

Session #1: *It's All About Walking*

I. The Walking Practice

II. The Walking Potential

What if discipling could be as done —

- without an expensive curriculum
- without paid professionals
- without a state-of-the-art website

What if discipling was as simple as inviting friends to walk with us as we walk with Jesus? Walking is a relational activity and encourages heart-to-heart conversations.

The Bible frequently uses the word “walk” to describe our relationship with God. Genesis 6:9 - Noah walked with God. This verb “walk” communicates that Noah’s life with him, as Eugene Peterson puts it, “is a lifelong companionable, conversational friendship with God.”

Walking tells me that discipling is:

- simple
- most people can do it
- one step at a time
- way of life

Walking is about small, evenly paced steps; discipling is like this. Discipling is a **micro-approach** to ministry. We’re not talking about a worship service, strategic plan or an advanced curriculum today. These are **macro** approaches are important but we’re focusing on the micro.

III. The Walking Principles

- We walk with heart.
- We walk simply.
- We walk slow.
- We walk deep.
- We walk on mission.

Session # 1: We Walk with Heart

Genesis 3:8 — *Instead of walking straight to a destination by the shortest route, it suggests a casual walking around ... conversing with a friend ... This is the form the verb in Genesis that shows God out for an evening stroll in Eden, anticipating a conversation with Adam and Eve... He wasn't headed for a destination. He was entering into a place and time for relaxed conversation.*

When we invite people to walk with us as we walk with Jesus, we're inviting them into our lives — our hearts. We walk with people heart-to-heart — this starts with our walk with God.

I. A Heart Check

Heart is an illusive term — can be guilt or shame inspiring. We feel guilty about our heart or lack of heart for God. The fact that you and I feel guilty means that we have a heart!

- “heart” is found over 700 times in the Bible
- love God with all our hearts — Matt 22:37
- evil comes from the heart — Mk 7:21
- guard our hearts — Prov 4:23
- God gives us a new heart — Eek 36:26
- out of hearts flow “rivers of living water” — John 7:38
- hearts reveal our first love — Rev 2:4

Heart defined: Our heart is the core depository of our passions, our inner secrets, and our hidden desires. Our hearts tell us what we love; it is like a compass pointing to our “true” north. It is in our hearts that life takes place.

Disciplemaking always starts with our hearts for God — Matt 28:16: Great Commandment precedes the Great Commission.

II. Three Healthy Heart Habits

1. Hearts need wonder.

Wonder is the WOW factor. When we look at Sistine Ceiling, savor a meal, or sit enraptured at a concert, our mouths form a wordless “Wow!” We stand in wonder at what is beautiful and magnificent. The Psalms are full of God's wonder:

Show me the *wonders* of your great love - 89:5

You have multiplied ... your *wondrous* deeds and your thoughts toward us — 119:18

Behold *wondrous* things out of your law — 119:18

I will meditate on your *wondrous* works — 119:27

Your testimonies are *wonderful*; therefore my soul keeps them — 119:29

Wonder calls us to stop, to take it all in, to absorb beauty and majesty and otherworldliness — something bigger than ourselves. Wonder is the cause of astonishment and incites rapt attention.

Research shows that brief experiences of awe or wonder, such as walking in a forest amidst beautiful trees, helps people to feel less narcissistic and entitled. Wonder improves our over-all mental health.

How do we create wonder?

- stop and savor
- stop and reflect

2. Hearts need inspiration.

The root meaning of “inspire” in the Latin means to “in-flame” or “blow into.” Because my heart can grow cold, hard, or complacent, I need a constant infusion of inspiration, the Holy Spirit “in-flaming” my heart.

3. Hearts need others.

Stories tell me that my faith is true and alive.

Disciplemaking is inviting people to walk with us as we walk with Jesus. This is a simple practice that is intentional and can be done by almost everyone. We start this walk with heart — a heart for God and for others.

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You can order copies of *Walk With Me* at [moody publisher.com](http://moodypublisher.com).