Title: Don’t Stop Moving - “When Truth Becomes Weight”

Supporting Texts: James 1:22–25; Hebrews 5:12–14; 1 Timothy 4:7–8

Main Idea:

Spiritual life is sustained by obedient movement. What is not used weakens. Truth not applied becomes weight. And some walls only come down when God’s people move together.

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There is something I have been noticing consistently in my own life.

I play basketball with a group of men several times a week. Some of them play three or four times a week. Some of them are in the gym five days a week. The age range is wide. Some are in their twenties. Some are in their forties and fifties. Some are in their sixties and seventies. In fact, the oldest player is around seventy-six years old.

And what stands out to me is not just that they are still playing. What stands out is how well they are living.

They are sharp in their minds.
They are alert in their bodies.
They move well.
They think well.
They respond well.
They are active.
They are vibrant.

And often, while standing around between games, they talk. They tell stories about friends, coworkers, siblings, and family members who passed away earlier than expected. And many times the stories sound different on the surface, but underneath them there is a similar thread.

Somebody retired and stopped moving.
Somebody went through something emotionally and sat under it too long.
Somebody felt something physically and did not address it.
Somebody kept eating wrong.

Somebody kept neglecting warning signs.
Somebody just slowed down, settled down, and declined.

And I kept hearing it over and over again in different forms.

The ones who keep moving keep living.

And the more I thought about it, the more I realized that this is not just a physical principle. It is also a spiritual one.

Because spiritually, people can decline while sitting in healthy environments.

People can hear good preaching and still decline.
People can sit under truth and still decline.
People can be around worship and still decline.
People can be in church every week and still decline.

Why?

Because hearing truth is not the same as moving with truth.

And I came to preach this simple word today:

Don't stop moving.

Prayerful Transition

Some of us here today are not stuck because we do not love God.

- We are not stuck because we hate truth.
- We are not even stuck because we are ignorant.

Some of us are stuck because we have stopped moving with what God has already said.

And when movement stops, stagnation and deterioration begin.

Point 1: What Is Not Used Begins to Weaken

When muscles are not used, they atrophy.

You do not have to hate your body for your muscles to weaken.
You do not have to reject your body for your muscles to weaken.
You do not have to speak against your body for your muscles to weaken.

All you have to do is stop using it.

That is all atrophy needs: inactivity.

And the same is true spiritually.

If prayer is not used, prayer gets harder.
If discipline is not used, discipline gets weaker.
If discernment is not used, discernment gets duller.
If obedience is not used, obedience gets delayed.

Paul told Timothy in **1 Timothy 4:7–8**, “Exercise thyself rather unto godliness.”

Notice that word: **exercise**.

Godliness is not only taught. It must be exercised.
Faith is not only admired. It must be exercised.
Obedience is not only discussed. It must be exercised.

Because what is not exercised does not stay strong by accident.

Preaching line:

What is not used eventually weakens.

And some people are wondering why things that once came easier now feel heavier.

It is because unused strength fades.

There was a time when you responded quickly.
There was a time when conviction moved you immediately.
There was a time when prayer came more naturally.
There was a time when serving did not feel like a burden.

But if you leave anything idle long enough, weakness begins to set in.

That is true in the body.
That is true in the spirit.
That is true in the church.

Transition

And here is the dangerous part: sometimes we are still receiving while we are no longer responding.

So now we are taking in truth, but not moving with truth.

And that leads to the next issue.

Point 2: Truth That Is Not Applied Becomes Weight

James says in **James 1:22**, “Be ye doers of the word, and not hearers only, deceiving your own selves.”

That is one of the most serious warnings in the New Testament.

James does not say hearing without doing is unfortunate.
He says hearing without doing is deceptive.

In other words, you can hear so much truth that you begin to mistake exposure for transformation.

You can think you are growing because you are listening.
You can think you are changing because you are agreeing.
You can think you are maturing because you are familiar.

But hearing alone is not maturity.

And here is the line the Lord put in my spirit:

Truth that is not applied becomes weight instead of strength.

Truth is supposed to strengthen you.
Truth is supposed to free you.

Truth is supposed to clarify you.
Truth is supposed to build you.

But when truth is received and never practiced, now you are carrying what you were supposed to be converting into strength.

That is spiritual heaviness.

You know more, but you are not moving more.
You hear more, but you are not changing more.
You receive more, but you are not responding more.

And if we are not careful, we can become spiritually overweight.

Not because truth is bad.
Not because revelation is harmful.
But because intake without application creates heaviness.

Physically, people gain unhealthy weight when intake exceeds activity.
Spiritually, people gain unhealthy heaviness when revelation exceeds obedience.

Preaching line:

What should have strengthened you can start weighing you down when you refuse to move with it.

And some believers are not spiritually starving.

They are spiritually sedentary.

They have heard enough sermons to move.
Heard enough warnings to move.
Heard enough promises to move.
Heard enough truth to move.

But movement never happened.

Transition

And if we are honest, sometimes the issue is not just disobedience. Sometimes it is immaturity.

Because there is a point where God expects us to grow beyond being spoon-fed.

Point 3: There Comes a Time to Feed Yourself

Hebrews says in **Hebrews 5:12**, “For when for the time ye ought to be teachers, ye have need that one teach you again...”

That is sharp.

It tells us that there is a season where milk is right. There is a season where basic instruction is necessary. There is a season where being fed is appropriate.

No shame there.

Babies need to be fed.
Young believers need help.
Developing believers need guidance.

But there comes a point where continued dependence becomes a sign that something is wrong.

The writer says, by now, you ought to be further along.

That means there is a difference between needing help and refusing growth.

And then he says maturity belongs to those “who by reason of use have their senses exercised…”

There it is again: **use**.

Maturity is not just measured by how much you know.
Maturity is measured by how much you use.

There is a season to be fed.
But there must also come a season where you feed yourself.
And beyond that, a season where you help feed others.

Preaching line:

Healthy believers move from being fed, to feeding themselves, to helping feed others.

And this is one of the burdens in the church today. Too many people have been around truth for years, but still cannot move unless someone pushes them.

Still cannot pray unless somebody gathers them.
Still cannot seek unless somebody stirs them.
Still cannot obey unless somebody keeps repeating it.

And God is saying, “I did not save you to keep you in permanent infancy.”

You cannot live your whole life on somebody else’s spoon.

Transition

But now let me add some grace to this. Because sometimes we do not move, not because we are rebellious, but because we have misread the assignment.

Point 4: Sometimes We Stop Moving Because We Think We Have to Fight a Battle God Never Intended for Us to Have

This is where Jericho becomes powerful.

When Israel came to Jericho, they were facing a shut-up city. A fortified city. A walled city. A city that naturally looked like a battle problem.

And sometimes when we face walls, our first assumption is: “I need to know how to fight this.”

But at Jericho, God did not first give them a conventional battle strategy.

He told them to march.

He told them to move.
He told them to stay in order.
He told them to follow instruction.
He told them to move together.

And some of us remain frozen because we think, “I am not prepared for this battle.”

“I am not strong enough.”
“I am not skilled enough.”
“I do not have enough strategy.”
“I do not have enough confidence.”
“I do not know how to handle this.”

But sometimes God is not asking you to prove that you can conquer the wall in your own strength.

Sometimes God is simply telling you to move when He says move.

Preaching line:

Do not confuse obedience with self-sufficiency.

At Jericho, their assignment was not to manufacture the victory.

Their assignment was to obey the instruction.

Strong line:

God did not tell them to tear the wall down. He told them to keep moving.

And that is a word for somebody here.

You have been waiting until you feel ready for a battle God never intended for you to win by your own might in the first place.

You have been delaying because you thought the assignment was to fight.

But the assignment may simply be to obey.

Move when He says move.
March when He says march.
Stand when He says stand.
Speak when He says speak.
Be silent when He says be silent.
Step when He says step.

Because your movement is the obedience, and God handles the collapse.

Transition

And Jericho teaches us something else. The walls did not come down because one person moved.

They came down because the people moved together.

Point 5: Moving Together Brought the Walls Down

This is what makes Jericho so stPrimary Text: Joshua 6:1–20

Supporting Texts: James 1:22–25; Hebrews 5:12–14; 1 Timothy 4:7–8rong for the church.

The walls did not come down while Israel admired the promise.

The walls did not come down while they held a committee meeting about the promise.

The walls did not come down while they discussed the wall, analyzed the wall, complained about the wall, or preached about the wall.

The wall came down when the people moved.

And not just the young.
Not just the old.
Not just the leaders.
Not just the fighters.

The people moved together.

There is something powerful about collective obedience.

There are some things God will do in your private life when you move individually.

But there are other things God does when the whole body gets in motion.

When the house gets in alignment.
When the church stops spectating.
When the people stop waiting on a few and everybody begins to respond.

Preaching line:

Moving together brought down the walls of Jericho.

And that is why the enemy loves passivity in the body of Christ.

Because if he can keep enough people watching instead of moving, he can keep walls standing longer than they should.

If he can keep enough people excused, detached, delayed, offended, distracted, and sedentary, he can preserve walls that should have already fallen.

But Jericho teaches us that there is power in collective response.

Strong line:

The shout mattered, but the movement mattered too.

Yes, they shouted.
Yes, there was a moment of release.
Yes, there was a moment of sound.

But before the shout came the march.
Before the release came the response.
Before the collapse came the movement.

Some walls come down when God's people move together.

Transition

So now the question is not merely, "What truth have I heard?"

The question is, "Where have I stopped moving?"

Point 6: Don't Let Inactivity Turn Into Spiritual Sickness

Spiritual sickness does not always begin with open rebellion.

Sometimes it begins with delay.
Sometimes it begins with passivity.
Sometimes it begins with neglect.
Sometimes it begins with repeated non-response.

A little less prayer.
A little less urgency.
A little less obedience.
A little less self-discipline.
A little less action.

And after a while, a person who is still in the environment of truth can still become weak from lack of movement.

That is why this word is life-giving, not condemning.

Because the answer is not complicated.

Move again.

Pray again.
Respond again.
Obey again.
Serve again.
Forgive again.
Trust again.
Get up again.
Move again.

Preaching line:

The life is in the movement.

Not movement for movement's sake.
Not restless activity.
Not carnal striving.

But obedient movement.

Move with what God said.
Move with what God showed you.
Move with what God convicted you about.
Move with what God already placed in your hands.

Closing Exhortation

The men at that gym taught me something by the way they live.

The ones who keep moving keep living.

And the Spirit of God is pressing that lesson deeper today.

Do not stop moving.

Do not stop praying.
Do not stop obeying.
Do not stop growing.
Do not stop serving.
Do not stop responding.
Do not stop trusting.
Do not stop moving.

Because what is not used begins to weaken.
Because truth that is not applied becomes weight.
Because maturity comes by use.
Because some of us are waiting to be battle-ready for a fight God never intended us to win in our own strength.
And because some walls only come down when God's people move together.

So I came to tell you today:

If God said move, move.
If God said march, march.
If God said trust, trust.
If God said obey, obey.
If God said step, step.

And when God's people move together, walls still come down.

Don't stop moving.

Closing Appeal / Altar Call

You can use this as a ministry appeal:

> There may be some people here today who can honestly say, "I have not stopped believing, but I have stopped moving."

Maybe you stopped moving in prayer.
Maybe you stopped moving in obedience.
Maybe you stopped moving in discipline.
Maybe you stopped moving because you were hurt.
Maybe you stopped moving because you were tired.
Maybe you stopped moving because you misread the assignment and thought everything depended on your strength.

But today, God is calling you back into motion.

This is your moment to respond.
Not to perform.
Not to impress anyone.
But to move again.

If that is you, and you are saying, “Lord, I do not want to stay stuck. I do not want truth sitting on me. I do not want strength atrophying in me. I do not want to remain spiritually sedentary. I want to move again,” I want you to respond right now.

You can then pray:

Father, in the name of Jesus, awaken movement in Your people.
Stir prayer again.
Stir discipline again.
Stir obedience again.
Stir courage again.
Break passivity.
Break delay.
Break fear.
Break the lie that we must do in our own strength what You only asked us to obey in faith.
And as we move together, let walls come down.
In Jesus’ name, Amen.

Points:

1. What is not used weakens

- Muscles atrophy
- Prayer atrophies
- Discipline atrophies

- 1 Timothy 4:7–8

2. Truth not applied becomes weight

- James 1:22–25
- Hearing without doing is deception
- Revelation without response becomes heaviness

3. There comes a time to feed yourself

- Hebrews 5:12–14
- Maturity comes by use
- Stop living on somebody else's spoon

4. Sometimes we misread the assignment

- Jericho was not first about fighting
- It was about moving in obedience
- God did not tell them to tear the wall down; He told them to keep moving

5. Moving together brought down the walls

- Collective obedience
- Unified response
- The shout mattered, but the movement mattered too

6. Move again

- Move in prayer
- Move in obedience
- Move in faith
- Move in service
- Move together

Additional Preaching Lines

Use these anywhere in the sermon:

- **The ones who keep moving keep living.**
- **What is not used eventually weakens.**

- **Truth that is not applied becomes weight instead of strength.**
- **You can be surrounded by truth and still decline if you never move with it.**
- **Maturity is not proven by what you know, but by what you use.**
- **Do not confuse obedience with self-sufficiency.**
- **God did not tell them to tear the wall down. He told them to keep moving.**
- **The shout mattered, but the movement mattered too.**
- **Some walls only come down when God's people move together.**
- **The life is in the movement.**