



[Walk Worthy](#)

Wayne Braudrick

Life Change: We walk worthily

[Ephesians 4:1-6](#)

January 7, 2024

Blessed to be a blessing

Genesis 12:1-3

In Him, we are loved!
Review...

Ephesians 1-3

Grace extended to the Church 1:1-2	Calling of the Church in Grace 1:3-3:21	Grace extended to the Church 6:21-24
	Praise to the God of all blessings 1:3-14	
	Prayer for wisdom 1:15-23	
	Positional newness detailed 2:1-22	
	Parenthetical on the mystery 3:1-13	
	Prayer for love 3:14-21	
Conduct of the Church by Grace 4:1-6:24		
Walking in unity 4:1-16		
Walking in holiness 4:17-32		
Walking in love 5:1-2		
Walking in the light 5:3-20		
Walking in life relationships 5:21-6:20		

Restatement

Ephesians 4:4-6

That love should be lived!
peripateo

Ephesians 4-6

Singular

Together

How can that be done?

Ephesians 4:1-3

Humility

Gentleness

Patience, bearing with one another

In love

Keeping unity in the Spirit through the bond of peace

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Upcoming
Events



Give



Connect Card
&
Prayer Request

how faith is...

→ forgive one another...

LIVED

...one body, one Spirit, one God

walk in love...

EPHESIANS

PLEASE SILENCE YOUR PHONE



courtesy Lego



courtesy brothersbrick

¹ The LORD said to Abram:

**Go from your land,
your relatives,
and your father's house
to the land that I will show you.**

**² I will make you into a great nation,
I will bless you,
I will make your name great,
and you will be a blessing.**

**³ I will bless those who bless you,
I will curse anyone who treats you with contempt,
and all the peoples on earth
will be blessed through you.**

Genesis 12 CSB

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Genesis 12 CSB

**We are called to trust God who
blesses us to be a blessing.**

**True biblical flourishing
involves the good of others
as well as our own good.
Flourishing is meant to be a
shared experience. We are
blessed to *be* a blessing
(Gen. 12:2). – Amy Sherman**



Poor
stewardship



Blessed to be a
blessing



It's all for me
alone!



how faith is...

→ forgive one another...

LIVED

...one body, one Spirit, one God

walk in love...

EPHESIANS

¹ Therefore I, the prisoner in the Lord, urge you to walk worthy of the calling you have received, ² with all humility and gentleness, with patience, bearing with one another in love, ³ making every effort to keep the unity of the Spirit through the bond of peace. ⁴ There is one body and one Spirit—just as you were called to one hope at 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 all.

Ephesians 4 CSB

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2 THESS

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Ephesians 4 CSB

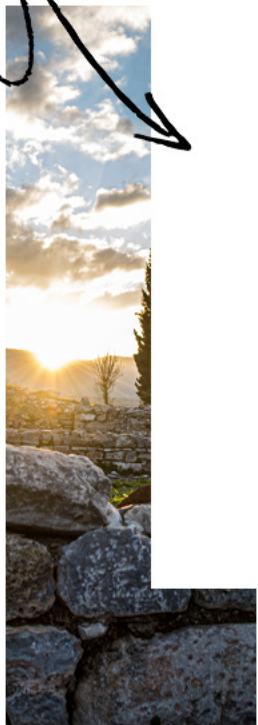
**Greek: κλησις klesis = the divine
call to trust and follow**

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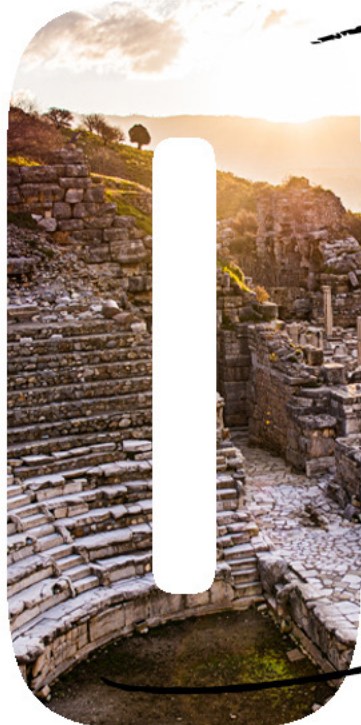
Ephesians 4 CSB

We are called to trust God who blesses us to be a blessing.

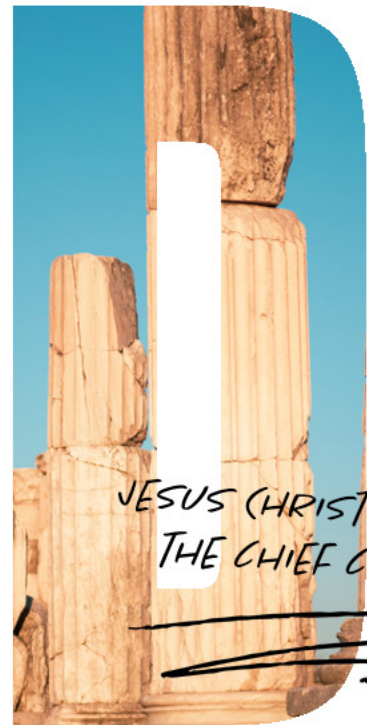
IN HIM...WE ARE



FOR WE ARE HIS
WORKMANSHIP



ROOTED AND GROUNDED
IN LOVE



JESUS CHRIST HIMSELF BEING
THE CHIEF CORNER STONE

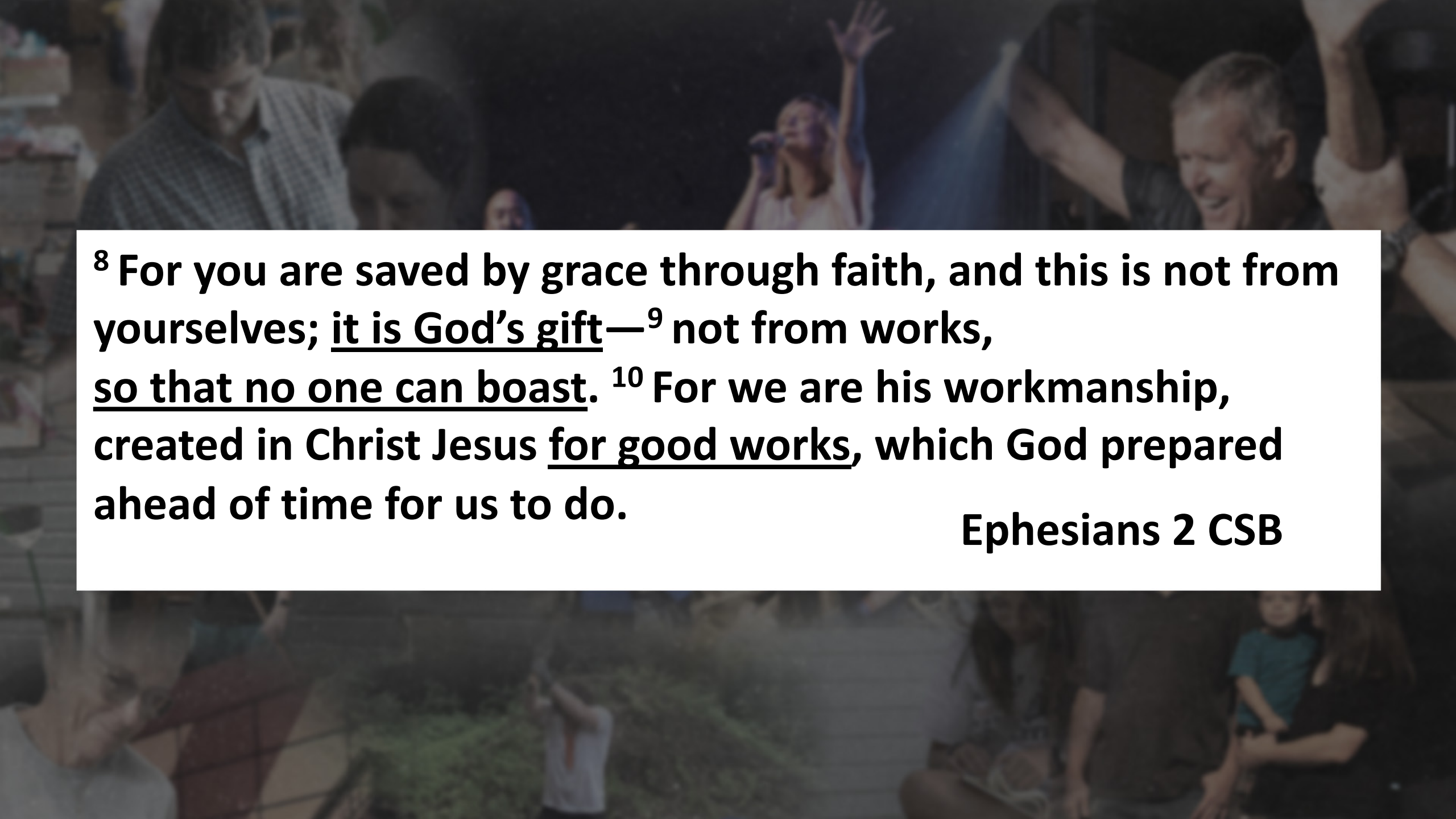
EPHESIANS

...^{1:4} In love ⁵ He predestined us to adoption as sons through Jesus Christ to Himself, according to the kind intention of His will, ⁶ to the praise of the glory of His grace, which He freely bestowed on us in the Beloved. NASB

^{3:17} I pray that you, being rooted and firmly established in love, ¹⁸ may be able to comprehend with all the saints what is the length and width, height and depth of God's love, ¹⁹ and to know Christ's love that surpasses knowledge, so that you may be filled with all the fullness of God. CSB



courtesy istock



⁸ For you are saved by grace through faith, and this is not from yourselves; it is God's gift—⁹ not from works, so that no one can boast. ¹⁰ For we are his workmanship, created in Christ Jesus for good works, which God prepared ahead of time for us to do.

Ephesians 2 CSB

Grace extended to the Church 1:1-2

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Ephesians 4 CSB

Review c. 1-3 Loved!

⁴ There is one body and one Spirit—just as you were called to one hope at 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 all.

Preview c. 4-6 Lived!

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how faith is...

→ forgive one another...

LIVED

...one body, one Spirit, one God

walk in love...

EPHESIANS

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Ephesians 4 CSB

Greek: περιπατέω peripateo = physically, to walk; as figure of speech

**Originally – to tread down, a negative term for conquering
[“walk all over someone”]**

**Since Paul – to live, a neutral term for life action
[“walk or way of life”]**

περιπατέω peripateo

The Christian is to walk:
in newness of life, Rom 6:4
after the Spirit, Rom 8:4
in honesty, Rom 13:13
by faith, 2 Cor 5:7
in good works, Eph 2:10
in love, Eph 5:2
in wisdom, Col 4:5
in truth, 2 John 4
after the commandments of the Lord, 2 John 6



περιπατέω peripateo

The Christian is to walk:

not after the flesh, Rom 8:4

not after the manner of men, 1 Cor 3:3

not in craftiness, 2 Cor 4:2

not by sight [materialist input alone], 2 Cor 5:7

not in the vanity

of the mind, Eph 4:17

not disorderly, 2 Thess 3:6



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**John
Calvin**

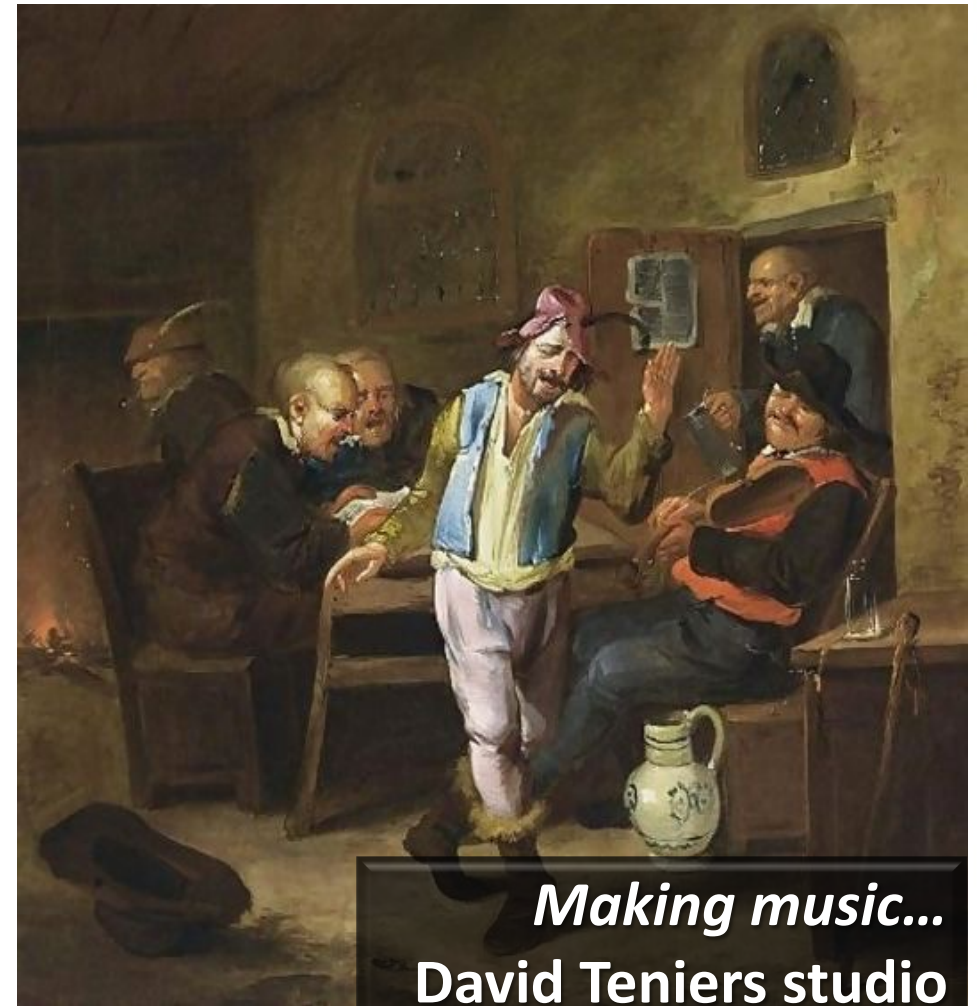
courtesy Bibliothèque de Genève



Calvin forced taverns to allow only psalms to be sung over beer.



Peasants Singing...
Egbert van Heemskerck
1675



Making music...
David Teniers studio
1635

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Thank goodness
we're not like
that!



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SOLO

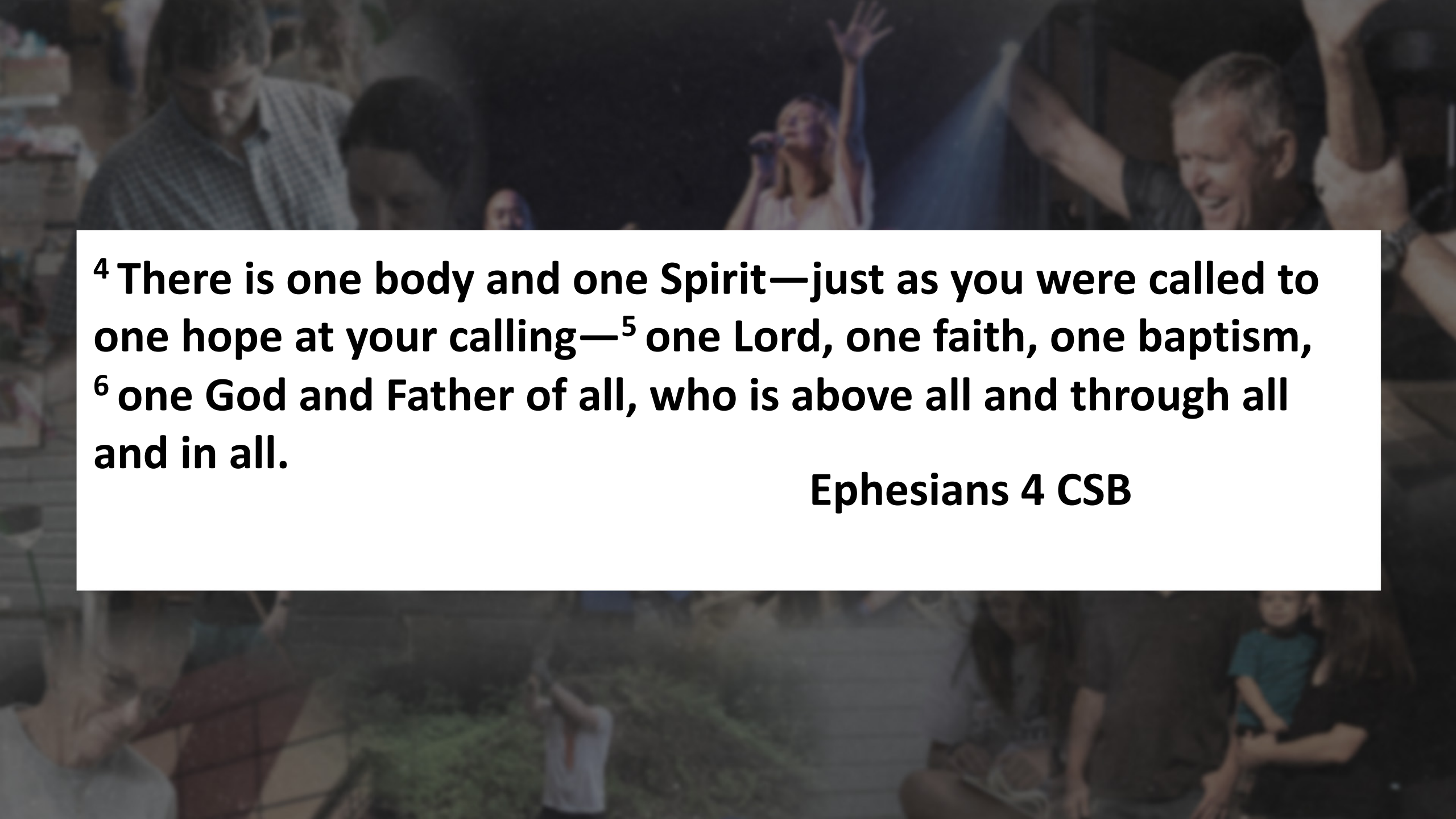
a Christian STORY™

MAY 25

courtesy Cinemark

Most of the great movements in 20th c. Christianity were individualized. As a result, our 21st c. engagement with each other in one Father is minimized to the point where commitment & unity are almost non-existent. There is very little loyalty and family dedication, that having been replaced with a consumer mindset.



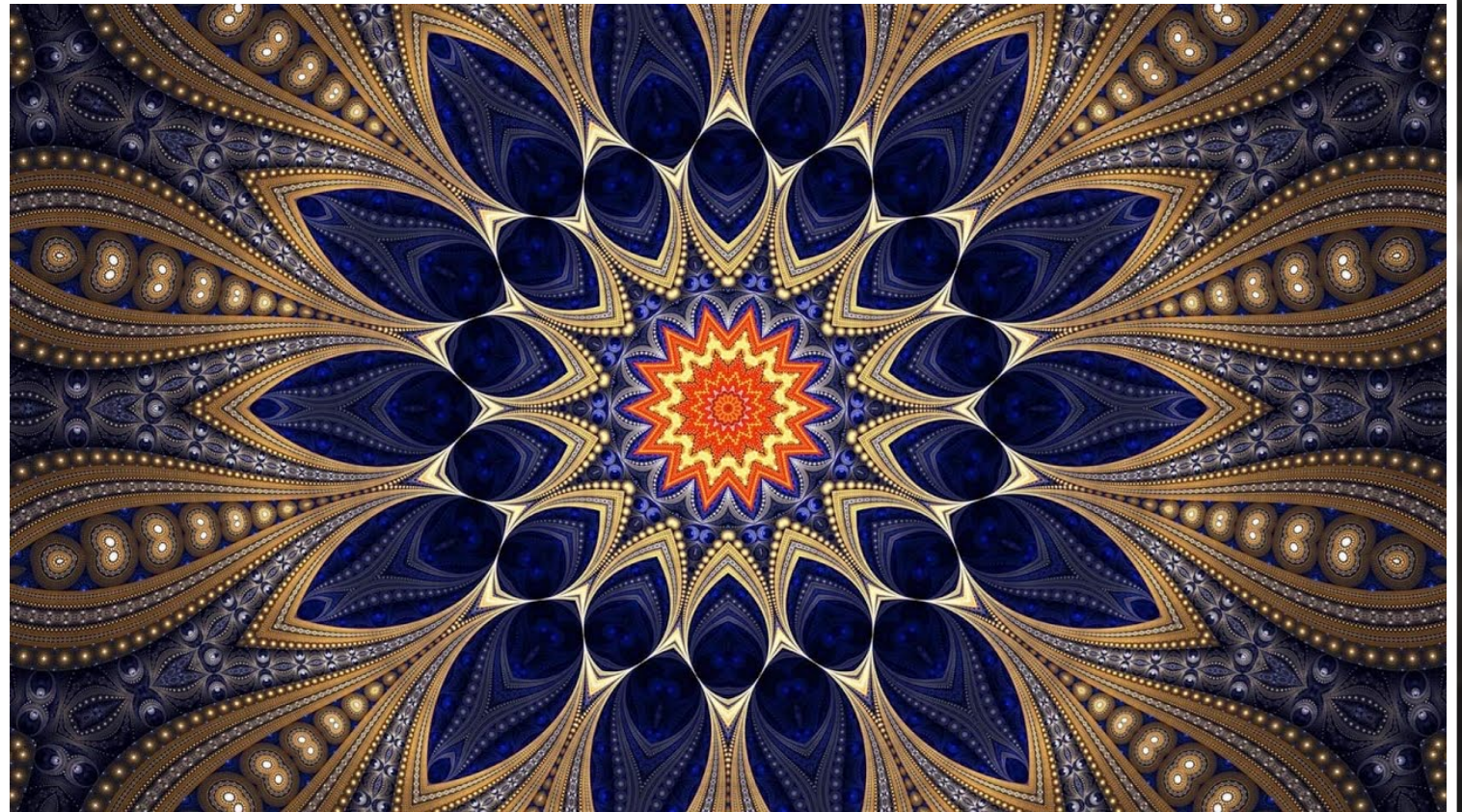


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Ephesians 4 CSB

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Ephesians 4 CSB



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Genesis 12 CSB

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Ephesians 4 CSB

We are called to trust God who blesses us to be a blessing.



courtesy religionnews

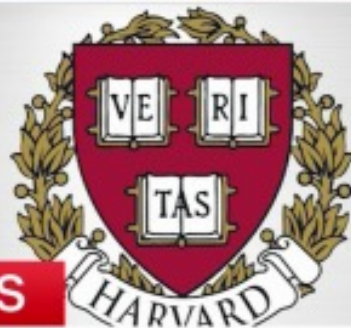


© Ed Jones/AFP

December 5
Washington, DC



Tuesday
Washington, DC



ANTISEMITISM ON CAMPUS

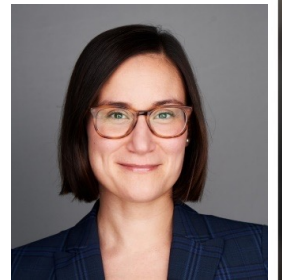
SCHOOL LEADERS UNDER FIRE AFTER CONGRESSIONAL HEARING

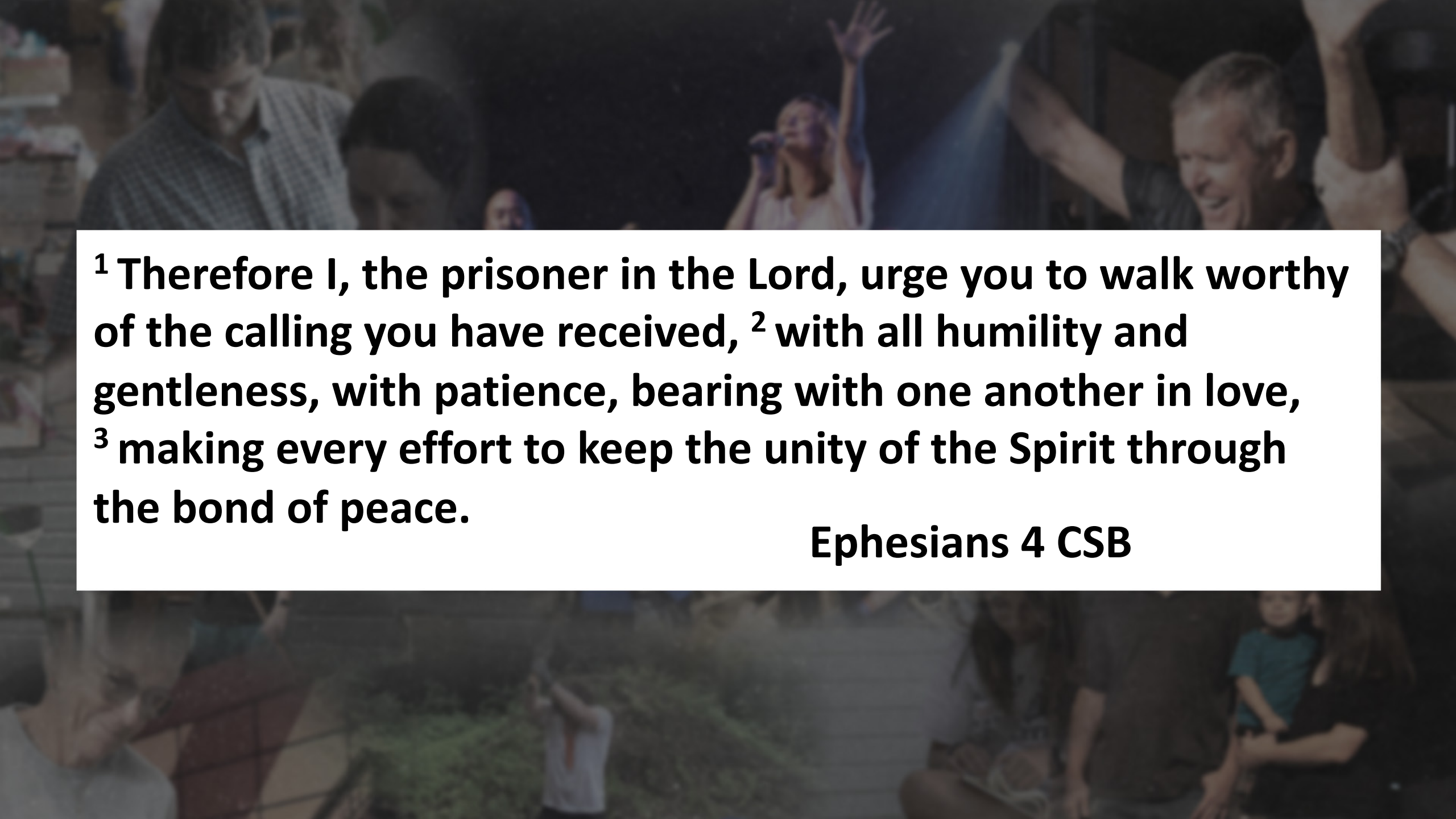
Leaders of Harvard, MIT and UPenn testified before congress last week



ONE WORLD

Survey after survey has shown that Americans' trust in both institutions and other people keeps dropping...Students and teachers alike are beginning to feel bored, insulted, angry, and depressed [and] want to jump ship. – Cassandra Nelson, "Who's Afraid of the Still, Small Voice?"





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Ephesians 4 CSB

The only way to restore schools is through individual adults putting in the time and effort to show individual young people that they matter...which requires humility. It won't be easy — to stop trying to govern others long-distance and instead focus on modeling for those closest to us what it looks like to govern oneself. The trick is to do it in a way that is so joyful, so full of the life that is truly life, that it awakens something in the people around us and makes them want to have what we're having. – Cassandra Nelson,



“Who’s Afraid of the Still, Small Voice?”



NEVER, EVER AGAIN. Dreadful, dreadful experience...

When I first arrived, they had the nerve and audacity to greet me with a "Hello". REALLY?! You want my first impression to be a pleasant one? What is wrong with you people?



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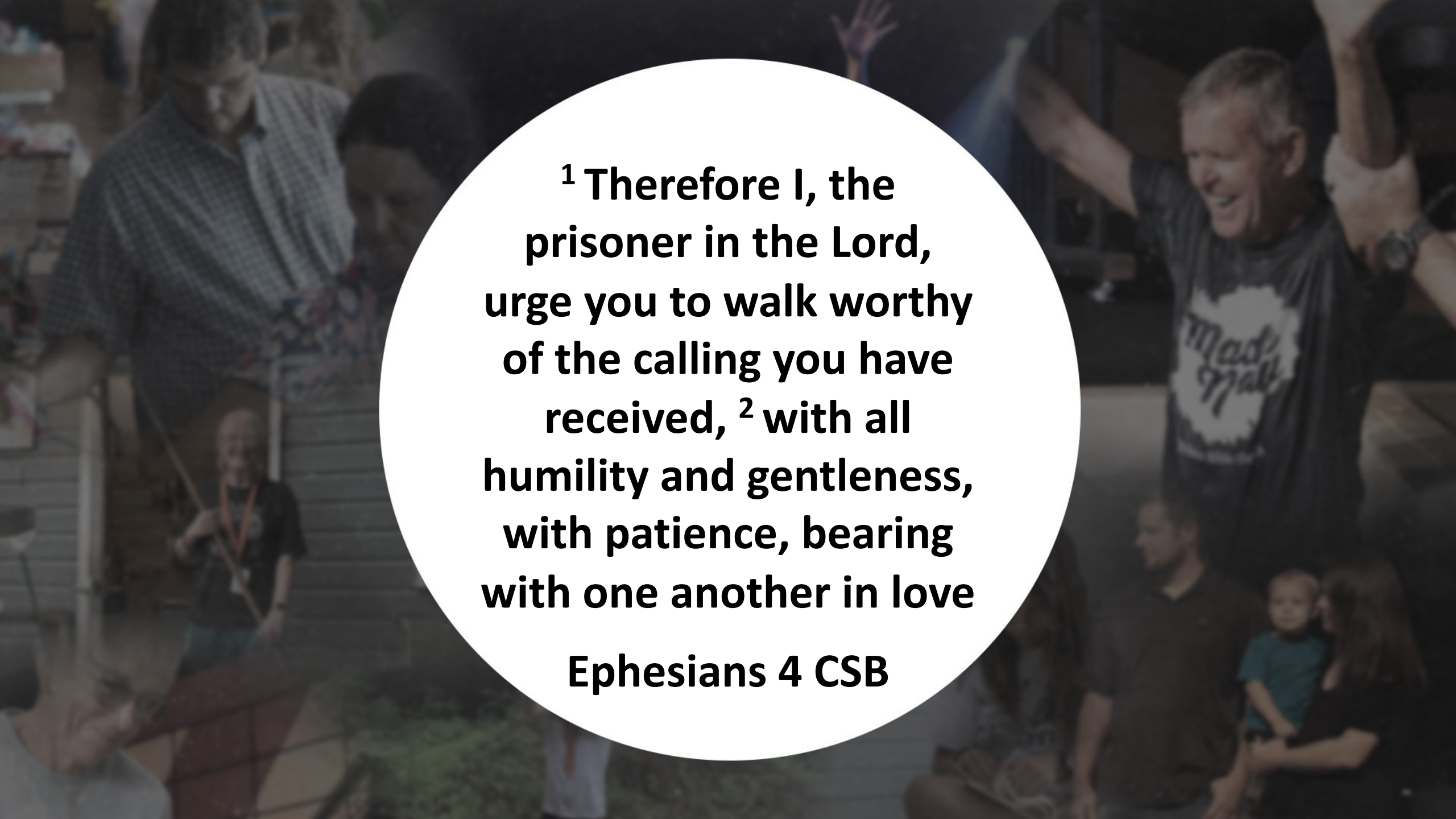


Before you publish, consider:

- **Does this reflect your identity as God's beloved?**
 - **As God's image-bearer, how are you portraying him?**
 - **Are you committing self-praise or misplacing your identity?**
 - **Does the post honor God? Love your neighbor? Seek the flourishing of others? Bring heaven down to earth?**
- Keith Carson & Denise Lee Yohn, “How to Be Humble In the Age of Self-Promotion”**



Denise Lee Yohn
Brand-Building Expert

A dark, low-key photograph of a group of people in a celebratory setting. In the foreground, a man with his arms raised in a 'V' shape is smiling broadly. He is wearing a dark t-shirt with a graphic that says 'Mad' and '77'. To his right, a young child is visible. In the background, other people are partially visible, some with their arms raised. The overall atmosphere is one of joy and celebration.

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Ephesians 4 CSB

[After listing a number of things on which he is correct, Mr. Trump suddenly named some of his enemies and declared] “MAY THEY ROT IN HELL. AGAIN, MERRY CHRISTMAS!”



Before you publish, consider:

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@realDonaldTrump: "MAY THEY ROT IN HELL. AGAIN, MERRY CHRISTMAS!"


@inChristalone: This is perfectly acceptable given the stakes and the sins of his enemies.

@Bibleistheway: believers need to take the gloves off and do the same

@patriotforJesus: To the mattresses!

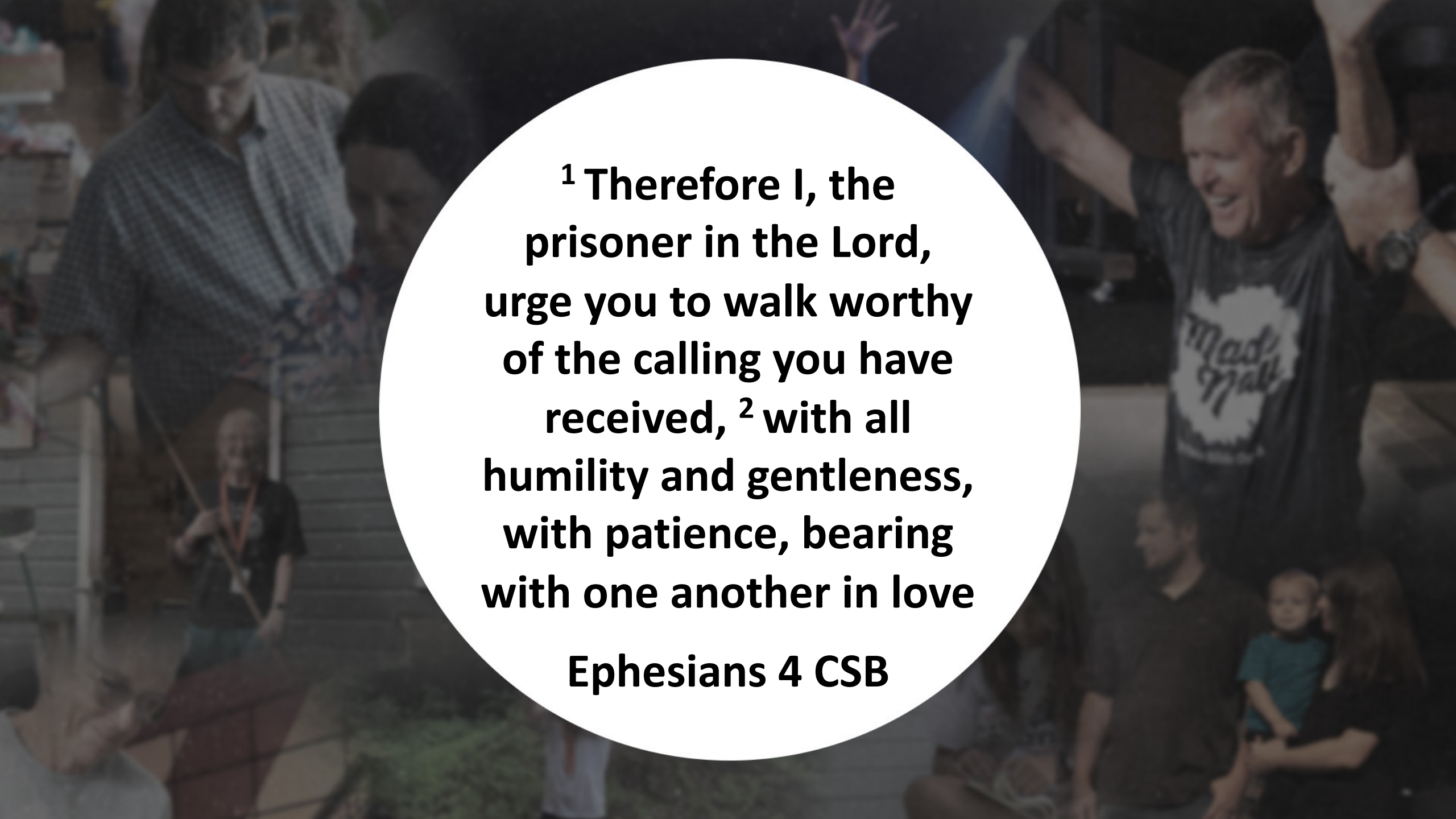
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Ephesians 4 CSB



Greek: πραΰτης prautes = from a word for “friendly,” developed into a way to describe an amiable, even temperament

[This] is the quiet and friendly composure which does not become embittered or angry at what is unpleasant, whether in the form of people or fate. It is an active attitude and deliberate acceptance, not just a passive submission. – Epictetus, *Enchiridion*

A dark, low-key photograph of a group of people in a celebratory setting. In the foreground, a man with his arms raised in a 'V' shape is smiling broadly. He is wearing a dark t-shirt with a graphic that says 'Mad' and '77'. To his right, a young child is visible. In the background, other people are partially visible, some with their arms raised. The overall atmosphere is one of joy and celebration.

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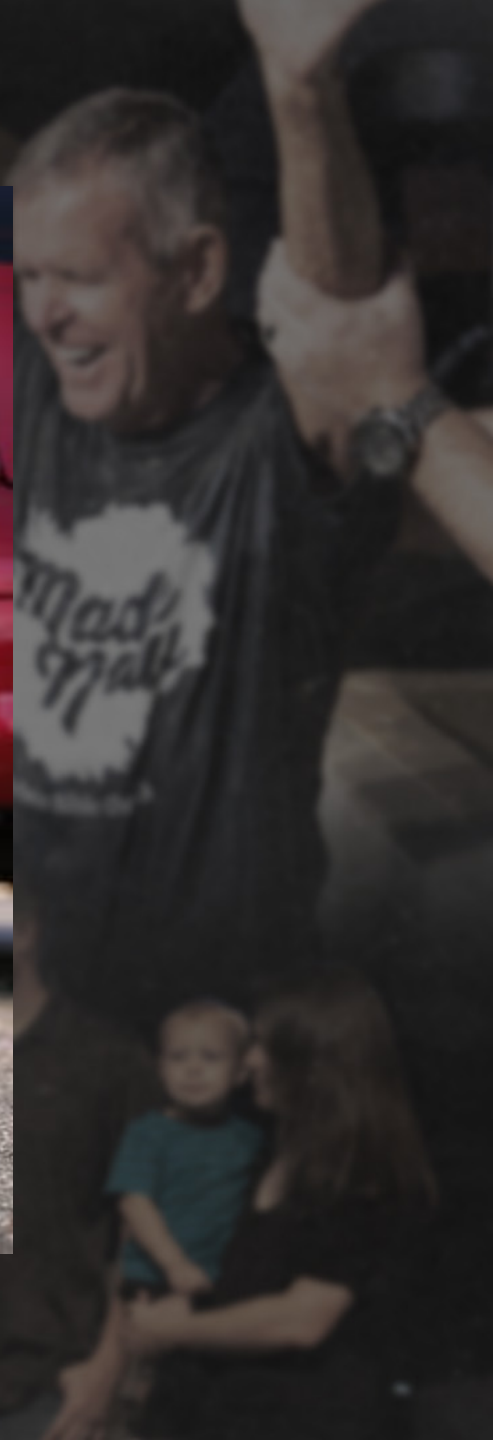
**What an
impatient idiot!**

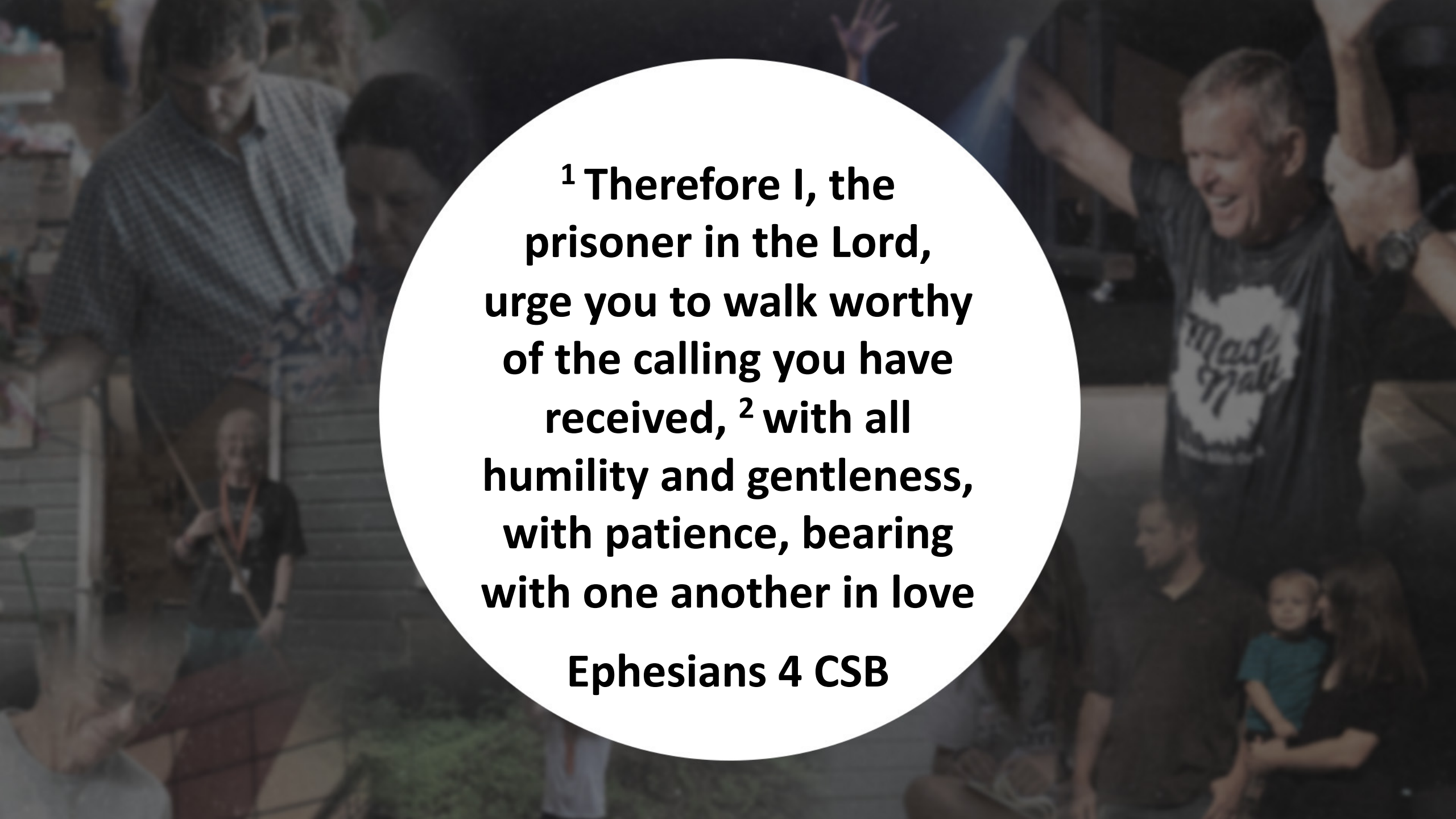


**What an
impatient idiot!**

**Never mind,
that's my sister.**

**My sister is an
idiot!**



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Ephesians 4 CSB

²³ “Therefore, the Kingdom of Heaven can be compared to a king who decided to bring his accounts up to date with servants who had borrowed money from him. ²⁴ In the process, one of his debtors was brought in who owed him millions of dollars. ²⁵ He couldn’t pay, so his master ordered that he be sold—along with his wife, his children, and everything he owned—to pay the debt.

²⁶ “But the man fell down before his master and begged him, ‘Please, be patient with me, and I will pay it all.’ ²⁷ Then his master was filled with pity for him, and he released him and forgave his debt.

Matthew 18 NLT

28 “But when the man left the king, he went to a fellow servant who owed him a few thousand dollars. He grabbed him by the throat and demanded instant payment.

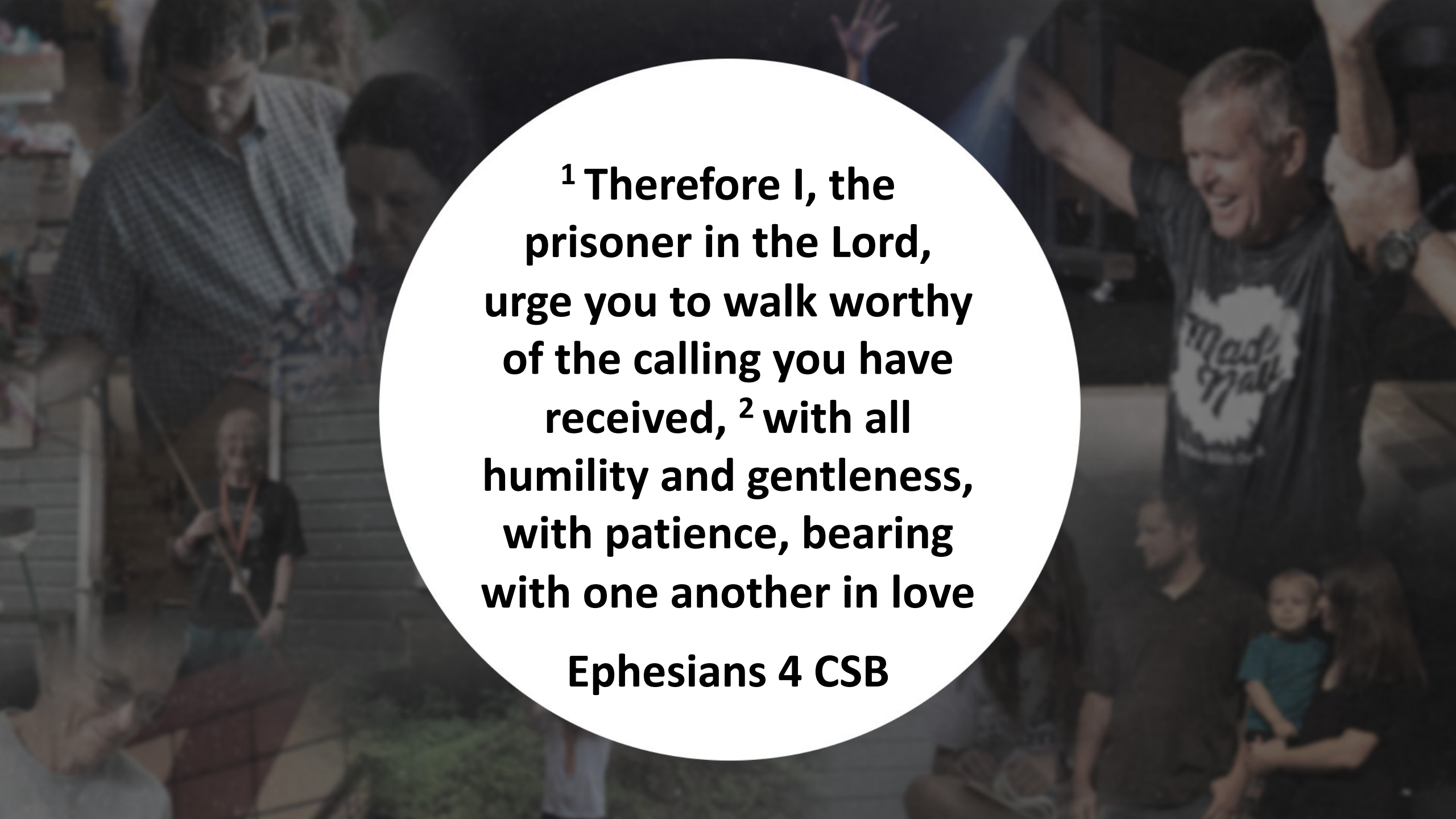
29 “His fellow servant fell down before him and begged for a little more time. ‘Be patient with me, and I will pay it,’ he pleaded. 30 But his creditor wouldn’t wait. He had the man arrested and put in prison until the debt could be paid in full.

Matthew 18 NLT

³¹ “When some of the other servants saw this, they were very upset. They went to the king and told him everything that had happened. ³² Then the king called in the man he had forgiven and said, ‘You evil servant! I forgave you that tremendous debt because you pleaded with me. ³³ Shouldn’t you have mercy on your fellow servant, just as I had mercy on you?’ ³⁴ Then the angry king sent the man to prison to be tortured until he had paid his entire debt.

³⁵ “That’s what my heavenly Father will do to you if you refuse to forgive your brothers and sisters from your heart.”

Matthew 18 NLT

A dark, dimly lit photograph of a group of people. In the foreground, a man with his arms raised in a gesture of praise or joy is visible. To his right, a young child is sitting on the floor. The background shows other people, some looking towards the camera and others looking away. The overall atmosphere is one of a community gathering or a church service.

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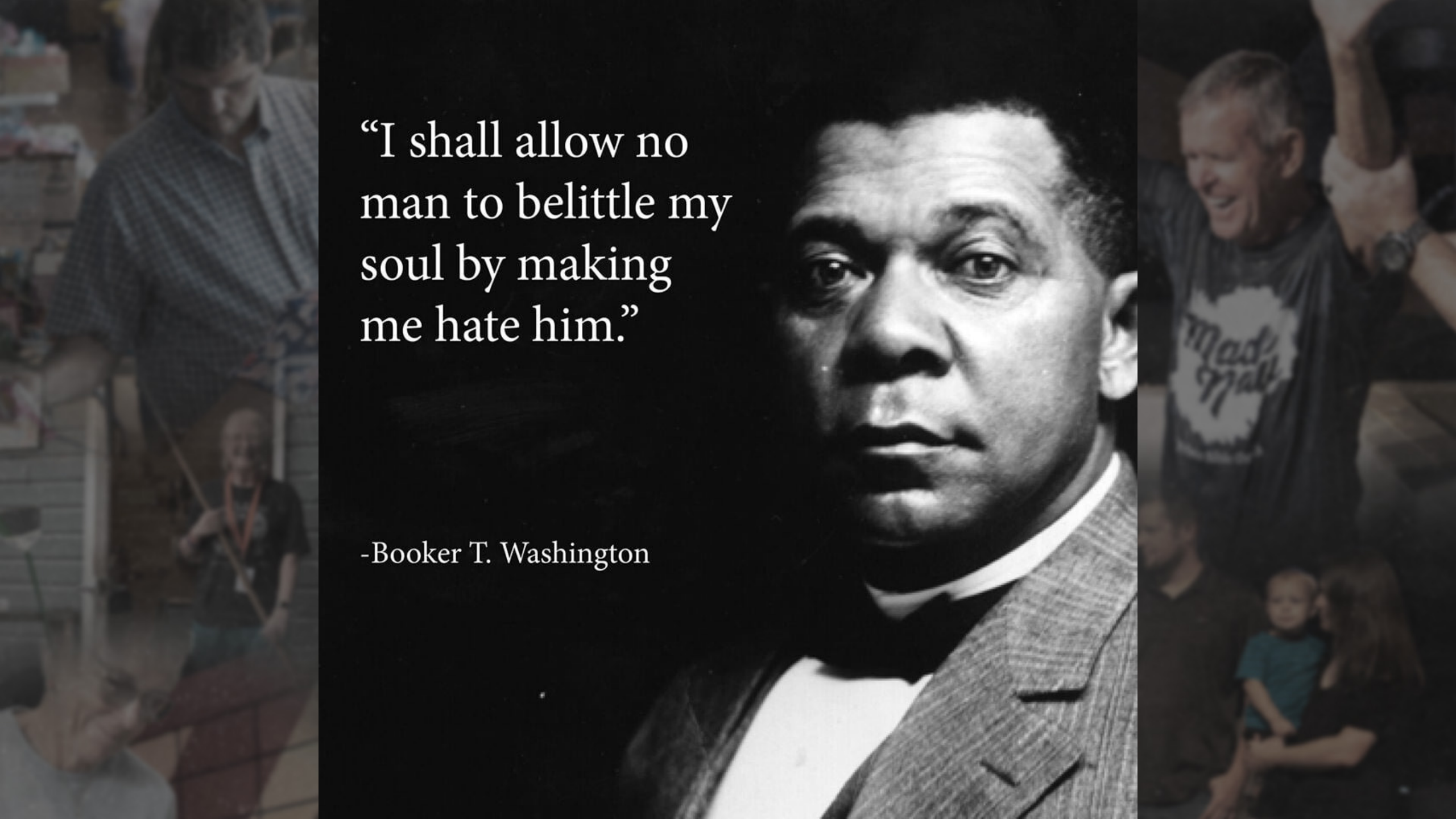
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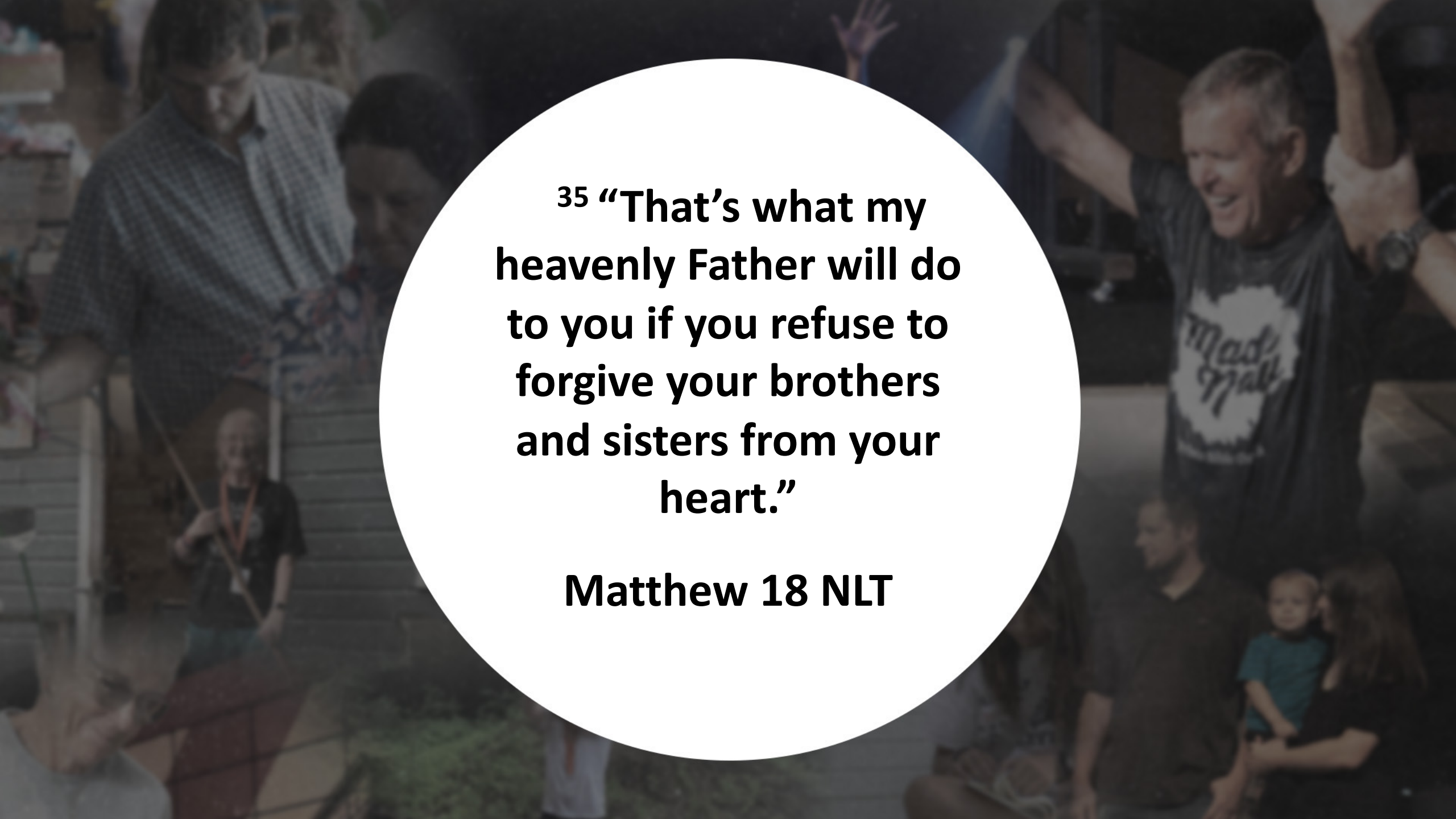
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Grace extended to the Church 6:21-24



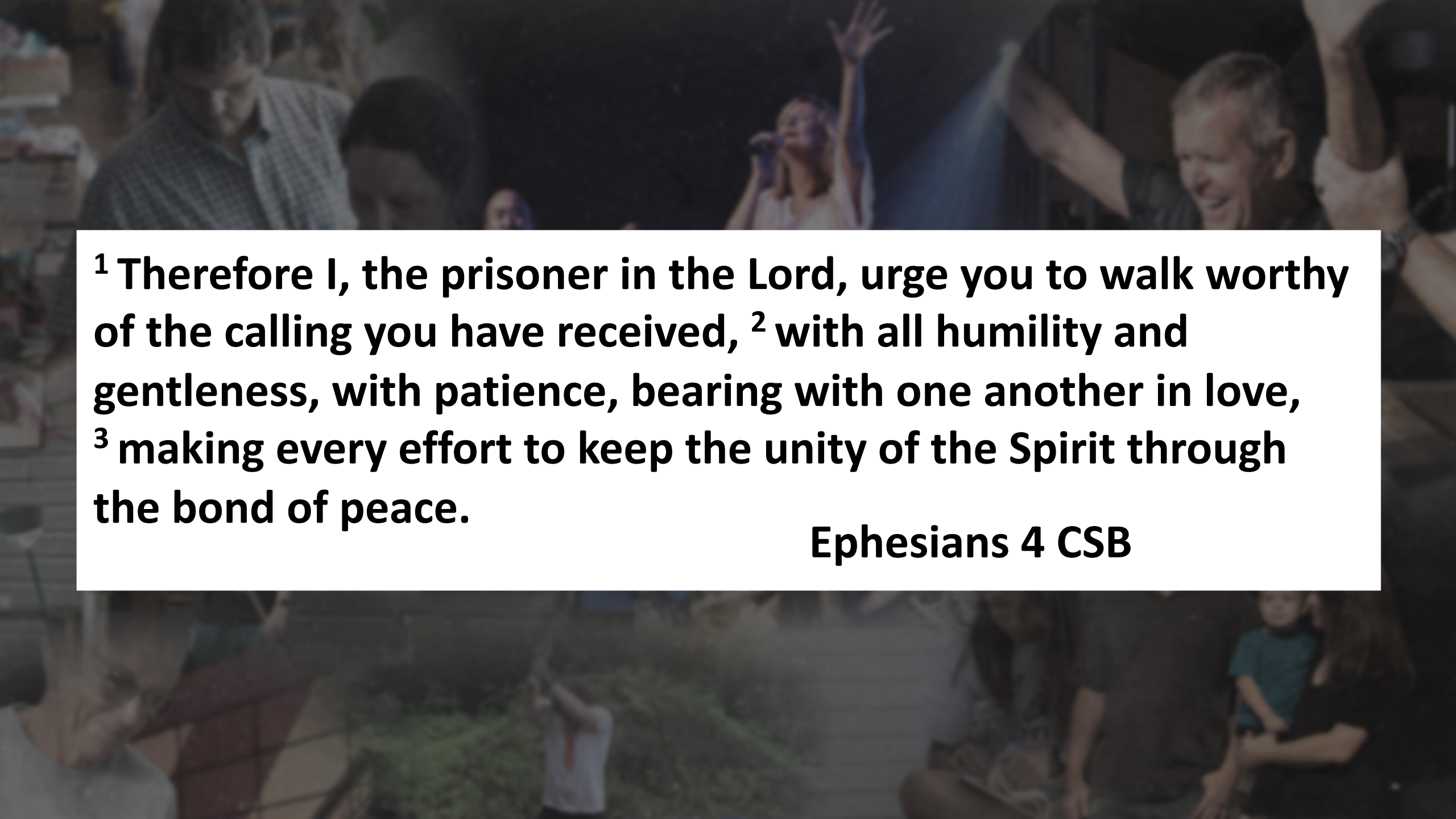
“I shall allow no
man to belittle my
soul by making
me hate him.”

-Booker T. Washington



**35 “That’s what my
heavenly Father will do
to you if you refuse to
forgive your brothers
and sisters from your
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Matthew 18 NLT



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Ephesians 4 CSB

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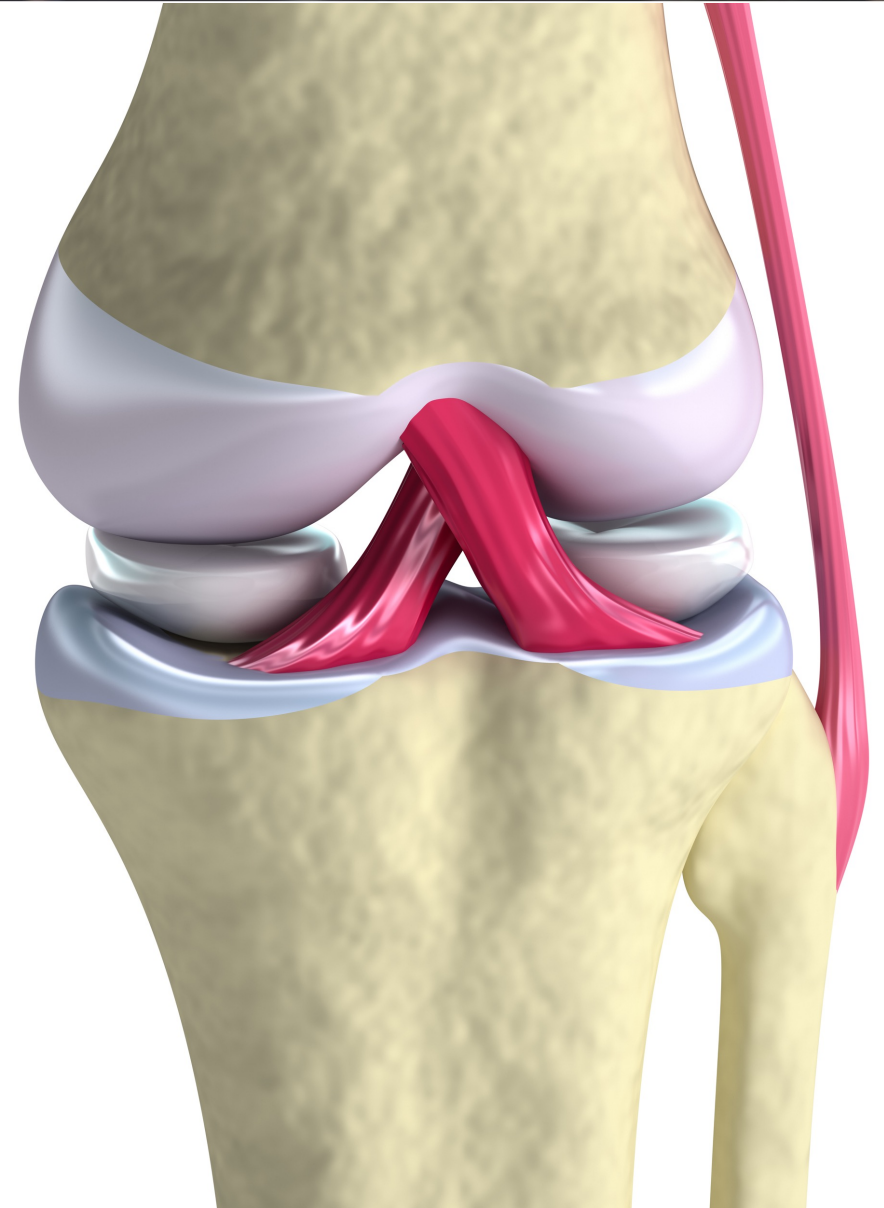
I would gently suggest that Christians start to push back against these worldly, fear-based narratives whenever we encounter them — if only, at first, in our own minds. When the world hands us new reasons to be afraid, as it does daily or even hourly, it is worth taking a moment to...recall God’s message through Zechariah that good deeds are accomplished “not by might nor by power, but by my spirit” (4:6).



**– Cassandra Nelson,
“Who’s Afraid of the Still, Small Voice?”**

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Ephesians 4 CSB



Lateral Epicondylitis (Tennis Elbow) Exercises



Wrist range of motion



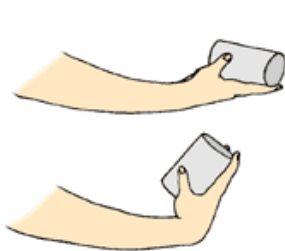
Wrist stretch



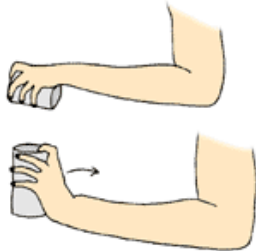
Pronation and supination of the forearm



Elbow range of motion



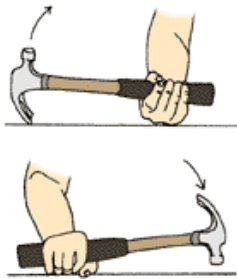
Wrist flexion exercise



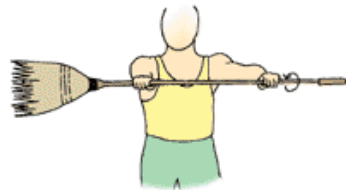
Wrist extension exercise



Wrist radial deviation strengthening



Forearm pronation and supination strengthening

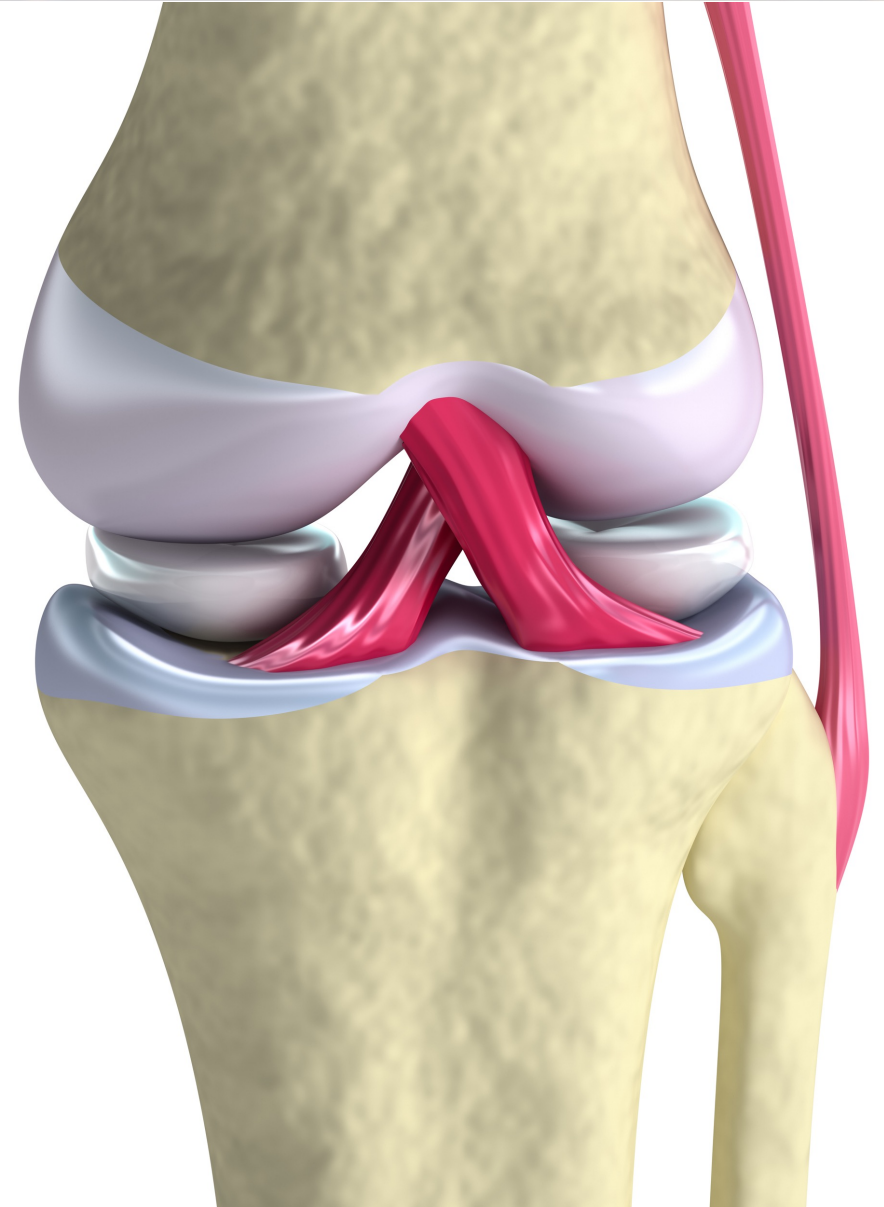


Wrist extension (with broom handle)



**¹ Therefore I, the prisoner in the Lord, urge you to walk worthy of the calling you have received,
² with all humility and gentleness, with patience, bearing with one another in love, ³ making every effort to keep the unity of the Spirit through the bond of peace.**

Ephesians 4 CSB





I recognize unity in Christ:

1

**When the people
are likeable**

5

Sometimes, as convenient

10

Always



In building relationships, I take personal responsibility:

1

**When there are
no problems**

5

If I am worse than them

10

Always



I am committed to walking together, even with odd brethren:

1

**When there are
no problems**

5

If they share my politics

10

Always

My view of myself is:

1

Prideful

10

**defaced image of God
made a saint by grace**

1

Insecure



I am gentle:

1

**When there are
no problems**

5

Unless they are very bad

10

Always



In light of the patience and forbearance God shows me:

1

**I demand dues
from others**

10

I remember and act accordingly

1

**I wallow
in guilt**



I love:

1

**When there are
no problems**

5

Unless they are very bad

10

Always



I seek unity in the Spirit:

1

I am a consumer

5

Unless there is something to fear

10

Always



I maintain the ligament of peace:

1

What responsibility?

10

I work to preserve peace

1

**I think that I
must create unity**



My walk is worthy:

1

**No one would guess
I am Christian**

10

by God's grace

1

**I work hard at it
in myself!**

how faith is...

→ forgive one another...

LIVED

...one body, one Spirit, one God

walk in love...

EPHESIANS