungrateful
- Being critical
- Being grumpy

A thankful heart keeps us sensitive to God.

If we want to walk in the Spirit, we must practice love every day.

2. Walk in the Light

Ephesians 5:8-14

⁸ For you were once darkness, but now you are light in the Lord. Walk as children of light ⁹ (for the fruit of the Spirit is in all goodness, righteousness, and truth), ¹⁰ finding out what is acceptable to the Lord. ¹¹ And have no fellowship with the unfruitful works of darkness, but expose them. ¹² For it is shameful even to speak of those things which are done by them in secret. ¹³ But all things that are exposed are made manifest by the light, for whatever makes manifest is light. ¹⁴ Therefore He says:

- "Awake, you who sleep,
- Arise from the dead,
- And Christ will give you light."

The light reveals what is pleasing to God and exposes what does not belong in our lives.

The Holy Spirit faithfully reveals areas of our lives that need attention.

There are areas in our life that need to change. There were habits, attitudes, and influences that the Holy Spirit helped me navigate through. Many people want someone else to point out their sin.

But the Holy Spirit speaks to us every day.

He convicts.

He guides.

He corrects.

He leads.

Light does three things:

- It gives warmth

- It gives illumination
- It purifies

As we walk in the light, God continues His work of sanctification in us.

3. Walk in Wisdom

Ephesians 5:15-21

See then that you walk circumspectly, not as fools but as wise, ¹⁶redeeming the time, because the days are evil.¹⁷ Therefore do not be unwise, but understand what the will of the Lord is. ¹⁸And do not be drunk with wine, in which is dissipation; but be filled with the Spirit, ¹⁹speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord, ²⁰giving thanks always for all things to God the Father in the name of our Lord Jesus Christ, ²¹submitting to one another in the fear of God.

Paul tells us to redeem the time. We must regularly ask ourselves:

- "Am I using my time wisely?"
- One of the greatest time-wasters today can be our phones.
- Wise people evaluate where their time is going.
- Wise people pursue God's purpose.
- Wise people stay filled with the Spirit.

Conclusion

Life is too short to hold on to bitterness. You don't get another life. You don't get another version of this day. Today Paul reminds us to practice walking in the Spirit.

Walk in Love.

Walk in Light.

Walk in Wisdom.

As we imitate our Heavenly Father and stay filled with His Spirit, we will become the people God has called us to be.

Let's practice it daily.