

# Walk Like an Ephesian, Part 7: The Walk by Mary Kane



God has blessed us with the ability to move in a variety of ways: running, **walking**, skipping, dancing, soaring. When **following Jesus** our main mode of travel is walking. Walking allows us to progress without exhaustion, enjoy our experience and talk with our Savior as we **journey with Him** through life. To learn how to Walk Like an Ephesian, please click on the link: [The Walk](#)

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