

# 1

The first 3 chapters of Ephesians are doctrinal.

Now as we move into the latter section of Ephesians, chapters 4-6

- Paul moves into the duty side of the letter,
- what is our task or our function as a Christian?

Paul now encourages the church:

- to “walk in unity,
- to walk in purity,
- to walk in harmony
- and to walk in victory.”

You know, in Christ there is no other way to walk but in victory.

- We walk by faith and not by sight.

The bible uses “the imagery of walking” some 95 times in the NT.

After He washed the feet of the disciples He told them:

John 13:14

14 If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet.

Then He went on in verses 16 & 17 to say:

John 13:16-17

16 Most assuredly, I say to you, a servant is not greater than his master; nor is he who is sent greater than he who sent him. 17 If you know these things, blessed are you if you do them.

Jesus was exemplifying how we are to treat one another, with love! And so should our walk be.

In verse 1 we see the call to walk in unity.

In verses 2 & 3 we see the character needed for unity.

In verses 4-6 is the ground for our unity.

Eph 4:1-6

1 I, therefore, the prisoner of the Lord, beseech (urge, to exhort, to encourage) you to walk worthy of the calling with which you were called,

Being a prisoner of the Lord is not the path for one that is fearful of the uncertain future.

Although Paul was held in prison, he first considered himself a prisoner of the Lord.

Then he urges the believers to walk worthy of their calling and to live as one body.

The original word for worthy means “weight.” Or “weighing as much as.”

So this would literally sound like this, “let your walk weigh as much as your calling.”

Does our calling measure up to our salvation?

Being called by the Lord is a big thing. It’s something we all should take very seriously.

Paul wrote:

2 Tim 1:8-9

8 Therefore do not be ashamed of the testimony of our Lord, nor of me His prisoner, but share with me in the sufferings for the gospel according to the power of God, 9 who has saved us and called us with a holy calling, not according to our works, but according to His own purpose and grace which was given to us in Christ Jesus before time began,

Always remember, as a Christian we represent Christ. Our walk should correspond to the call.

Not only is our calling a “holy” calling, but it’s a heavenly calling according to Hebrews 3:1.

What motivates you!

Jesus said:

Luke 6:45

45 A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of the heart his mouth speaks.

Now, an example of someone who lived his life full of lies would be Jesse James.

He was a good example of someone who said one thing, yet did another.

- He was raised in Clay County Missouri,
- his father was a Pastor
- but died when Jesse was three years old.
- Jesse’s mom was a Sunday school teacher and remarried.

History tells us that Jesse attended church,

- was part of the church choir
- but he was also a gang member.

It was said that he liked Sundays, but he was a hypocrite because

- he’d attend church on Sunday

- and robbed banks on Monday.

1 John 1:5

5 This is the message which we have heard from Him and declare to you, that God is light and in Him is no darkness at all. 6 If we say that we have fellowship with Him, and walk in darkness, we lie and do not practice the truth.

1 John 2:3-4,6

3 Now by this we know that we know Him, if we keep His commandments. 4 He who says, "I know Him," and does not keep His commandments, is a liar, and the truth is not in him. 6 He who says he abides in Him ought himself also to walk just as He walked.

1 Peter 2:21-23

21 For to this you were called, because Christ also suffered for us, leaving us an example, that you should follow His steps:

22 "Who committed no sin,  
Nor was deceit found in His mouth";

23 who, when He was reviled (insulted), did not revile (retaliate) in return; when He suffered, He did not threaten (revenge), but committed Himself to Him who judges righteously;

The following are characteristics needed for unity:

2 with all lowliness and gentleness, with longsuffering, bearing with one another in love,

Lowliness - We don't really use the word "lowliness" today. Instead we use the word "humble."

What is humility? Griffith Thomas says it's "the unconscious self-forgetfulness." In other words, when you know you're humble, you're not.

Andrew Murray says that humility is the soil in which all other graces take root and bare fruit. It is a grace that when you know you have it you've lost it. But if you do not have it, you gain nothing else of spiritual value.

Humility isn't thinking too much of yourself or too little of yourself, it's not thinking of self. It's called selfless.

Mark 9:33-35

33 Then He came to Capernaum. And when He was in the house He asked them, "What was it you disputed among yourselves on the road?" 34 But they kept silent, for on the road they had disputed among themselves who would be the greatest. 35 And He

sat down, called the twelve, and said to them, "If anyone desires to be first, he shall be last of all and servant of all."

Phil 2:3

3 Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself.

Rom 12:3

3 For I say, through the grace given to me, to everyone who is among you, not to think of himself more highly than he ought to think, but to think soberly, as God has dealt to each one a measure of faith.

Someone once said, knowing God makes us humble; knowing ourselves keeps us humble!

If we're not humble, then we're probably prideful. And pride is devastating and impairs our ability to hear God.

David wrote:

Ps 138:6

6 Though the Lord is on high,  
Yet He regards the lowly;  
But the proud He knows from afar.

Some people are content in having a long distant relationship with God.

Gentleness is the same word as meekness. But being meek doesn't mean you're weak.

It's strength and courage under control, coupled with kindness.

Meekness is a virtue that is practiced and commended by Jesus.

Matt 5:5

5 Blessed are the meek,  
For they shall inherit the earth.

A meek person doesn't display a prideful attitude.

Ps 37:11

11 But the meek shall inherit the earth,  
And shall delight themselves in the abundance of peace.

James 3:13

13 Who is wise and understanding among you? Let him show by good conduct that his works are done in the meekness of wisdom.

Longsuffering:

The word study dictionary defines this as: self-restraint before proceeding to action. The quality of a person who is able to avenge himself yet refrains from doing so.

2 Peter 3:9

The Lord is not slack concerning His promise, as some count slackness, but is longsuffering toward us, not willing that any should perish but that all should come to repentance.

In Acts 17 Paul was speaking to the Athenians and of their worship to an unknown God, he said to them in verse 30 Truly, these times of ignorance God overlooked, but now commands all men everywhere to repent,

“Overlooked” in Greek is “hupereidon” and it means to wink at.

Thank God that He doesn't have a short fuse ready to blow up anytime someone shakes their fist at Him.

Bearing: bearing with one another in love - to hold back or to restrain, to stop.

Col 3:12-13

12 Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering; 13 bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do.

Jesus didn't threaten the Sanhedrin when they abused Him.

Do we have the same mentality with our spouse, our children, our friends or our brothers in the Lord?

3 endeavoring (make every effort) to keep the unity of the Spirit in the bond of peace.

Paul says to make every effort to KEEP the unity of the Spirit.

Ground for our unity verses 4-6:

4 There is one body and one Spirit, just as you were called in one hope of your calling; 5 one Lord, one faith, one baptism; 6 one God and Father of all, who is above all, and through all, and in you all.

Eph 2:16

16 and that He might reconcile them both to God in one body through the cross,

Paul now names 7 basic spiritual realities that are true of all Christians:

1: One body: means one church.

1 Cor 12:12

12 For as the body is one and has many members, but all the members of that one body, being many, are one body, so also is Christ.

2: One Spirit: The Spirit of God residing in us.

1 Cor 12:13

13 For by one Spirit we were all baptized into one body – whether Jews or Greeks, whether slaves or free – and have all been made to drink into one Spirit.

To understand the importance of unification in the body of Christ, read 1 Cor 12:12-31.

3: On hope: One hope is the third stage of our salvation. Salvation involves justification, sanctification, and glorification.

4: One Lord: Speaks of Jesus.

Rom 10:9

9 that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved.

5: One faith: We have to make it our personal faith.

6: One baptism: The bible mentions several baptisms.

- Baptized into the body of Christ.
- Then there is water baptism.

7: One God and Father: There is only one eternal Father, and the believers all have the same Father.

The scriptures say in the first chapter of Genesis, “Let Us make man in Our image”

Now we see in verses 4, 5 & 6 the trinity.

In these verses Paul speaks of our experience in relation to the trinity. He says in verse 4, there is one body and one Spirit.

Rom 12:4-5

4 For as we have many members in one body, but all the members do not have the same function, 5 so we, being many, are one body in Christ, and individually members of one another.

The Lord brings both Jew and Gentile together to form one church.

1 Cor 12:13

13 For by one Spirit we were all baptized into one body – whether Jews or Greeks, whether slaves or free – and have all been made to drink into one Spirit.

Jesus is the head of the church.

Col 1:18

tells us that And He (Jesus) is the head of the body, the church, who is the beginning, the firstborn from the dead, that in all things He may have the preeminence.

Verse 4 says there is one hope, one faith and one baptism. He also says there is one Lord and that is Jesus.

When Paul stood in defense before Felix he said, “I have hope in God, which they themselves also accept, that there will be a resurrection of the dead, both of the just and the unjust.” Acts 24:15

Titus says that we should be looking for the blessed hope and glorious appearing of our great God and Savior Jesus Christ. Tit 2:13

Eph 4:6-7

6 one God and Father of all, who is above all, and through all, and in you all.

7 But to each one of us grace was given according to the measure of Christ's gift.

When we walk in unity it's easy to look at others that think like us and say, oh, you're godly.

But when we encounter someone that thinks differently, we need to accept them as well.

Paul says that God gives to each one grace according the measure of Christ's gift.

8 Therefore He says:

"When He ascended on high,  
He led captivity captive,  
And gave gifts to men."