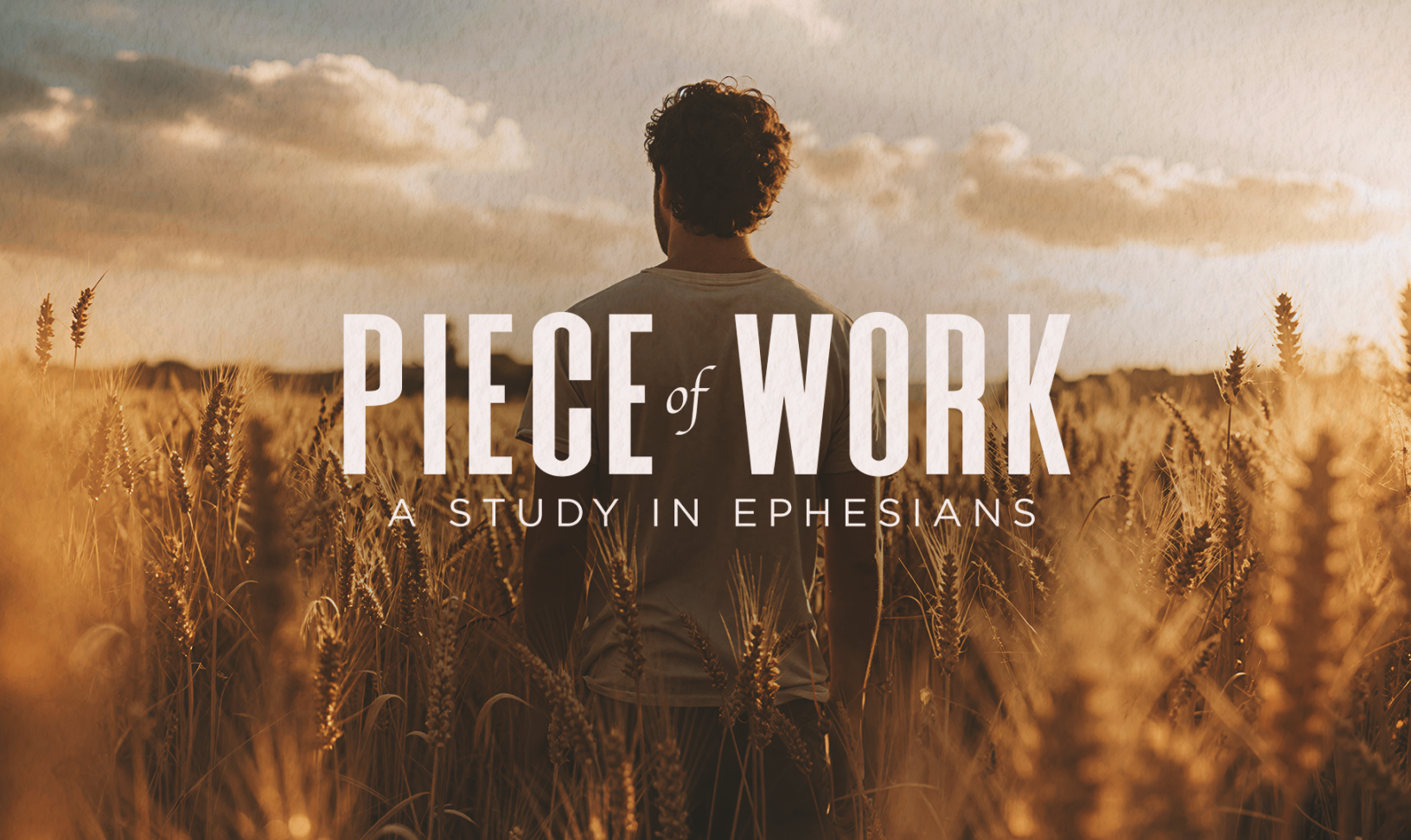




PIECE *of* WORK

A STUDY IN EPHESIANS

WEEK SIX

Walking Worthy

Ephesians 4:1-16

5-DAY DEVOTIONAL • SMALL GROUP GUIDE

Walking Worthy of Your Calling

DAY 1

Remember Who You Were

READING • EPHESIANS 2:1–13

Before we can walk worthy of our calling, we must remember where we came from. Paul commands us to remember that we were once dead in our trespasses, separated from Christ, without hope. But God, being rich in mercy, made us alive together with Christ. This is not a call to shame but to gratitude. When we remember the depth of the pit from which we were rescued, we gain perspective on the magnitude of God's grace. Our transformation wasn't earned—it was given. Today, pause and reflect: who were you before Christ? How has He brought you near by His blood? Let this remembrance fuel your worship and shape your walk. Your past isn't your prison; it's your testimony of God's transforming power.

REFLECTION

Who were you before Christ, and how has He brought you near? How can remembering the pit you were rescued from fuel gratitude and shape the way you walk today?

DAY 2

Unity Begins with Humility

READING • EPHESIANS 4:1–6; PHILIPPIANS 2:1–11

Walking worthy of our calling begins with how we treat one another. Paul lists four attitudes that protect unity: humility, gentleness, patience, and bearing with one another in love. Notice humility comes first—it's the foundation. Pride destroys churches, marriages, and friendships, but humility says, "It's not about me; it's about Jesus." Christ demonstrated ultimate humility by descending from heaven to die on a cross. If the Son of God could humble Himself, who are we to demand our own way? Unity isn't the absence of differences; it's choosing to love despite them. Today, examine your heart: are you protecting unity or damaging it? Is there someone you need to forgive, someone you need to reconcile with? Remember, unity is God-created but believer-preserved.

REFLECTION

Where is pride quietly threatening unity in your relationships? Is there someone you need to forgive or take a step toward reconciling with this week?

DAY 3

Gifted to Serve, Not to Sit

READING · EPHESIANS 4:7–12; 1 CORINTHIANS 12:12–27

God didn't save you just to occupy a seat—He saved you to serve in His body. Every believer has been given grace and gifted by Christ for ministry. Your gifts aren't toys to play with; they're tools to build with. The body of Christ functions best when every member contributes. Think about your physical body: when one part stops working, the entire body compensates and suffers. The same is true spiritually. When you don't serve, the church feels it. You may not be a pastor or leader with a microphone, but you can encourage, pray, give, invite, or love people well. Today, ask yourself: am I serving or spectating? What gifts has God given me? How can I use them to build up the body of Christ? Don't wait for the perfect opportunity—find your place and step into it.

REFLECTION

Am I serving or spectating? What gift has God given you, and where could you step in to build up the body this week?

DAY 4

Growing Up in Christ

READING · EPHESIANS 4:13–16; HEBREWS 5:11–14

Spiritual maturity isn't measured by how long you've been saved but by how much you look like Jesus. Paul warns against remaining spiritually immature—like children tossed back and forth by every wind of teaching. Mature believers are anchored in truth, rooted in love, and growing in Christlikeness. They think, love, forgive, serve, and respond like Jesus. The goal isn't just knowing more Bible verses or attending more services; it's transformation. God is still working on you, shaping you, growing you into the image of His Son. Today, honestly assess your spiritual growth: are you more patient than last year? Do you love people more deeply? Are you quicker to forgive? If not, it's time to grow up. Healthy things grow, and growing believers help others grow too.

REFLECTION

Are you more patient, loving, and quick to forgive than you were a year ago? What is one area where God is inviting you to grow up into Christ?

Your Walk Is Your Response

READING · EPHESIANS 4:1–3; JAMES 2:14–26

Your walk as a Christian is your response to God's work in your life. You don't walk worthy to get saved; you walk worthy because you've been saved. You don't obey to earn God's favor; you obey because you've already received it in Christ. Everything Paul commands in chapters 4–6 is built on the foundation of chapters 1–3—who you are in Christ and what He has done for you. Your conduct should match your calling. The world is watching how Christians walk. Does your life bring glory to God or confusion to the gospel? Today, let this question settle in your heart: if all that God has done for me is true, does my walk reflect my calling? Ask the Holy Spirit to show you areas where your walk doesn't match your identity in Christ. Then respond—not in guilt, but in grateful obedience to the One who called you out of darkness into His marvelous light.

REFLECTION

If all God has done for you is true, does your walk reflect your calling? Where is the Holy Spirit inviting your conduct to catch up with your identity in Christ?

CLOSING PRAYER

Father, thank You for the grace that made me alive when I was dead in sin. Help me walk worthy of the calling You've given me—in humility and unity with others, in faithful service with the gifts You've entrusted to me, and in growing maturity that looks more like Jesus. Let my walk be my grateful response to Your work. In Jesus' name, Amen.

Walking Worthy

OPENING PRAYER & ICE BREAKER

Begin your time together by asking God to open hearts and minds to His Word, and to help each person honestly examine their walk with Christ.

Ice Breaker: Share one area of your life where you've seen God transform you since becoming a Christian. How is your “walk” different than it used to be?

SERMON OVERVIEW

Ephesians pivots here. Chapters 1–3 tell us who we are in Christ and what He's done for us; chapters 4–6 tell us how to live because of it. Our walk is simply our response to God's work in us. To “walk worthy” is to let our conduct match our calling—living out the transformation Christ has made, not to earn salvation but in response to it. Paul gives three ways to do it: walk in unity (vv. 1–6), walk in ministry (vv. 7–12), and walk in maturity (vv. 13–16).

KEY SCRIPTURE · EPHESIANS 4:1–3

I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace.

DISCUSSION QUESTIONS

Part 1 · Understanding the Foundation

- 1 Why do you think Paul spent three chapters on doctrine before giving practical instructions? How does understanding who we are in Christ affect how we live?
- 2 Read Ephesians 4:1. What does it mean to “walk in a manner worthy of the calling”? Why does Paul use the word “worthy”—the idea of equal weight, balancing the scales?

- 3 “Your walk is simply your response to His work.” How does this change your perspective on Christian living compared to trying to earn God's favor?

Part 2 · Walking in Unity (vv. 1–6)

- 1 Review the four attitudes that protect unity—humility (Christ first, others second, self last), gentleness (strength under control), patience (endurance when things don't go our way), and bearing with one another in love. Which of these four is most challenging for you personally? Why?
- 2 Paul says to “maintain” unity, not create it. What does this tell us about unity in the church? How is this different from uniformity?
- 3 Honest moment: is there someone you need to reconcile with? What step can you take this week toward unity with that person?
- 4 How does pride destroy unity in relationships, churches, and families? Share an example (without naming names) of how humility brought healing to a broken relationship.

Part 3 · Walking in Ministry (vv. 7–12)

- 1 Read Ephesians 4:11–12. According to these verses, whose job is it to do “the work of ministry”? How does this challenge the common view that ministry is just the pastor's job?
- 2 “Every believer is gifted in some way, and every believer is called to ministry.” Do you believe you have been gifted by God? If so, how? If you're unsure, what steps can you take to discover your gifts?
- 3 What's the difference between natural abilities and spiritual gifts? How can both be used to serve God and others?
- 4 Are you currently serving or spectating? What's one practical way you could use your gifts to serve the body of Christ this month?
- 5 According to verse 12, gifts are given to equip the saints, to do the work of ministry, and to build up the body of Christ. How does understanding these three purposes change how you view serving?

Part 4 · Walking in Maturity (vv. 13–16)

- 1 What is the goal of spiritual maturity according to verse 13? (Hint: it's not just knowing more Bible verses or attending more services.)
- 2 Read verse 14. What are the dangers of remaining spiritually immature? How have you seen people “tossed to and fro” by every new teaching or trend?
- 3 The message asked, “Are we being disciplined more by social media or by Scripture?” How would you honestly answer that for yourself? What needs to change?
- 4 “Truth without love can become harsh. Love without truth becomes compromise.” Why is it important to hold both together? Give an example of what this looks like practically.
- 5 Self-assessment: Are you more patient than a year ago? Do you know more of God's Word? Do you love people more? Are you quicker to forgive? Do you look more like Jesus today than yesterday? Choose one and share your honest answer with the group.

KEY TAKEAWAYS

- ✓ **Your walk is your response** — you don't obey to be saved; you obey because you already are.
- ✓ **Walk in unity** — protected by humility, gentleness, patience, and bearing with one another in love.
- ✓ **Walk in ministry** — every believer is gifted and called to serve, not just to sit.
- ✓ **Walk in maturity** — grow up into Christ, anchored in truth and rooted in love.
- ✓ **God didn't save you to sit** — He saved you to serve.

THIS WEEK'S CHALLENGE

Choose ONE area to focus on this week:

Option 1 Unity

Reach out to someone you need to reconcile with, or someone you've had tension with, and take one step toward healing that relationship.

Option 2 Ministry

Identify one spiritual gift you have (or think you might have) and find one way to use it to serve someone this week.

Option 3 Maturity

Pick one specific way you want to become more like Jesus and make a practical plan to grow—for example, if it's patience, pause and pray before responding when frustrated.

ACCOUNTABILITY QUESTIONS

- Share with the group which area you're choosing to focus on.
- Exchange contact information with one other person to check in mid-week.
- Be prepared to share next week how God worked through your obedience.

CLOSING PRAYER POINTS

- Thank God for the calling He has placed on each person's life.
- Ask for His help to walk in unity with other believers.
- Pray for courage to step into ministry and use spiritual gifts.
- Ask for His strength to grow in maturity and Christlikeness.
- Commit to being doers of the Word, not just hearers.

LEADER NOTES

- Some may be wrestling with broken relationships—keep the group a safe, judgment-free space.
- Be willing to share your own walk honestly; vulnerability invites vulnerability.
- Don't rush—it's better to go deep on fewer questions than to cover them all superficially.
- Move people toward one concrete step, not just good discussion.
- End on grace—walking worthy is a response to what Christ has done, never a way to earn it.

FOR FURTHER STUDY

- Read the rest of Ephesians 4 (vv. 17–32) for more of how Paul describes our walk.
- Study 1 Corinthians 12–14 for more on spiritual gifts.
- Memorize Ephesians 4:1–3 this week.



If someone observed your life this week, would they be able to tell you've been called by God?

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