

**Ephesians Part 8:  
A Walk Worthy of the Gospel  
*Ephesians 4:1-6***



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*I therefore, a prisoner for the Lord, urge you to **walk in a manner worthy of the calling** to which you have been called,*

*<sup>2</sup> with all **humility and gentleness,***

*with **patience,***

***bearing with one another in love,***

*<sup>3</sup> eager to maintain the **unity** of the Spirit in the bond of peace.*

*<sup>4</sup> There is*

***one** body and*

***one** Spirit—*

*just as you were called to the **one** hope that belongs to your call—*

*<sup>5</sup> **one** Lord,*

***one** faith,*

***one** baptism,*

*<sup>6</sup> **one** God and Father of all,*

*who is over all and through all and in all.*

*Ephesians 4:1-6*

### **Intro: Ephesians Overview**

Ephesians is divided into Theology & Practice

a. *Ch. 1-3 Theology: God's Cosmic Plan for us to be in Christ*

- Ch1 God's Purpose is for us to be "in Christ"
- Ch2 God gives us Salvation in Christ by grace through Faith
- Ch3 God offers salvation in Christ to Gentiles (ie us!)

b. *Ch. 4-6 Practice: The Practical Impact of being in Christ on our lives*

- Ch4 God calls us to unity and life transformation in Christ
- Ch5 God wants our actions and relationships to be in Christ
- Ch6 God equips us with spiritual armour to live in Christ

We are now moving from Theology (Ch1-3) to Practice (Ch4-6)

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**1. Walk in a Manner Worthy of Your Calling (1)**

*I therefore, a prisoner for the Lord, urge you to **walk in a manner worthy of the calling** to which you have been called,*

- a. Life is a "Walk"
  - Walk is metaphor for living your life
- b. You have received a high calling in Christ
  - To receive Salvation in Christ by grace through faith
  - To be a saint (ie holy in God's eyes)
  - To be a member of God's household and family
  - For your life to praise the glory of God
- b. Your "Walk" flows out of your Calling in Christ
  - Good living is a product of salvation, rather than a cause
    - Opposite to how most people think about religion
  - God's power energizes your good character and deeds

**2. Be Eager to Maintain the Unity of the Spirit (v2-3)**

*I therefore, a prisoner for the Lord, urge you to **walk in a manner worthy of the calling** to which you have been called,*

*<sup>2</sup> with all **humility and***

***gentleness,***

*with **patience,***

***bearing with one another in love,***

*<sup>3</sup> eager to maintain the **unity** of the Spirit in the bond of peace.*

A worthy walk starts with personal character:

- a. Humility
  - Lowliness in your thinking about yourself
  - Giving God credit for your gifts and accomplishments
- b. Gentleness (Meekness)
  - =Strength under control (not weakness!)
- c. Patience
  - Lit. "Long-Suffering" – Patience is learned through suffering
- d. Bearing with One Another in Love
  - Rather than "losing it" on one another!
  - Try to understand why people act out, and give them grace
- e. Eager to maintain the unity of the Spirit in the bond of peace
  - eager, urgent – like a 14 year old when the wi-fi fails
    - Unity is from the Spirit yet we must maintain it

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**3. One: The Basis of Unity in the Spirit (4-6)**

<sup>4</sup> *There is*

*one body and*

*one Spirit—*

*just as you were called to the one hope that belongs to your call—*

<sup>5</sup> *one Lord,*

*one faith,*

*one baptism,*

<sup>6</sup> *one God and Father of all,*

*who is over all and through all and in all.*

Christian unity is rooted in one God who is Three in One:

a. One Body

- We are all part of the same Body of Christ

b. One Spirit

- We all receive the same Spirit of God

c. One Hope

- We all share the same hope of Christ's return

d. One Lord

- We all worship the same Lord Jesus

e. One Faith

- We all hold to the same faith – the gospel message

f. One Baptism

- We all receive the same baptism into Christ

g. One God and Father

- We all worship the same God and Father

***Will you receive salvation in Jesus: a free gift of God, by faith?***

- *Believe in Jesus, and His death and resurrection*
- *Repent of your sin and place your trust in Jesus*
- *Commit to Jesus as Lord of your life*

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## Your Response

1. Thank God for all he has done for you. Ask God to make you humble.

*Clothe yourselves, all of you, with humility toward one another, for "God opposes the proud but gives grace to the humble." <sup>6</sup> Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you*  
*1 Peter 5:5-6*

2. Read Ephesians in your Bible. Use an accurate, readable translation such as the English Standard Version or the New Living Translation.

3. Believe in Jesus for forgiveness of sins and eternal life in Him.

*for all have sinned and fall short of the glory of God, and are justified by his grace as a gift, through the redemption that is in Christ Jesus Romans 3:23-24 because, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. Romans 10:9 For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.*  
*Ephesians 2:8-9*

## Ephesians Series: God's Purposes for You in Christ

February 26

**March 5**

March 12

March 19

March 26

Part 7: God's Purpose and the Mystery of the Gospel

**Part 8: A Walk Worthy of the Gospel**

Part 9: The Body of Christ

Part 10: The Dynamics of Change Part 1

Part 11: The Dynamics of Change Part 2

## Questions for Reflection

1. How is life like a walk? What does it mean to walk worthy of your calling?
2. Which of the five character qualities in section 2 do you find hardest to live out? Ask God to give you power to live out that quality!
3. Are you eager to maintain Christian unity? Pray for the unity of our church and that you will contribute to its unity.
4. Have you responded to the God's grace in faith and repentance, trusting in Jesus Christ for forgiveness of sins, and eternal life? Why not do so today?

**2 Cor. 6:2b** *now is the favorable time; behold, now is the day of salvation.*