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Ephesians 4:1-3
Walk Worthy
5/19/24

Discussion Questions:

1. Why do you think Paul describes the Christian life as a walk?
2. What does I Samuel 14:6 teach us about our walk?
3. How can we avoid unnecessary humbling? Read I Peter 5:6
4. Could we place too much emphasis on authenticity? How?
5. What hits home or can you put into practice from our study?

Teaching Notes:

We begin ch 4. talking about our Christian walk and our calling.

4:1 I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called,

First, he says **therefore**...always remember the therefore...

Because of all that He has done and who we are, Paul says, “walk worthy of the calling.”

Walk is an important theme in Ephesians.

“Walk” refers to the way we conduct our life in Christ & w/Christ.

Calling is God’s invitation to come to Him and live in Christ.

Worthy: Greek: axios: used with weights and measures...

...Your life is worthy, of suitable weight on the scales.

Big Idea:

Our life’s activity is a right response to our Christian identity.

But, your calling is not just to avoid sin, it is to live for Him.

There is a great story of Jonathan w/his armor bearer...Jonathan wants to go see the enemy camp of Philistines...

I Samuel 14:6 “Let’s go across to the outpost of those pagans,” Jonathan said to his armor bearer. “Perhaps the Lord will help us, for nothing can hinder the Lord. He can win a battle whether he has many warriors or only a few!”

Jonathan knows God, he knows his calling...

...And Jonathan lives in a way that is worthy of those 2 things.

The victory he experiences is a result of...

...walking worthy of his calling.

What does that specifically look like for us?
How then should WE live?

Paul's a great example of how as he writes to them the what...

4:1 I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, 2 with all lowliness and gentleness, with longsuffering, bearing with one another in love, 3 endeavoring to keep the unity of the Spirit in the bond of peace.

Paul identifies again as a "prisoner of the Lord".
He speaks with lowliness & gentleness/meekness...

In your walk...

1. Take the low road.

There are two ways to get to the low road or the humble road.

First, God chooses it for us.

God puts you in a position where you are second...
...and you don't fight to be first, you care for who is first.

The other way to take this road is: we choose it ourselves.
We humble ourselves.

Jesus said, take the lower seat at the table.
We purposely let others go first, we let others talk first, we let others eat first, we let others sit first...
...not so we are last, but so they are first.

Humbling myself means asking for help, owning mistakes, being quick to forgive.

I don't dominate a conversation, but I also don't avoid speaking up because I want to be a blessing to others.

I am quick to listen, but willing to speak up.

My motive is not to be seen taking the lower seat, not so people are impressed by my humility, just because I consider others before myself.

Humility is thinking of God and others before yourself.

But I think "prisoner of the Lord" also speaks of authority.

In your walk...

2. Travel with the authority of authenticity.

Paul's authority doesn't come from his title or him thinking he is better or more important than others.

Paul's authority comes from the authenticity of his life.

In our walk, it is our authenticity that gives us authority.

In our walk we take the low road w/lowliness & gentleness,
we use the authority of authenticity as we travel, and...

3. Wear love.

We must be known for our love because our God is love.

Then he says “endeavoring to keep the unity of the Spirit in the bond of peace.”

In our walk...we take the low road,
we have the authority of authenticity,
we wear love and...

4. The Spirit is our compass.

We keep the unity of the Spirit.
The Holy Spirit has already brought unity.

He doesn't say, keep the peace at all costs.
We don't drop the truth to keep peace.
We hold the truth to keep peace.

The Spirit is the One we look to for peace and unity.

The unity we seek is the unity directed by the Holy Spirit.

Lastly, Paul said, “I beseech you” I beg, I plead w/ you.

As we walk on the low road.
As we carry the authority of authenticity
As we wear love and use the Spirit as our compass...
...we need to remember...

5. Our walk carries weight.

...It is so important that our walk match our talk.

We have an amazing calling in Christ...
...let us purpose to pursue that calling and walk in a way that is worthy