

- I) **V1-6 INTRO: I therefore the prisoner of the Lord beseech you to have a walk worthy**
- II) **In V14-21 of chapter three, Paul prayed for the Ephesian believers
Paul reminded them that God had provided power to believers to live for Him**
- III) **For this reason, he prayed that we would walk in the power of the Spirit
He prayed that we might be abundantly strengthened by His Spirit in the inner man
He prayed we might receive spiritual blessings, lavishly furnished by God
He prayed that Jesus might be at home in our hearts**
- IV) **He prayed that believers would be rooted and grounded in love
This love would be evident to all we know, because it overflows in our lives
When Jesus dwells in our hearts, we actually begin to desire to love and serve others**
- V) **He desired this love of Christ to permeate the entire church
He also prayed that this love would permeate us, individually**
- VI) **He closed his prayer by praying that we might be filled with all the fullness of God
May God's Spirit move powerfully in you, conforming you into His image
May He fill you with Himself completely, so that there is nothing left of the old man**
- VII) **If we are empowered by the Spirit and filled with God's fullness, He will abundantly move
Until this is a deeper reality, His movement in us is not completely experienced
With this in mind, Paul prayed that God would move beyond what we ask or think
Only then will He be completely glorified, and we abundantly experience Him**
- VIII) **As I have mentioned: In the first 3 chapters, Paul set forth the believer's position in Christ
He shared the blessings, promises, and securities that we have as His children**

IX) In these next three chapters he develops the believer's *responsibilities* to Jesus

These responsibilities especially pertain to our daily way of life

X) We are Fellow citizens with the saints and members of the household of God (Eph 2:19)

As such, we have certain responsibilities that God has given to us as His children

XI) This is what Paul begins to outline for us in Ch 4

XII) Paul spent the first three chapters speaking of our position in Christ

WHY: Because *right conduct* springs from *right doctrine*

XIII) What you *believe* determines the way *you live*

I) In the Book of Acts Jesus told His disciples they had a mission He was sending them on

The mission was to preach a life transforming message of *faith in Him*

Ac 1:8 And you shall receive power after the Holy Spirit has come upon you, and you shall *be witnesses* to Me in Jerusalem, Judea, Samaria and to the end of the earth

II) We are His witnesses, which simply means that live out the message that we give

We conduct our lives in such a way that people can tell that we are His disciples

III) As we live in this fallen world, our lives becoming living witnesses of the God we serve

We are examples of love, joy, peace, kindness, goodness, faithfulness, gentleness, and self-control

These are all characteristics of the God that we serve

IV) Our lives are set apart for service to Him, and are marked by holiness

Eph 1:4 He chose us in Him before the foundation of the world, that we should be *holy* and *without blame* before Him in love

1 Pe 1:16 It is written, You shall be holy, *for I am holy*

V) Because we are to be filled with God's Spirit, we are enabled to perform good works

Eph 2:10 For we are His workmanship, created in Christ Jesus for *good works*, which God prepared beforehand that we should walk in them.

- VI) These good works that we perform are evidence that God lives in us
Mt 5:16 Let your light so shine before men that they may see *your good works* and glorify your Father in heaven
- VII) Since the God we serve is loving and gracious, we too live in such a way
1 Jn 2:6 He who says he abides in Him ought himself also to walk just as He walked.
- VIII) *Walking worthy* is a theme repeated throughout scripture
We have been called to a certain kind of walk that has a powerful impact
- IX) Paul repeats this several times in Ephesians and gives insight into how to walk
Eph 5:2 *Walk in love*, as Christ also has loved us and given Himself for us, an offering, and a sacrifice to God for a sweet-smelling aroma.
Eph 5:8 For you were once darkness, but now you are light in the Lord.
Walk as children of light
Eph 5:15 Pay careful attention, then, to how you walk, *not as unwise* but as wise
- X) Paul has carefully outlined who we are in Jesus
He now outlines how, *in light of who we are*, we are live in a dark and fallen world
- I) V1 I therefore *the prisoner of the Lord* (which he had just said in 3:1)
This once again is a reminder that he is not a prisoner of Rome, but of Jesus
- II) This simple statement serves to remind his readers that the worthy walk can be costly
People do not always respect or admire those who reject their philosophy of life
Today, when they disagree with your positions, they might want to cancel you
- III) Jesus made it clear that following Him could be costly
Mt 10:22 You will be hated by all for My name's sake
The way of this world is to praise dead saints and persecute living ones
- IV) At one time Paul had persecuted Christians
Now he himself is a prisoner, and is a good example of the cost of discipleship
He was not asking them to pay a price that he himself would not pay
- V) He begs them: Have a walk *worthy* of the calling with which you were called

**Worthy: In a manner worthy of; appropriate
A holy gospel produces holy lives**

- VI) In this passage, Paul describes a walk that is worthy in five ways
Lowliness, gentleness, longsuffering, bearing with one another and
endeavoring to keep the unity of the Spirit**
- VII) Each of these qualities are necessary to insure unity in the Church
He is emphasizing the need for the church to be one in Christ**
- VIII) This is because Christians at war are bad witnesses to the world we are
supposed to win
Unity in the church is so important that Jesus even prayed for it
Jn 17:20-21 I do not pray for these alone, but also for those who will
believe in Me through their word; that they all may be one, as You, Father, are in Me,
and I in You; that they also may be one in Us, that the world may believe that You sent
Me.**
- IX) Paul made it clear that God intended to take Jew and Gentile and make them
one in Him
Eph 2:14 For He Himself is our peace who has made both one**
- X) We need to live at peace with one another as church family
This demonstrates that Jesus can bring people together, in Him
Gal 5:14-15 For all the law is fulfilled in one word, even in this: "You
shall love your neighbor as yourself." But if you bite and devour one another, beware
lest you be consumed by one another!**
- I) How can we live a life that is worthy of the calling with which we have been
called?
How will a person filled with the love of Jesus treat others? How is love
shown?
FIRST: Walking worthy begins with lowliness (Humility)**
- II) I mentioned this in our study of Mark
To Greeks and Romans, humility was avoided
it spoke of a lack of pride and self-satisfaction
They thought Christians were filled with a pitiable weakness and
unnatural**
- III) Humility is the foundational Christian virtue
Without humility of heart, you could not ever be saved**

IV) A failure to humble ourselves leads to a breaking of fellowship with other believers

It can also lead to the breakup of marriages and friendships

Pr 16:18 Pride goes before destruction, a haughty spirit before a fall.

V) Pride got Satan cast out of heaven and God hates it in man

Pr 11:2 When pride comes, then comes disgrace; but with humility comes wisdom.

VI) Humility enables us to turn the other cheek and to resist the temptation of getting even

1 Co 6:6-7 But brother goes to law against brother, and that before unbelievers! Now therefore, it is already an utter failure for you that you go to law against one another. Why do you not rather accept wrong? Why do you not rather let yourselves be cheated?

VII) SECOND: Love is shown by *gentleness* (kindness in action) a peacemaker

Mild-spirited, strength under restraint: This keeps us from lashing out, striking back

Pr 16:32 He who is slow to anger is better than the mighty; and he who rules his spirit than he who takes a city.

VIII) THIRD: Love is shown through longsuffering, also known as *patience*

Irritation doesn't go away easily

IX) Longsuffering is an *outgrowth* of humility and gentleness

The patient person endures negative circumstances and resists giving in to them

1 Pe 3:8-9 Finally, all of you, live in harmony with one another; be sympathetic, love as brothers, be compassionate and humble. Do not repay evil with evil or insult with insult, but with blessing, because to this you were called so that you may inherit a blessing.

X) FOURTH: Jesus' love flowing in us causes us to bear with (putting up with) one another

It doesn't ignore or justify, but resists pointing out another's faults to others out of spite

I) This kind of love (agape) literally throws a blanket over another person's faults
It is the only kind of love that sacrificially loves unconditionally

II) It is a love that is for our Christian brethren but also extends towards

unbelievers

It is this kind of love that prompts us to pray even for our enemies

1 Co 13:7 Love bears all things

Pr 10:12 Hatred stirs up strife, but love covers all transgressions

III) V3 Endeavoring (being diligent) to keep the unity of the Spirit in the bond of peace

The fruit of these virtues is for us to diligently preserve the unity of the Spirit

This should be the constant concern of every believer

IV) This isn't speaking of the outward unity by being in the same church

It isn't a compromising agreement to not disagree to keep people happy

V) It is speaking of unity of the inner person, unity of hearts

It's this love for one another that keeps us together, even when we disagree

1 Pe 4:8 Love covers a multitude of sins

VI) We are to make it our aim to keep the unity of the Spirit in the bond of peace

It is our responsibility to make an effort to maintain our unity, in Jesus

VII) This is something we do, and sometimes it requires great effort to do so!

This is part of walking worthy of the calling which we have received

Ro 12:17-18 Repay no one evil for evil. Have regard for good things in the sight of all men. If it is possible, as much as depends on you, live peaceably with all men.

VIII) V4-6 There is one body and One Spirit just as you were called in one hope of your calling

There is one body, though meeting in various locations, under various names

Each church shouldn't compete, but live in love and unity towards one another

IX) V4 There is one Spirit, who indwells every born-again believer in Jesus

This includes every Jewish believer, Gentile believer, male and female

He is the One who unifies us all

X) V4 One hope of your calling

The hope of our calling is to be conformed into the image of Jesus and to live in glory

It is our confident expectation to see Him as He is, and be with Him

forever

- XI) **V5 One Lord, one faith, one baptism**
This one body has one Lord Jesus Christ who is our only Savior (Jn 14:6)
- I) **One faith: In Jesus, and not some other prophet**
One baptism: Of the Spirit, into the Body of Christ
- II) **V6 One God and Father of all who is above all and through all and in you all**
It is this one God and Father who is over us all and in every believer
- III) **Because this is true, we are to guard our Unity in Jesus**
The world is hurting, in need of salvation: We are to work together to reach people
- IV) **We are to remember: We are one people, together under One King**
As such, we work together for the glory of God
- V) **This all comes under the banner of walking worthy of the calling with which we are called**