



A WORTHY WALK: LIVING A LIFE THAT PLEASES THE LORD

How to Use This Guide

This book may be read in several ways:

- **Personal Devotion:** Read one chapter per week, lingering with the Scripture, reflections, and prayers.
- **Small Group:** Read a chapter together and discuss the reflection questions.
- **Spiritual Formation:** Use the “Practicing a Worthy Walk” sections as weekly rhythms.

Do not rush. Allow space for silence, prayer, and response.

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What This Guide Is About

Many believers sincerely want to live lives that please God, yet quietly carry the weight of pressure—pressure to do more, be better, and try harder. While salvation is understood as a gift of grace, spiritual growth can still feel exhausting and uncertain.

This guide offers a different way forward.

Rooted in Paul's prayer in Colossians 1:9–12, *A Worthy Walk* is a **devotional guide** designed to help believers live from grace rather than strive toward it. Paul does not command believers to perform better; he prays that God Himself would supply everything needed for faithful living.

Each chapter focuses on one result of a worthy walk:

- Bearing fruit in every good work
- Growing in the knowledge of God
- Being strengthened with all power
- Giving thanks with joy

These are not goals to achieve or standards to meet. They are the natural evidence of a life shaped by God's work from within.

This guide is meant to be used slowly and prayerfully. It is designed for spiritual formation—inviting reflection, obedience, endurance, and gratitude rooted in grace. Whether used individually or in a group, this guide aims to help you walk faithfully with Christ, resting in what God has already done and trusting Him to continue His work in you.

A DEVOTIONAL GUIDE TO COLOSSIANS 1:9-12

Chapter 1: Bearing Fruit in Every Good Work

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“So as to walk in a manner worthy of the Lord...bearing fruit in every good work.”

Colossians 1:10

A worthy walk begins to show itself through fruit. Paul prays that believers would be *“bearing fruit in every good work.”* Fruit is one of Scripture’s clearest pictures of spiritual life. It is visible, organic, and the natural result of a healthy root. Where life is present, fruit will eventually appear.

Many believers quietly equate faithfulness with exhaustion. If they are tired, overwhelmed, or constantly busy, they assume they must be pleasing God. Paul gently dismantles this idea. Fruit is not produced by strain; it is produced by life. Effort can imitate fruit for a season, but only connection produces lasting growth. When striving replaces abiding, burnout is often close behind.

Jesus used this same imagery when He spoke of the vine and the branches. A branch does not strive to produce fruit; it remains connected to the vine. In the same way, spiritual fruit grows as believers abide in Christ. Staying connected—through prayer, Scripture, and dependence on the Holy Spirit—is not passive, but it is restful. It shifts the weight of growth from human effort to divine supply.

Good works are the outward expression of an inward reality. They do not earn salvation, nor do they secure God’s favor. They reveal that grace is already at work within a believer’s life. This is why Paul speaks of fruit rather than achievement. Fruit draws attention away from the branch and back to the source of life that sustains it.

Paul’s emphasis on *“every”* good work reminds us that faith is not selective. A worthy walk shapes everyday faithfulness—how we speak at home, how we work with integrity, how we respond under pressure, and how we love when it costs us something. Most fruit grows in ordinary moments, not extraordinary ones.

So how do we bear fruit in every good work? We do so by remaining connected to Christ, responding faithfully to what God has already revealed, and trusting Him with the pace of growth. Fruit grows slowly and often quietly. God is far more concerned with steady faithfulness than visible success. As we keep Christ at the center, good works become a joyful overflow of grace rather than a burdensome obligation.

Practicing a Worthy Walk

This week, practice remaining rather than striving. Begin each day by consciously placing yourself before Christ. Ask Him to produce fruit in you that you cannot produce on your own. Notice where you are tempted to force growth instead of trusting God's work within you. Consider setting two small anchors: morning surrender (two minutes of stillness and a simple prayer of availability) and evening examen (a brief review of the day, noticing where grace surfaced and where self-sufficiency took the lead). Let these practices attune your heart to the quiet work of the Holy Spirit.

Key Truth

Good works are not the root of salvation; they are the fruit of it.

Reflection for Prayer and Formation

- Where do you see evidence of God's fruit in your life?
- Where might God be inviting you to rest in Him rather than strive?

Prayer

Father, thank You that You are the source of life. Forgive me for the times I try to produce fruit through my own effort. Teach me to remain in Christ and to trust You to bring growth in Your time. Shape my life so that what flows from me reflects Your grace. Amen.





Chapter 2: Growing in the Knowledge of God

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“...increasing in the knowledge of God.”

Colossians 1:10

Paul’s second result of a worthy walk is growth in the knowledge of God. This is not merely the accumulation of information. It is the deepening of relationship. Many believers know a great deal about God yet struggle to truly know Him. Information alone cannot sustain faith in seasons of uncertainty or suffering. Relational knowledge is formed as believers walk with God through obedience, waiting, disappointment, and trust. Paul presents a spiritual rhythm: God reveals His will, believers respond in obedience, and through obedience they come to know God more deeply. Knowledge leads to obedience, and obedience deepens knowledge. This rhythm moves faith from theory into lived experience. Consider how trust grows in any relationship. It is built not by facts alone, but by shared experience. In the same way, believers come to know God as they experience His faithfulness in real situations. Each act of obedience becomes an invitation to encounter God personally.

This kind of knowledge brings stability. As believers grow in knowing God, they become less shaken by circumstances and less drawn toward shallow or counterfeit spirituality. Knowing God anchors the heart. To cultivate this, pair Scripture meditation with small steps of response. When a verse reveals God’s character—His mercy, holiness, wisdom—ask how that attribute invites you to act today. Let obedience become a doorway to deeper relationship, not a ladder to climb for approval. As you slow down your pursuit of knowledge and focus on faithful response, you will discover that God meets you in the ordinary: in how you listen, how you speak, and how you wait.

Practicing a Worthy Walk

Slow down your pursuit of knowledge and focus on faithful response. As you read Scripture this week, ask not only, “What does this say?” but also, “How is God inviting me to respond?” Try a simple rhythm: read, reflect, respond, rest. After responding, rest in God’s presence, trusting that He delights in your obedience and will deepen your understanding over time.

Key Truth

You don't grow in knowing God by bypassing obedience—you grow through it.

Reflection for Prayer and Formation

- How has obedience shaped your understanding of God?
- Where might God be inviting you to trust Him more deeply?

Prayer

Father, I want to know You—not just learn about You. Help me to respond faithfully to what You reveal. As I walk with You, deepen my trust and my love. Teach me to listen, obey, and grow in relationship with You. Amen.





Chapter 3: Strengthened With All Power

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“Being strengthened with all power, according to His glorious might.”

Colossians 1:11

Paul prays that believers would be strengthened with power that comes from God Himself. This strength does not originate in determination or discipline. It flows from God's presence and provision. God's power is often misunderstood. Many expect it to remove hardship or produce visible success. Paul presents a different picture. God's power sustains faithfulness when circumstances remain difficult. This power produces endurance and patience. Endurance is strength under pressure—the ability to remain faithful through long seasons of waiting or suffering. Patience is strength toward people—the grace to respond gently rather than react harshly. This kind of strength often goes unnoticed. It looks like continuing to pray when answers are delayed, choosing forgiveness when bitterness feels justified, and remaining faithful when no recognition comes. These quiet acts reveal God's power at work. Paul reminds us that this strength is given according to God's glorious might. The measure is not our weakness, but His abundance.

To cooperate with this strengthening, we confess our limits and ask boldly. We also embrace pace, limits, and Sabbath as practices that make room for God's power to meet us. Counterintuitively, when we release frantic striving, the Spirit trains our hearts in steady endurance and gentle patience. Over time, a resilient tenderness emerges—a life that can carry weight without becoming hard, a presence that can face conflict without becoming sharp. This, too, is the evidence of a worthy walk.

Practicing a Worthy Walk

Acknowledge your weakness honestly before God. Instead of asking Him to remove every difficulty, ask Him to strengthen you within it. Practice patience in one difficult relationship this week as an act of trust in God's power. Consider a breath prayer throughout the day: “Strength of Christ, sustain me.” Pair it with one tangible act of patience—listening fully before responding, blessing instead of defending, or choosing silence over sarcasm.

Key Truth

God's power is not given to eliminate difficulty, but to sustain faithfulness.

Reflection for Prayer and Formation

- Where do you need endurance right now?
- Where do you need patience toward others?

Prayer

Father, You know my limitations. I bring my weakness to You and ask for Your strength. Help me endure with faith and respond to others with patience and grace. Teach me to rely on Your power, not my own. Amen.





Chapter 4: Giving Thanks With Joy

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“Giving thanks to the Father, who has qualified you...”

Colossians 1:12

Paul concludes his prayer with gratitude. Thanksgiving is not an afterthought—it is a defining posture of a worthy walk. Gratitude flows from remembering what God has already done. Paul reminds believers that the Father has qualified them to share in an inheritance that is secure. Their future is settled, even when the present feels uncertain. Paul writes these words from prison, showing that biblical gratitude is not dependent on circumstances. Gratitude does not deny pain, but it refuses to let pain define reality. It anchors the heart in grace. When gratitude fades, anxiety and entitlement grow. When gratitude is renewed, joy follows. Thanksgiving shifts our focus from what is missing to what has already been given. Gratitude reshapes obedience. A thankful heart obeys not out of fear, but out of love. Remembering grace restores joy and strengthens faithfulness. Begin each day this week by naming one gift of grace you often overlook. Let thanksgiving become a daily rhythm. Notice how gratitude reshapes your perspective and your responses.

Practicing a Worthy Walk

Create an “inheritance list”—ten promises or gifts God has already secured in Christ (forgiveness, adoption, presence, hope, the Spirit, Scripture, the Church, purpose, future renewal, daily mercies). Revisit the list in moments of pressure, praying, “Father, thank You that in Christ I lack nothing essential today.” Let gratitude become a lens, not a task.

Key Truth

Gratitude grows when we remember that our inheritance is secure.

Reflection for Prayer and Formation

- What has God already done that deserves renewed thanksgiving?
- How might gratitude reshape your response to current challenges?

Prayer

Father, thank You for the grace You have already given. Remind my heart of what is true when circumstances feel heavy. Teach me to live with gratitude and joy, grounded in the inheritance You have secured for me in Christ. Amen.





A Four-Week Devotional Reading Plan

Week 1: Bearing Fruit in Every Good Work — Read Chapter 1 slowly. Practice remaining rather than striving. Allow space for silent prayer, and end the week by identifying one subtle area where striving still replaces abiding.

Week 2: Growing in the Knowledge of God — Read Chapter 2 prayerfully. Let obedience shape relationship. Choose one simple, concrete response to Scripture each day and journal how that response altered your awareness of God's presence.

Week 3: Strengthened With All Power — Read Chapter 3 reflectively. Lean into endurance and patience. Mark one circumstance that requires endurance and one relationship that requires patience; pray for sustaining grace daily.

Week 4: Giving Thanks With Joy — Read Chapter 4 gratefully. Practice daily thanksgiving. Keep an ongoing list of graces noticed in ordinary moments: a conversation, a provision, a promise remembered.

Final Blessing

May the God who fills you with knowledge, strengthens you with power, and secures your inheritance grant you grace to walk faithfully and joyfully in Christ. Amen.

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