

Day 1: Living from Your Identity

Key Scripture (TPT):

“As a prisoner of the Lord, I plead with you to walk holy, in a way that is suitable to your high rank, given to you in your divine calling.”

—Ephesians 4:1 Ephesians 4: The Standa...

Main Point:

- Our daily conduct flows from who we are—in Christ, we already “hold the high rank” of sonship.

Quote:

“We’re not working for identity; we’re working from identity.” Ephesians 4: The Standa...

Devotional Thought:

Paul’s “plea” isn’t a distant command but a heartfelt call to live in fullness of our divine calling. When we grasp that we already belong to the Father as His children, obedience shifts from obligation to joyful response.

Reflection Questions:

1. How does knowing you’re called “holy” and “highly ranked” change the way you view everyday tasks?
2. In what areas are you still “working for” approval instead of living from what Christ has already secured?

Application:

Choose one area (work, family, friendships) and consciously remind yourself—before you begin—that you already walk in God’s favor and authority there.

Prayer:

Father, thank You that my identity is secure in You. Help me today to live from that place, not to earn Your love, but to reflect it.

Day 2: The Power of Humility

Key Scripture (TPT):

“With tender humility and quiet patience, always demonstrate gentleness and generous love toward one another...”

—Ephesians 4:2 Ephesians 4: The Standa...

Main Point:

- Humility is strength under control; it unlocks Kingdom power and paves the way for genuine unity.

Quote:

“The posture of humility unlocks the power of unity in the body of Christ—only when we lay down our rights can we truly lift one another up.” Ephesians 4: The Standards...

Devotional Thought:

In Greco-Roman culture, humility was disgrace; in God’s Kingdom, humility is the very posture that invites His power to flow. As we lay down our “rights,” we create space for His manifest presence among us.

Reflection Questions:

1. Where do you find it hardest to “lay down your rights” or personal preferences?
2. How might choosing humility in that situation invite God’s power into it?

Application:

Identify one “right” you’ve been holding onto (a need to be first, to have your way, etc.). Today, practice yielding it in a conversation or decision.

Prayer:

Holy Spirit, cultivate true humility in me. Give me the strength to surrender my rights and draw on Your power to love as You do.

Day 3: Patience and Gentleness

Key Scripture (TPT):

“...always demonstrate gentleness and generous love toward one another, especially toward those who may try your patience.”

—Ephesians 4:2 Ephesians 4: The Standards...

Main Point:

- Patience and gentleness are not passive weaknesses but Spirit-empowered restraint, reflecting the heart of Jesus.

Quote:

“Gentleness is God’s reign operating through love rather than coercion or force.” Ephesians 4: The Standards...

Devotional Thought:

Jesus, with all authority, chose the cross over calling down angels. Our gentleness flows from that same surrendered strength. It is love that persuades rather than compels.

Reflection Questions:

1. Recall a recent moment when your patience was tested—how did you respond?
2. What would “gentleness” look like in that scenario instead of frustration or force?

Application:

The next time you feel rushed or irritated, pause, breathe, and ask, “Lord, help me display Your gentleness here.”

Prayer:

Jesus, thank You for Your gentle strength. Fill me with patience and gracious restraint so others see Your reign through me.

Day 4: Cultivating Generous Love**Key Scripture (TPT):**

“...tender humility and quiet patience... generous love toward one another.”
—Ephesians 4:2 Ephesians 4: The Standa...

Main Point:

- Supernatural (agapē) love is the atmosphere in which unity flourishes.

Quote:

“Humility, patience, gentleness and love are the atmosphere where unity grows.” Ephesians 4: The Standa...

Devotional Thought:

Agapē love goes beyond feelings—it’s a choice to seek the good of others. In that climate, differences don’t divide; they enrich the Body.

Reflection Questions:

1. Who in your life needs a fresh measure of God’s generous love today?
2. How can you practically extend that love (time, listening, serving)?

Application:

Send a text, make a call, or perform a simple act of kindness to someone who “tries your patience.”

Prayer:

Father, pour Your agapē into my heart. Teach me to create an atmosphere of love that pulls people into unity.

Day 5: Guarding Unity and Following Christ’s Standard**Key Scriptures:**

- “Be faithful to guard the sweet harmony of the Holy Spirit among you in the bonds of peace...” —Eph 4:3 Ephesians 4: The Standa...
- “Let this mind be in you which was also in Christ Jesus...” —Philippians 2:5 Ephesians 4: The Standa...

Main Points:

- Unity is a gift of the Spirit that requires our intentional protection.
- Christ’s humility (Phil 2:5–8) is our ultimate example and source of empowerment.

Quote:

“The one that created man... surrendered Himself to those He created. Because of humility, He chose the cross.” Ephesians 4: The Standard...

Devotional Thought:

Unity isn't uniformity—it's diverse honor held together by peace. Like a treasured harmony, it must be zealously guarded. Our pattern is Jesus, who humbled Himself yet is exalted with every right.

Reflection Questions:

1. What “personal preferences” or pride-filled opinions threaten the peace in your relationships?
2. How does Philippians 2 inspire you to protect and foster unity?

Application:

Name one attitude or opinion you'll consciously relinquish to keep the bond of peace this week.

Prayer:

Lord Jesus, You are both our example and our enabling. Give me a heart to guard the unity You purchased with Your blood, and the humility to live as You lived.

May these five days anchor you more deeply in your identity as a son or daughter, empower you with Christ-like character, and lead you into the unity God desires for His people.

Ephesians 4: The Standard of Unity and Humility— Walking as Jesus Walked

I. Core Concepts & Theological Foundations

A. The Nature of God and Human Identity

- Challenging Traditional Doctrine: The source explicitly refutes the idea of "sinners in the hand of an angry God," instead presenting God as a loving Father whose primary interaction is to "overwhelm you with his love, with his presence."
- Sonship vs. Sinfulness: Central to the teaching is the concept of "sonship," which defines who individuals "truly are" in God's eyes, contrasting sharply with perceived identities based on past teachings or mistakes.
- Repentance Through Love: Repentance is not driven by fear or guilt, but by the Father's drawing love, leading to a transformation in thought about oneself and God, rather than mere sorrow for actions.
- Freedom from Condemnation: Understanding one's sonship leads to freedom from guilt, shame, and condemnation.
- God's Consistent Nature: The sermon emphasizes that God is not "bipolar" (angry one minute, happy the next) but consistently loving and embracing.

B. Identity in Christ (Ephesians 1-3)

- Theological Foundation: Chapters 1-3 of Ephesians lay the groundwork for understanding "who we are in Christ."
- Key Declarations: Believers are described as "blameless and holy," "favored," and possessing an "inheritance." They have "already been blessed with every spiritual blessing."
- Conduct from Identity: The teaching stresses that one's "conduct flows from who we are in Christ." Efforts to change behavior without first understanding identity are futile ("working for identity" vs. "working from identity").
- Given, Not Earned: Identity in Christ is a gift, "given," not something "earned" through works or self-effort.

C. Divine Calling and Purpose

- Beyond Position: Divine calling is not primarily about a specific role or position (e.g., apostle, pastor) but about an intimate relationship with God that leads to reflection.
- Reflection of Jesus: The ultimate divine calling is "to be a reflection of Jesus in the earth," as the world is looking for an authentic representation of Christ.
- Dying to Self: Fulfilling this calling requires "dying to self" – surrendering personal ambition and desire to allow Christ's life and ambition to flow through.

II. Practical Application & Kingdom Living (Ephesians 4-6)

A. Shift from Foundation to Application

- Head Knowledge to Lived Reality: Ephesians 4 marks a shift from theological understanding to practical application, moving from "things that we know" to "things we now live out."
- Revelation as Application: True "revelation" is not just knowledge but "walking in it."

B. Relational Virtues and Their Importance

- Everyday Relationships: Living out one's identity is primarily tested and expressed in "everyday relationships," not in isolation.
- Confrontation for Change: Relationships provide necessary "confrontation" for personal growth and transformation into the image of Christ.
- Impossible in Self-Effort: Virtues like "tender humility, quiet patience, gentleness, and generous love" are "impossible in our own self," requiring divine empowerment.
- Supernatural Nature: Demonstrating patience with difficult people is as supernatural, or even more so, than miraculous acts.

C. Humility: The Foundational Virtue

- Strength Controlled: Humility is redefined as "strength controlled," not weakness, contrasting with Greek/Roman and American cultural views.
- Posture for Power: It is "the posture that allows for God's power to flow through us."
- Kingdom Allegiance: True humility requires prioritizing "kingdom principles" over cultural norms (e.g., American independence vs. dependence on God).

- Dominion vs. Dominance: Humility leads to exercising "dominion" (bringing freedom and conforming things to God's image) rather than "dominance" (bringing bondage and conforming things to one's own image).
- Unlocks Unity: The "posture of humility unlocks the power of unity in the body of Christ," requiring laying down personal "rights" and self-centeredness.
- Jesus as the Standard: Jesus' life, especially his willingness to go to the cross, is the ultimate example of humility ("no greater act of humility than the creator... becoming like the created").
- Empowered by the Spirit: Just as Jesus walked in humility by the Spirit's power, believers are empowered by the same Spirit to do so.
- Choosing to "Lose" for the Relationship: Humility enables one to "choose to lose an argument to win the war," or to "let something go to keep the relationship," not compromising truth but laying down personal desire for control.
- Authentic Humility: Acknowledging the gifts and callings God has placed in us is not false humility, as long as the source is acknowledged. False humility denies God's work in us.

D. Unity: A Gift to Be Guarded

- Already Exists: Unity is a "oneness that already exists through the word of the spirit through the power of holy spirit," not something we create.
- Requires Guarding: While given, unity "requires intentionality," diligence, and "intentional protection by us."
- Cooperation for Division: Division often arises from "cooperation" with the enemy, rather than the enemy acting alone.
- Not Uniformity: Unity is "not uniformity"; it's "celebrating our differences while walking together in love."
- Choosing Peace over Preference: Guarding unity means "choosing peace over personal preference," avoiding arguments over trivial matters.
- Flows from God's Nature: Unity flows from the very nature of God (Father, Son, Spirit as one).
- Flows from Shared Encounter: Unity in the body of Christ flows from individuals' "continual life union with Jesus" and daily encounter with Him. The degree of unity with Christ directly impacts unity with others.
- Freedom from Pride-Filled Opinions: Prideful opinions "only harm your cherished unity."
- Abandoning Self-Promotion/Selfish Ambition: True humility puts others first and views them as more important, abandoning selfish ambition for "godly ambition" that advances God's kingdom.

III. Living in Relationship with God and Others

A. The Role of the Holy Spirit

- Guidance and Revelation: The Holy Spirit reveals "who you truly are," "your sonship," and constantly points to the Father's goodness.

- Empowerment: The Holy Spirit empowers believers to live out the virtues and responsibilities of their sonship, enabling them to do what they cannot do in their own strength.
- Conforming to Christ's Image: The Holy Spirit "is constantly transforming and conforming us into the image of Christ."
- Divine Anesthesia: The Holy Spirit can minister to individuals, preparing them for transformation and "cutting out" things that hinder reflection of Christ.

B. The Christian Walk as a Journey

- Continual Relationship: The emphasis is on a "life union on a daily basis," not just a one-time encounter.
- Receiving Correction: When the Holy Spirit reveals areas needing change, the response should be to "rest in your grace, receive your correction, and move forward," without guilt or shame.

IV. Quiz

Instructions: Answer each question in 2-3 sentences.

1. How does the sermon redefine the concept of repentance, moving beyond traditional understandings?
2. Explain the difference between "working for identity" and "working from identity" according to the source.
3. What is the speaker's primary definition of an individual's "divine calling," and what does it entail?
4. Why are everyday relationships considered crucial for demonstrating one's identity in Christ?
5. How does the sermon contrast the ancient Greek and Roman view of humility with the Kingdom perspective?
6. According to the teaching, what is the connection between humility and the flow of God's power?
7. What does the source mean by "dominion" as opposed to "dominance," and how does humility relate to this distinction?
8. Explain why unity in the body of Christ is described as something to be "guarded" rather than "created."
9. How does an individual's "level of encounter with Jesus" relate to their capacity for unity with others?
10. What is the difference between "selfish ambition" and "godly ambition" in the context of the sermon?

Answer Key

1. The sermon redefines repentance not as merely saying "Lord, I'm sorry," but as a process driven by the Father's overwhelming love. This love draws an individual to a place where they "actually think different about who you are and who he is," leading to a transformed perspective rather than just regret for actions.
2. "Working for identity" implies trying to earn favor or blessings through self-effort to change conduct, based on a belief that one must work to be blessed. In

contrast, "working from identity" means one's conduct naturally flows from the understanding and acceptance of who they already are in Christ, a gift that has been given.

3. The speaker defines an individual's divine calling not as a specific position or role, but as walking in such close relationship with God that they reflect Him in everything. This means being a true reflection of Jesus in the earth, from which all other purposes flow.
4. Everyday relationships are crucial because they serve as the primary arena where a believer's true identity and the transformation into Christ's image are tested and revealed. Without the challenges and interactions of relationships, it would be easy to think one has "arrived" spiritually, but it's in those challenging times that true growth is seen.
5. The sermon states that to the Greeks and Romans, humility was "detestable" and seen as weakness, similar to a common American perspective. However, from a Kingdom perspective, humility is redefined as "strength controlled," a powerful posture that paradoxically enables the flow of God's power.
6. Humility is presented as the essential "posture that allows for God's power to flow through us." The teaching suggests that a lack of visible God's power might be due to a lack of people adopting this humble, meek posture, which contrasts with a cultural drive for independence and dominance.
7. "Dominance" is defined as trying to control everything to conform it to one's own image, leading to bondage. "Dominion," on the other hand, is about releasing the kingdom's influence to conform things to God's image, bringing freedom. Humility is the starting point for releasing dominion.
8. Unity is to be "guarded" because it is a gift and a oneness "that already exists through the word of the spirit through the power of holy spirit," meaning it's not something believers have to create. However, it requires intentional protection and diligence from believers to prevent division, which often stems from their own cooperation with negative influences.
9. The sermon asserts that an individual's "level of experience" or "encounter with Jesus will be shown in your capacity to walk in unity." This is because unity flows from an "overflow" of a continuous, daily life union with Christ. The more unified one is with Jesus, the more unified they will be with others in the body.
10. "Selfish ambition" is described as a desire to advance one's own agenda or to reach the top for personal gain, which harms unity. In contrast, "godly ambition" is a desire placed by God within an individual to accomplish something that specifically advances the kingdom of God, rather than merely personal interests.

Essay Format Questions

1. Discuss how the sermon challenges traditional understandings of God's character and the concept of repentance, emphasizing the role of love over fear. How does this redefinition impact the believer's journey out of guilt and shame?
2. Analyze the central role of "sonship" and "identity in Christ" in the sermon. How does the speaker argue that understanding one's identity is a prerequisite for effective Christian living and the manifestation of God's power?

3. The sermon highlights humility as a critical, yet often misunderstood, virtue. Explain the speaker's redefinition of humility and its connection to both the flow of God's power and the achievement of true unity within the body of Christ.
4. Evaluate the speaker's assertion that unity is a gift that must be "guarded" rather than "created." What practical implications does this distinction have for how believers navigate relationships and contribute to harmony within the church and beyond?
5. Using examples from the sermon, explain how the principles discussed in Ephesians 4-6 (e.g., relational virtues, humility, unity) shift from "head knowledge" to "lived reality." Why does the speaker emphasize that genuine revelation is demonstrated through application in everyday life?

Glossary of Key Terms

- Sonship: The theological concept that believers are not merely servants but are adopted as true sons and daughters of God, inheriting His nature and rights. This identity is emphasized as fundamental to understanding one's true self.
- Repentance (Redefined): Not just feeling sorry for sins, but a transformative process initiated by God's love, leading to a change in perception about oneself and God, resulting in freedom from guilt and shame.
- Identity in Christ: The core belief that a believer's true self and spiritual standing are defined by their union with Jesus, being seen as blameless, holy, favored, and blessed, rather than by personal merit or past failures.
- Working from Identity: Living out one's Christian life and conduct as a natural overflow of who one already is in Christ, as opposed to "working for identity" (trying to earn worth or blessings through self-effort).
- Divine Calling: The primary purpose of a believer, defined not by specific roles or positions, but by an intimate, reflecting relationship with God, manifesting Jesus' character in the world.
- Humility: Redefined as "strength controlled" and the posture that allows God's power to flow through a person. It involves prioritizing Kingdom principles over cultural norms and laying down personal rights for the greater good.
- Dominion: The Kingdom principle of bringing freedom and conforming situations to God's image, achieved through humility, contrasted with "dominance," which seeks to control and conform things to one's own image, leading to bondage.
- Unity: A spiritual oneness among believers that already exists through the Holy Spirit. It is not uniformity (everyone being the same) but the intentional guarding of peace and celebration of differences while walking together in love.
- Head Knowledge vs. Lived Reality: The distinction between merely knowing theological truths intellectually and actively applying them in one's daily life and relationships, which the sermon defines as true "revelation."
- Relational Virtues: Character traits such as tender humility, quiet patience, gentleness, and generous love, which are demonstrated and developed primarily within the context of everyday relationships.
- Selfish Ambition: A personal desire or drive to advance one's own agenda or achieve personal status, which is contrasted with "godly ambition."

- Godly Ambition: A desire placed by God within an individual to achieve something that specifically advances the Kingdom of God, rather than personal interests.
- False Humility: A denial of the good gifts, callings, or abilities God has placed within an individual, often presented as modesty but not acknowledging God's work through them.
- Life Union: A continuous, daily, and intimate relationship with Jesus, emphasized as the source from which believers derive their capacity for unity with others and for living out Christian virtues.