

Thoughts on Reconditioning 2 of 2

Walk As He Walked

#0537

Study by W.D. Frazee—March 16, 1970

“He that saith he abideth in Him ought himself also so to walk, even as He walked” 1 John 2:6.

Let me make it very plain that I do not believe in any play on words when it comes to using the Scriptures. I read in the book *Education* page 244 with reference to how reverent we should be concerning the Word of God.

“We should reverence God's word. ... never should Scripture be quoted in a jest, or paraphrased to point a witty saying”
Education, page 244.

So if using this text this afternoon for merely a play on words, I wouldn't use the Scripture. I have no objection to a play on words when it comes to some subjects, and some words, but not the inspired words of Scripture. So it is not in any thought of playing on words that I introduce our subject this afternoon with this text.

“He that saith he abideth in Him ought himself also so to walk, even as He walked” 1 John 2:6.

Now obviously the great lesson that John is telling us is that we should act as Jesus acted, we should live as He lived. But this includes walking. Literal walking. Physical walking. This is what I would like to study with you this afternoon.

Turn in your Ministry of Healing to page 52 and we will get a picture of Jesus walking as a child and youth, and also when He was grown and entered upon His public ministry. The *Ministry of Healing* is the handbook on coaches' work, the handbook for every medical missionary.

“The childhood of Jesus, spent in poverty, had been uncorrupted by the artificial habits of a corrupt age. Working at the carpenter's bench, bearing the burdens of home life, learning the lessons of obedience and toil, He found recreation amidst the scenes of nature, gathering knowledge as He sought to understand nature's mysteries. He studied the word of God, and His hours of greatest happiness were found when He could turn aside from the scene of His labors to go into the fields” *The Ministry of Healing*, page 52.

How do you think He got to the fields? He walked.

“...to meditate in the quiet valleys...” *Ibid.*

How do you think He got to the valleys? He walked.

“...to hold communion with God on the mountainside...”
Ibid.

Do you think He had a jeep to get up there? No.

“or amid the trees of the forest. The early morning often found Him in some secluded place, meditating, searching the Scriptures, or in prayer. With the voice of singing He welcomed the morning light. With songs of thanksgiving He cheered His hours of labor and brought heaven's gladness to the toilworn and disheartened” *Ibid.*

Yes, Jesus was a walker all through His childhood and youth. Now notice the next sentence.

“During His ministry Jesus lived to a great degree an outdoor life. His journeys from place to place were made on foot, and much of His teaching was given in the open air” *Ibid.*

You mean that all those trips from Galilee down to Jerusalem and all through Judea and across Jordan and Perea and way up to see the Syrophenician woman, and back and forth through Samaria, Capernaum, and all that, it was all on foot? Yes.

Did He ever ride? Once. And that was an outdoor experience. Wasn't it? Yes. Just for a very short time one day He rode on that colt. An outdoor life, childhood, youth, and manhood. How could a person as busy as Jesus was afford to use such a slow method of getting around?

Now let's come back to our text.

“He that saith he abideth in Him ought himself also so to walk, even as He walked” 1 John 2:6.

My purpose in this half hour that I am with you this afternoon is to bring more fully before all of our minds how Jesus walked, that we may know how to walk. What he was seeking to accomplish in walking, and what He did accomplish in walking.

Now let's go back to the childhood and youth of Jesus. Turn to *The Ministry of Healing*, page 400, and we will see another picture of Jesus walking:

“In the garb of a common laborer He walked the streets of the little town, going to and returning from His humble work”
The Ministry of Healing, pages 399-400.

How did Jesus get from His home to His work? He walked. How did He get from His work back home again? He walked. And He walked through the what? The streets of the little town. It wasn't Chicago. It wasn't even Denver. It was a little town. Other places call it a village. In any event, it had some streets. And whose feet walked those streets? Jesus'. Did He later walk through the great cities like Capernaum and Jerusalem? Oh yes. Walking, walking, walking.

Now lest somebody should misunderstand me, I am not seeking to leave the impression that you and I should never ride in an automobile, or on a train, or a bus, or an airplane. I think you know that without my saying it, but I just want to be sure we understand that. There really isn't that much danger that we will get that extreme. The danger is the other way, that we will miss the what? The walking. That is the danger. So there is where we need to give our attention.

Think of how much Jesus got done and He never rode but once.

"In the garb of a common laborer He walked the streets of the little town, going to and returning from His humble work"
Ibid.

Now here is a wonderful cross reference on this. In the book *Sons and Daughters of God*, page 135, it says speaking of His going to and from work:

"He passed up and down the steep mountain paths, and through the streets of Nazareth, as He went to and from His place of toil to His home" *Sons and Daughters of God*, page 135.

If you have that little book, be sure to read that page. It will thrill your heart. It pictures Jesus as drinking from the mountain streams. He was refreshed in His contact with nature.

Now do you see what He was accomplishing then as He walked? There were at least two things we see that He was getting done. He was getting the benefit of exercise, and He was also getting from home to His work, and from work back home again. You see, He was doing two things at once. But He was doing more than that. He was getting spiritual communion. The only way we can get done all that we need to get done is to be doing things that combine several benefits in one experience. Jesus was expert at that. And that is why, although He never wasted a moment, He was never in a hurry in the sense of just running like He was late and He had to get all out of breath to catch up. No. No. He was on time.

"Like the stars in the vast circuit of their appointed path,
God's purposes know no haste and no delay" *The Desire of Ages*, page 32.

Oh what a wonderful life we have to look at in the life of Jesus.

"He that saith he abideth in Him ought himself also so to walk, even as He walked" 1 John 2:6.

To live, yes, the whole program of living, 24 hours a day, 7 days a week. But my point is that in Jesus' life much of that included walking, walking, walking. Every day. Every week. Oh that God may help us as far as possible to return to some of these simplicities.

Now go back to *Ministry of Healing*, page 52, and I want you to notice some of the things that in Jesus' life were mingled with walking. Look over this page and just tell me what do you find that in Christ's life was mingled with walking? Meditating. Teaching. Gathering knowledge from nature. Singing. Labor. What else? Recreation. Did He find recreation in walking? Yes. Prayer. Communion with God. Searching the Scriptures. Quite a program isn't it? And with each one of these experiences was mingled what? Walking. Walking. Walking.

In other words, there was no purposeless walking. He wasn't just going through gymnastic exercises, counting off the steps or watching the clock to see when He could get through and go do something that He really wanted to. All this was life to Him.

Oh friends, what glorious possibilities. And as I told you yesterday, this is the missing link in the health reform program of many people. This is the missing link in the health ministry of many institutions. This is the work that you and I are called to prepare ourselves for in a very definite way. And I pray God that we shall see it in its simplicity. All the talking about walking will never take the place of walking. Jesus talked while He walked.

Now there were times when He sat down upon a rock and people gathered around Him. But how did He get to the rock. He walked. That happy, easy, flexible blend of exercise and rest, study, service, communion, and sharing, this is what we need.

Now someone called attention to the matter of music here. Did Jesus sing on His walks? Did He sing out there alone with God? Yes. And He brought that music back into the shop too as other references indicate. Now let's think what He was accomplishing by this? Turn please to page 51.

The second paragraph shows that Jesus was an earnest worker. Nobody else ever had so many responsibilities.

"Yet His was a life of health" *The Ministry of Healing*,
page 51.

Do you think walking had anything to do with His health? Do you think it made it possible for Him to carry these heavy responsibilities without breaking under the stress? The heavy our burdens, the more we need to walk.

Now in this class you are studying how to help other people into this? But it is in the water not on the land that men learn to swim. And certainly if you are going to teach anybody to swim, you must be where? In the water. It will hardly do to stand on the bank and call off the motions. We are to say, "Come in. The water is fine. It

is wonderful here. Come in and share with us.” On the trail. In the garden. In the missionary labors.

Speaking of missionary labors, was part of Jesus’ walking both as a boy and as a young man, and as a mature adult, in each case, was part of His walking what we would call community service, missionary work? Christian help work. Oh yes. This is brought out very clearly in *Desire of Ages* those chapters *As A Child*, and *Days of Conflict*. He walked. Walked. Walked. And everybody where He went He was gathering blessings from His heavenly Father and sharing them with others.

You know that picture there in *The Desire of Ages* of how He would stop to pick up a bird that had just fallen out, or help some wounded animal. But the picture of love. Walking. Walking. Walking. Oh that God would give us the blessing.

So back to these points of what He found in walking. He found health. This chapter makes that clear. Did He find recreation? Did we read that? Yes. And recreation in the true sense which is “re-creation.” He was refreshed, recharged in His contact with nature. Could He have found the same blessing using the same muscles the same amount in just gymnastic exercises? No. Don’t misunderstand me. I am not saying that there isn’t a place in some peoples program for a certain amount of gymnastic exercises.

My point is this. There is ordinarily not much recreation in that sort of thing. Jesus found recreation in walking out amid the scenes of nature. He found joy in it. But now most of all Jesus found spiritual power in these experiences of walking amid the scenes of nature. Notice the opening paragraph on page 51. What is the name of this chapter? “With Nature and with God.” Remember, folks, and don’t forget it, our main purpose in getting people out on these trails is not to get them to walk, that might be the purpose in the European health-conditioning sense, but this is not our great purpose. It is to lead them into communion with nature and with God.

Let me illustrate it this way. Suppose here is somebody a mile away from here and we want them to come to a religious service in this chapel to hear the Word of God. We might get them to walk here, and they might get some benefit from the walk, but our great purpose would be to get them in the walking to walk to the place where they would here God’s message. Do you see what I mean? The walking, in a sense, the physical benefit, is a fringe benefit. The great goal, they may not know it, but we must know it, the great goal is to get them in touch with God. And unless we have found in such a life contact with God, communion with God, we may go through all the forms and miss the objective.

Is it possible to walk to church and sit through a service and go home without any benefit? Yes. Thousands do it every week. Is it possible to walk out in nature and come home with little more than the physical benefit? Yes. Your work as a coach is to lead people through your contact in nature to learn what is there for them. Not so much by telling them “Here it is,” but by letting your life be the demonstration of it.

Now this first paragraph on page 51:

“The Saviour's life on earth was a life of communion with nature and with God. In this communion He revealed for us the secret of a life of power” *Ibid.*, page 51.

Do you like secrets? Oh I like this kind of secret. The secret of what? The life of power. Can you have a life of power? Well that is why He did this, to reveal to us the secret of a life of power. And you are to reveal to those that you lead out in the garden, through the valley, up the mountainside, you are to reveal to them the secret of a life of power.

And my dear friends, you can do this even though you may be a frail and weak person. You don't have to be as strong as Samson in order to make this demonstration. Let me tell you, some of you will be able to help people because of your weakness. When other people who are weak see that you in spite of your weakness, have found how to be happy, how to live with yourself, how to live with your problems, and that it is communion with nature and with God that is giving you this peace, this security, ah friends, that will help oh so many of earth's weary and sad individuals today.

God is going to help you to do it. Would you read it again with me?

“The Saviour's life on earth was a life of communion with nature and with God. In this communion He revealed for us the secret of a life of power” *Ibid.*

I would like to encourage you to take the comprehensive index of the Ellen G. White writings and turn to the section walking, and as you find time look up the different statements. I am going to run down through some of them, just read them off without the references. You can read the references.

Walking after a meal, benefit of walking.
All organs of the body are used in walking.
Beneficial exercise in walking.
For persons who are feeble and invalid.
Preferable to driving.
Preferable to riding.
Better for health than all the medicine that doctor's may prescribe.
Blood circulation improved by walking.
Habit of talking with Christ while walking, cultivate this.
Hold erect and shoulders back while walking.
Walking in winter beneficial to health.
Lungs are forced into healthy action by walking.

Lungs given needful action by walking.
More muscles brought into exercise by walking than by riding or driving.
Morning exercise and walking are a sure safeguard against colds.
Muscles are enabled to do better work by walking.
No exercise can take the place of walking.
Physical strength gained by walking.

Practice the principles of health reform by walking.
Veins enabled to do better work by walking.
Vitality increased by walking.
Walking when it is possible to engage in it is the best remedy for diseased bodies.

Isn't that a wonderful outline there? I am sure that many of you as you heard me read that there is at least a few of those that you say, "I want to look those up." Well, thank God, friends, we have it.

Now let me give you a practical application of this. You will find it in *Medical Ministry*, page 295:

"If you are called upon to attend a council meeting, ask yourself whether your perceptive faculties are in a proper condition to weigh evidence" *Medical Ministry*, page 295.

Suppose you belong to a church board, or the institutional board, or any other board or committee. The meeting has been called. "Are you ready?" the prophet says:

"Is your temper sweet and fragrant, or is it so disturbed and disagreeable that you will be led to make hasty decisions? Do you feel as though you would like to fight someone? Then do not go to the meeting; for if you go you will surely dishonor God. Take an axe and chop wood or engage in some physical exercise until your spirit is mild and easy to be entreated" *Ibid.*

But folks, it is worth it! It is worth it! Here is a recipe for sweetening dispositions. It is practical. Now in this same book *Medical Ministry*, page 308, you will find the divine recipe for locating a medical missionary institution. This is the reference that led us to Wildwood.

"It would be well to secure a place as a home for our mission workers outside of the city. ... consider the advantages of locations among the hills. And there should be some land, where fruit and vegetables might be raised for the benefit of the workers. ... The exercise..." *Ibid.*, page 308.

This is the sentence I want this afternoon.

"The exercise called for in climbing hills is often a great benefit to our ministers, physicians, or other workers who are in danger of failing to take sufficient exercise" *Ibid.*

It is God who put these hills and mountains around us. What for? So that you and I could get what? Benefit. Physical benefit. Mental benefit. Spiritual benefit. Benefits all the way around. Oh what a shame it would be to have fruit and not eat it. To have water and not drink it! To have hills and not climb them! What do you say?

Remember,

“He that saith he abideth in Him ought himself also so to walk, even as He walked” 1 John 2:6.

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W.D. Frazee Sermons
P.O. Box 129, Wildwood, GA 30757
1-800-WDF-1840 / 706-820-9755
www.WDFsermons.org
support@WDFsermons.org