

May 10, 2026 **Study Guide: Walk Worthy**

Epistle to the Ephesians 4:1–16

Welcome & Introduction

In the first half of Ephesians, Paul reminds believers who they are in Christ — chosen, redeemed, forgiven, and made alive by grace. In chapter 4, the letter shifts from identity to action. Because of what Jesus has done, believers are called to “walk worthy” of that calling.

This study explores four major themes from Ephesians 4:1–16:

- The Fulcrum — the turning point from belief to action
 - The First — unity in the body of Christ
 - The Funky — grace gifts given by Jesus
 - The Focus — spiritual maturity in Christ
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Scripture Focus

Epistle to the Ephesians 4:1–16

Discussion Questions

The Fulcrum — Ephesians 4:1

Paul shifts from teaching about salvation to teaching about living faithfully.

Read Ephesians 4:1

Walk in a manner worthy of the calling to which you have been called

1. What does Paul mean by “walk in a manner worthy”?
2. Why is it important that Paul first explains our identity before giving instruction?
3. The sermon described this verse as a “fulcrum” or pivot point. Why is that significant?
4. How does remembering your worth in Christ affect your daily life?
5. Paul uses the word “urge” (parakaleo — to come alongside). How does that shape the tone of his instruction?

Reflection

- Are there areas of your life where your walk does not yet reflect your calling?
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The First — Ephesians 4:2–6

Paul emphasizes unity within the church.

Read Ephesians 4:2–6

1. Which qualities in verse 2 are hardest for you personally: humility, gentleness, patience, or bearing with others in love?
2. Why do you think unity is so important to Paul?
3. What does it mean to be “eager to maintain the unity of the Spirit”?
4. Paul repeatedly uses the word “one.” What does that teach us about God and the church?
5. How can disagreements within the church damage its witness?
6. What practical steps can believers take to preserve unity without compromising truth?

Reflection

- Is there a relationship where God may be calling you toward humility, patience, or reconciliation?
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The Funky — Ephesians 4:7–12

Jesus gives grace and gifts to His people.

Read Ephesians 4:7–12

1. Why is the word “but” in verse 7 important?
2. What does this passage teach about grace?
3. Why do you think Jesus gives spiritual gifts to the church?
4. How do apostles, prophets, evangelists, shepherds, and teachers help build unity?
5. What gifts or abilities has God given you that could strengthen others?
6. Why is it dangerous to try to pursue spiritual growth without depending on God’s grace?

Reflection

- How might God want to use your gifts to serve and strengthen the church?
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The Focus — Ephesians 4:12–16

The goal is maturity in Christ.

Read Ephesians 4:12–16

1. According to this passage, what does spiritual maturity look like?
2. Why does Paul compare spiritual immaturity to children “tossed to and fro”?
3. What does it mean to “speak the truth in love”?
4. Why are both truth and love necessary together?

5. How does the church help believers grow into maturity?
6. Which phrase in this section stands out most to you and why?

Reflection

- In what ways have you grown spiritually over the last year?
 - What is one next step God may be calling you to take toward maturity?
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Application Questions

1. What is one practical way you can “walk worthy” this week?
2. How can you contribute to unity within your church or family?
3. Where do you need more humility or patience?
4. What gift has God given you that you could use more intentionally?
5. How can you better balance truth and love in your relationships?