



Walking in Truth - Part 1: Living What You Know

by John Himmelberger

Intro

Knowing truth is one thing, walking it out daily is another. This teaching explores how to sustain transformation by anchoring your faith in everyday habits, responses, and environments. Whether at home, at work, or in moments of pressure, truth must shape more than our beliefs; it must shape our reactions. Learn how to move from theory to consistency, and from intention to impact, as you invite the Spirit into your daily walk.

My Intention and Assumptions

I hope that your relationship with God, Jesus, and the Holy Spirit is strengthened through this teaching. My assumption is that you have read or are reading all 66 books of the Bible for context. This is meant to be 'salt' and make you thirsty. You're welcome.

About the Author

John Himmelberger is a teacher, pastor, and lifelong learner. With decades of experience walking with Jesus and leading others into transformational truth, John brings a grounded yet radical perspective rooted in Scripture, personal growth, and kingdom living.

<https://johnhimmelberger.com> | johnhimmelberger@gmail.com

Walking in Truth – Part 1: Living What You Know

Main Focus:

- How do we sustain transformation over time?
 - What habits, mindsets, and practices reinforce truth in our daily lives?
 - How do we keep from falling back into intellectual Christianity, selective obedience, or religious pretension?
-

1. Truth Must Be Reinforced Daily

Key Scripture: *"If you continue in My word... then you are truly My disciples."* (John 8:31 AMP)

- Walking in truth isn't a one-time event; it's a daily commitment.
- Jesus emphasized *continuing* in His word, not just receiving it once.

Practical Habits:

- **Daily Renewal** → *Romans 12:2* – Renewing the mind is a **daily** process, not a one-time shift.
- **Intentional Time with Truth** → *Colossians 3:16* – Let the word dwell in you richly.
- **Speaking & Declaring Truth** → *Proverbs 18:21* – The power of life and death is in the tongue; **what we speak shapes what we live.**

2. Truth Must Shape Our Reactions, Not Just Intentions

Key Scripture: *"Walk by the Spirit, and you will not gratify the desires of the flesh."* (Galatians 5:16 AMP)

- Transformation isn't just about **what we believe** but **how we respond under pressure.**
- Our reactions (to conflict, stress, fear, temptation) **reveal whether we are walking in truth or just knowing it.**

Reflection:

- What are your **first responses** to trials; faith or fear?
- Do your reactions **reflect** truth or old mindsets?

Practical Steps:

- **Pause & Redirect** → *James 1:19* – Be slow to speak and quick to listen.

Walking in Truth – Part 1: Living What You Know

- **Pray Before Reacting** → Turn to God **before** turning to anger, worry, or self-defense.
- **Ask: What is the Truth Here?** → Every challenge is an opportunity to walk in truth or fall into the old way.

3. Truth Must Be Applied in Every Sphere of Life

Key Scripture: *"Whatever you do, do it heartily, as for the Lord and not for men."* (Colossians 3:23 AMP)

- Truth isn't just for **church settings**; it must be applied in:
 - **Workplaces** – Integrity, diligence, humility.
 - **Homes** – Love, patience, servanthood.
 - **Friendships** – Speaking truth in love, setting boundaries.

Reflection:

- Are there **areas of life** where I live truth fully and others where I compromise?
- How can I bring **alignment** between what I believe and how I operate at work, home, and beyond?

Practical Steps:

- **Invite the Holy Spirit into Everyday Moments** – Not just during prayer or worship but at work, in conversations, in decision-making.
- **Practice Truth in the Small Things** – Jesus said, *"He who is faithful in little will be faithful in much"* (Luke 16:10).
- **Accountability Matters** – Are you surrounding yourself with people who encourage walking in truth?

Closing Challenge: "Truth in Action"

1. **Where in my life is truth not fully integrated yet?**
2. **What habits can I build to keep truth alive in my daily walk?**
3. **Who do I need to invite to help me stay accountable in walking in truth?**

Prayer: *Lord, let truth not just be something we know but something we live. Strengthen us to remain in Your word, walk in Your Spirit, and apply Your truth in every area of life. Amen.*