

Passage: Ephesians 4:1-6

Title: How Then Should We Walk

Summary: So after three chapters of doctrine, we come to three chapters of duty, of doing, of walking; it comes to the question, "Then How Should We Walk?", and so we start with that today, and once again a rich Word from the Lord for all of us today. A Word, that if taken to heart, will change your heart, will bring you a peace and a power in your life that is exceedingly abundantly above all that we could ask or think. This passage literally could change you whole marriage today if you will choose to walk in accordance to what the Lord calls of you today, it will surely change your relationships with not just some people, but every person you have a relationship with

Overview/Outline of the Book of Ephesians

We continue on our great adventure as we begin this study through the Book of Ephesians, chapter-by-chapter, verse-by-verse, and sometimes word-by-word. This Book takes us into breathtaking views of the greatest Christian doctrines and promises, and why it has been heralded the Swiss Alps of the New Testament.

The Book of Ephesians has a prebuilt outline to it:

- Doctrine (chapters 1-3)
- Duty (chapter 4-6)

Doctrine - is, "who is God", "what has He done for us", and "what does He think of us".

Duty - is "what does He want us to do", and "what can I ask of Him to do it (for He doesn't ask us to do anything that He will not help us, empower us, to accomplish it". Along with that will come, "what we need to be on guard of".

****We have to know who were re in Christ, the security of our position in Him, before we can walk victoriously, and battle spiritually. ****

Regarding that, Ephesians has a most interesting and wonderful order to it in verb tenses such as, seated, walking, and being steadfast.

- Chapter 2 – We are "Seated" with Christ in heaven
- Chapter 4 – We are called to "Walk" worthy of the calling
- Chapter 6 – We are called to "Stand" against the enemy and his ways.

*Ephesians 2:6-7 (NKJV)*⁶ and raised us up together, and made us sit together in the heavenly places in Christ Jesus, ⁷ that in the ages to come He might show the exceeding riches of His grace in His kindness toward us in Christ Jesus.

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

*Ephesians 6:14 (NKJV)*¹⁴ Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness,

Doctrine & Duty - This outline is nothing new to us, as every time we open this Bible here at CCAAC, we always ask these same 5 question. And..... apply what we learn, and what the Lord speaks to our heart as we study this treasure....

Title

So after three chapters of doctrine, we come to three chapters of duty, of doing, of walking; it comes to the question, "Then How Should We Walk?", and so we start with that today, and once again a rich Word from the Lord for all of us today. A Word, that if taken to heart, will change your heart, will bring you a peace and a power in your life that is exceedingly abundantly above all that we could ask or think. This passage literally could change you whole marriage today if you will chose to walk in accordance to what the Lord calls of you today, it will surely change your relationships with not just some people, but every person you have a relationship with..... Yes, I am not just preaching, I am declaring, from experience of doing and watching, this passage can and will change your life today, if you will receive it.

*Ephesians 3:20–21 (NKJV)*²⁰ Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us,²¹ to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen.

Today's Passage

Ephesians 4:1–6 (NKJV) 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. ⁴ *There is* one body and one Spirit, just as you were called in one hope of your calling; ⁵ one Lord, one faith, one baptism; ⁶ one God and Father of all, who *is* above all, and through all, and in you all.

Outline: Ephesians 4:1-6 (How Then Should We Walk):

- Your Identity & Calling – Know It (4:1)
- Walk Worthy – Balance the Scales of Profession and Practice (4:1)
- Walk with Lowliness – How do You enter the Room (4:2)
- Walk with Gentleness – A Bruised Reed We Shall Not Break (4:2)
- Walk with Longsuffering – Give God Time to Work (4:2)
- Walk Bearing with One Another in Love – Do I Really Love that Person (4:2)
- Walk in Unity and Peace – The Walk is a Continual Action (4:3)
- Walk in One – The Number for Christianity is Easy, it is One (4:4-6)

Let's Not Get Fancy

So “let's pray”, and let's get into this word today, and let's not complicate it, may I not be fancy, let's just take the words for what they say, and then let's learn them, and then leave here and live them!

The Word of God in Our Hand Today

The Word of God is Living and Powerful, and is ready, and will do a mighty work in our lives.

*Hebrews 4:12 (NKJV)*¹² For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.

In Every Study

- Who Is God? (How Great is He?)
- What Does He Think of Me? (How Wonderful Are His Thoughts Towards Me?)
- What Does He Want Me to Do?
- What Can I Boldly Request of Him?
- What Do I Need to Be on Guard of When I Leave Here Today?

Boldly come to the throne of grace, ask God to reveal Himself in a mighty way to you, and to do I might work in you, and through you.

*Hebrews 4:16 (NKJV)*¹⁶ Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

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

Your Identity & Calling – Know It (4:1)

Verse 1 - I, therefore, the prisoner of the Lord

Paul a Prisoner – Who Controls Your Situation

Verse one it says, a prisoner of Jesus Christ, not of Rome and as we say, who controls your situation will determine how much your situation controls you. Paul's imprisonment doesn't control or bind him. He repeats this from chapter three verse one, he repeats this for us to be reminded where he is as he writes this, and yet where he is, is in prison and he's been there for about two years. And it's important that it's reminded to us because it's always easy to say, that's easy for you to say, just look at your life, it's perfect. It's easy to

preach when the sun is shining, and the flowers are blooming. But how about when storm clouds are forming, the future is uncertain, the present is painful?

Paul wasn't just removing excuses for anyone who would say, I can't do all these things because the past never forgets me no matter how hard I may try, my present is painful, and my future is uncertain. And based on the present, I don't see clear skies anytime soon.

But Paul, is not just removing excuses, but making a proclamation. You won't walk, you won't run, you won't even stand if you allow present or past pain and struggles to control and bind you. The situation controls you, not who you yield to controlling the situation.

Never a Slave Again

Verse one, John 8:32, 36, for who the Son sets free is free indeed. If you're a prisoner of Jesus Christ, you'll never be a prisoner to anyone or anything ever again, just as Paul.

John 8:32 (NKJV) ³² And you shall know the truth, and the truth shall make you free."

John 8:36 (NKJV) ³⁶ Therefore if the Son makes you free, you shall be free indeed.

Press On – Leave Past Behind You

Paul will say, "I put the past behind me and I pressed forward to the high calling that the Lord has for me."

Philippians 3:12–14 (NKJV) ¹² Not that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me. ¹³ Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, ¹⁴ I press toward the goal for the prize of the upward call of God in Christ Jesus.

There are some of you here today where you have your time of walking, then even running, filled with power and all the things that come with it. But eventually and inevitably you always find yourself with your feet knocked out from under you, lying flat, faced down. Not in prayer, but in that gut punch of the past putting you down. And you were out for days, weeks, months, some people even years. And Paul gives us the word, I've got to put the past behind me. I need to put eyes forward, fixed target. Having the high calling. And I want you to settle that today, right now. I'm going to put this past behind me that keeps dogging me. And I'm going to fix eyes forward. And I'm going to live with eyes on heaven, not eyes on me, eyes on Jesus, not eyes on my past, but eyes on my future. I want you to leave here with power today, freed. Paul's going to give us some heart penetrating words how to help us do that. But I also want to say, "Look, I understand some of your pain is pain that will only be healed when you see Jesus face to face." But I believe the Lord would be speaking to you too. He knows your pain, but like Jacob, he'll say, "Get up." If you're not walking strongly, it's still okay to be walking with a limp. And you might never sprint, but you can still have forward motion.

2 Keys to Walking (Our Identity & Our Calling)

But in our passage, it begins with, walk worthy. Paul gives us two keys to walking. And one of them is who we are in Christ. And the other is the calling that we have in Christ. So two powerful keys for walking is who we are and the calling we have.

Our Identity

Paul has just developed three chapters, let me just give you a bulletized list (of just a few) and I pray it washes over you of who we are, what he thinks of us.

Ephesians 1:4 (NKJV) ⁴ just as He **chose us** in Him before the foundation of the world, that we should be **holy and without blame before Him in love,**

Ephesians 1:5 (NKJV) ⁵ having **predestined us to adoption as sons** by Jesus Christ to Himself, according to the good pleasure of His will,

Ephesians 1:6 (NKJV) ⁶ to the praise of the glory of His grace, by which He made us **accepted in the Beloved.**

Ephesians 1:13 (NKJV) ¹³ In Him you also **trusted,** after you heard the word of truth, the gospel of your salvation; in whom also, having believed, you were **sealed with the Holy Spirit of promise,**

Ephesians 2:1 (NKJV) ¹ And you **He made alive,** who were dead in trespasses and sins,

Ephesians 2:6 (NKJV) ⁶ and **raised us up together, and made us** sit together in the heavenly *places* in Christ Jesus,

Ephesians 2:8 (NKJV) ⁸ For **by grace you have been saved** through faith, and that not of yourselves; *it is the gift of God,*

Ephesians 2:10 (NKJV) ¹⁰ For we are [His workmanship](#), created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.

Ephesians 2:13 (NKJV) ¹³ But now in Christ Jesus you who once were far off have been [brought near](#) by the blood of Christ.

Ephesians 3:6 (NKJV) ⁶ that the Gentiles should be [fellow heirs](#), of the same body, and partakers of His promise in Christ through the gospel,

Our Calling / Do You Realize You Have a Calling?

And now secondly, let's take a look. He says our calling. Do you know every one of us has a calling? Every one of us in this room has a calling. And he's going to start talking about that calling. And so I ask you, do you realize you have a calling? Do you believe that you have a calling? And how much do you desire the calling? And here's what I promise you about your calling. It's coupled with the unsearchable riches of Christ. It is deeper, wider, higher, longer than anything you can imagine. And that is what the Lord is calling to you. Come receive it. Too often we think the "calling" is called to be a pastor, a missionary, etc, etc, but it is way beyond that..... it is the calling to walk with the Lord, to walk worthy, every day, in every situation, to live out the principals the Lord lays out for us, as believers of the Lord Jesus Christ.

[Ephesians 3:8 \(NKJV\)](#) ⁸ *To me, who am less than the least of all the saints, this grace was given, that I should preach among the Gentiles the unsearchable riches of Christ,*

Walk Worthy – Balance the Scales of Profession and Practice (4:1)

Verse 1 - beseech you to walk worthy of the calling with which you were called,

Balance the Scales (Profession & Practice)

Verse one, the word worthy was used with weights and scales and it meant bringing up the other beam of the scales or bringing into equilibrium the scales. It carries the idea of one thing being equivalent of another thing. In other words, a Christian's practice should weigh as much as or be equivalent to his profession.

How Walk? By Walking Out Your Calling

Verse one, walk worthy. How do I walk worthy? Second part answers, by walking out your calling, trusting God has given you the calling, that's how we walk worthy and that's really not very complicated. Now is it?

Ephesians 4:2 with all lowliness and gentleness, with longsuffering, bearing with one another in love, Ephesians 4:3 endeavoring to keep the unity of the Spirit in the bond of peace.

Now Interesting Doesn't Start with Evangelism & Soul Winning

Verse two and three. It's interesting that this doesn't start out with the call to evangelism, even though all the people who are perishing nor does it start out with missions, but then again who will tell the whole world, nor does it start out about church planting or choosing pastors and elders and the likes. But it starts out with these words, lowliness and humility and unity and you see for the reason is the world wants love, look at all the books, movies, songs. We even have a day set aside for so-called love called Valentine's Day. Do you know how many movies have been made about love? How many books have been written? How many songs have been sung and how many cards have been sent? The world is looking for love.

- Songs written about love – estimated 100 million
- Valentine Cards per Year – estimated 1 billion
- Total Spending on Valentine each year – 18 billion dollars (2 billion is on chocolate – that's not a bad thing)
- 51 million Americans read Romance Novels per year – 93% of them were woman

Stores are loaded with flowers for people to express their love. Go into any grocery store and there they are, flowers and cards and candies as a way to express love because the world wants to express love. On a side note, I can't help myself when I am at the store and I see a man buying flowers, I always walk past him and I look at him as I go past him and I say to him, so what did you do? And we always get a laugh together when that happens.

World Doesn't Know What Love Is

John 13:35 says, that they will know that you are my disciples by your love, one for another. The world truly doesn't know what love is. Look at the world's attempt to describe it through the arts, through social media, through political parties, through entertainment. They literally have no clarity on what love is and the reason is because love is only defined and intended by how God has defined it and created it.

[John 13:34–35 \(NKJV\)](#) ³⁴ A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. ³⁵ By this all will know that you are My disciples, if you have love for one another."

1 John 4:8 God is love; therefore, He is the author of love, the definer and the source of love. He gives definition of love, expression of love by three means. One is through Himself and that is no greater love Has He than to lay down His life and that God so loved the world that He gave His only begotten son. There is how God expresses love. Secondly, He expresses His love through the disciples. He says, by this the world will know your descent, you're my disciples by your love, one for another. And thirdly, He expresses love and defines it and gives a definition to the world through His definition of marriage that we see in the scriptures.

[1 John 4:8–11 \(NKJV\)](#) ⁸ He who does not love does not know God, for God is love. ⁹ In this the love of God was manifested toward us, that God has sent His only begotten Son into the world, that we might live through Him. ¹⁰ In this is love, not that we loved God, but that He loved us and sent His Son to be the propitiation for our sins. ¹¹ Beloved, if God so loved us, we also ought to love one another.

[John 3:16–17 \(NKJV\)](#) ¹⁶ For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. ¹⁷ For God did not send His Son into the world to condemn the world, but that the world through Him might be saved.

World Will See Definition of Love (Vertically and Horizontally)

People will know what true love is by

- looking vertically at Jesus Christ and Him crucified
- and then people will know what true love is horizontal by looking at the church, loving one another and looking at marriages, loving one another as God is, Jesus is the husband and the church is the bride.

That's why He's starting with unity among the body first, not evangelism, missions and the likes because the people, when they see true love among the church family, they will desire it and believe it is real. Remember if prayer point three of last week, it says to know, and that is to know by experience beyond just knowledge. When people experience God's love, they can take the intangible and it becomes tangible. And when the world sees that love is something that is in the church, then it becomes something tangible.

[Ephesians 3:19 \(NKJV\)](#) ¹⁹ to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God.

Do You See Your Vital Role is this Vital Calling?

Do you see where you are in His picture to this word that is before us? Are you feeling a responsibility? Are you sensing the calling of how important it is for you to have love that is clearly seen and demonstrated in your marriages and here in your church, among your fellow brothers and sisters?

Walk with Lowliness – How do You enter the Room (4:2)

Verse 2 - with all lowliness

A Despised Word in it's Culture

This word lowliness, in the Greek society, Roman society was a despised word because no one ever wanted to be lowly or beneath anybody. And that mindset is still today unfortunately, many people, they're despised by the thought of being lowly to anyone because our society is to lift up and to stand up and to be above all and to actually come in. Lowliness is contrary to our society and hence why so many people still bring in their problems into their relationships or into their church fellowship. And why there's so much disunity is because of that struggle of the mindset, that lowliness is a despised word and place to be in this society that we live.

Christian – How do You Enter a Room

I have a question for you, and that is, how do you enter a room? When you enter a room do you say here I am, or do you say there you are? When you are in conflict, tension with another person, maybe your wife, maybe a parent, maybe a sibling, maybe a classmate or teammate, maybe a brother or sister in the Lord..... how do you “enter the room” if you will, how do you show up for that face-to-face with them? Is it lowly, or is it risen up, puffed up, aggressive, or is it lowly, is it like a lamb?

Walk Lowly – Where are You on Progression Chart

Verse two says, walk in lowliness and that's back to the progression. Where are you on that progression that we studied last week? Now, who was that person this past week or this week that you see coming up where you feel that you may be above them or were you lowly and below them. How you see them, how you see yourself, will surely determine how you enter the room.

- Least of the apostles – (1 Corinthians 15:9) written around 56AD.
- Least of the saints – (Ephesians 3:8) written around 60AD.
- Chief of sinners – (1 Timothy 1:15) written around 62-63AD.

(1 Corinthians 15:9 NKJV) For I am the least of the apostles, who am not worthy to be called an apostle, because I persecuted the church of God.

(1 Timothy 1:15 NKJV) This is a faithful saying and worthy of all acceptance, that Christ Jesus came into the world to save sinners, of whom I am chief.

Ephesians 2:8–10 (NKJV) ⁸ For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, ⁹ not of works, lest anyone should boast. ¹⁰ For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.

Jesus Rides in on Donkey / How do You Enter a Situation?

We see Jesus, you talk about a lowliness, He comes riding in on a donkey. There is a picture of lowliness, He didn't come in on the stallion, He didn't come in fire and power and really the way you come in will set the tone from there. Jesus rode in on a donkey, on a stallion and imagine the difference of Him on a stallion. So too, when we come into the room, whatever that situation may be, coming in either on a donkey or a stallion, will set the tone from then on.

Zechariah 9:9 (NKJV) ⁹ “Rejoice greatly, O daughter of Zion! Shout, O daughter of Jerusalem! Behold, your King is coming to you; He is just and having salvation, Lowly and riding on a donkey, A colt, the foal of a donkey.

Matthew 21:6–8 (NKJV) ⁶ So the disciples went and did as Jesus commanded them. ⁷ They brought the donkey and the colt, laid their clothes on them, and set Him on them. ⁸ And a very great multitude spread their clothes on the road; others cut down branches from the trees and spread them on the road.

Paul Comes in Lowly with Chains

Verse one, beseech he pleads, although he has an apostolic authority to charge us with what to do. He pleads, hey, he's still an apostle even if he was number 12 on the list, but he beseeches, and he pleads because his context here's lowliness. And he's coming in lowliness that we might see the example of lowliness. Paul comes in with chains and says be lowly.

(1 Corinthians 15:9 NKJV) For I am the least of the apostles, who am not worthy to be called an apostle, because I persecuted the church of God.

Walk with Gentleness – A Bruised Reed We Shall Not Break (4:2)

Verse 2 - with all gentleness

A Bruised Reed He Will not Break

And it says, to walk in gentleness, gentle. Our calling with our spouse, our kids, our sibling, our fellowship, our calling is gentle handling. We're told in the scriptures this bruised reed, he will not break nor smoldering flax He will not extinguish. Jesus comes gentle and imagine we are treating each other in such a gentle way. My touch and handling is so gentle with that person that a bruise reed would still be standing. My speech is so gentle that a smoldering wick would not be extinguished. Oh some people talk with such force, the wind from the force of their voice and breath could extinguish a campfire. When we talk to others, and if they were

smoldering ready to be quenched, would our voice be the final breath that extinguishes them? Or, if you ever have you know, a smoldering wick can be brought back to flame, but it is not easy, you have to cup the wick, breath so slightly over the smoldering wick, and you have to be gentle, oh so gentle, but if you are you can have the candle burning again with a radiant flame. This is the calling that is for us.

[Matthew 12:20 \(NKJV\)](#) ²⁰ *A bruised reed He will not break, And smoking flax He will not quench, Till He sends forth justice to victory;*

Imagine Coming into the Situation Lowly and Gentle

Imagine husbands, wives coming into an argument lowly and gentle, how quick or reconciliation restoration would come as compared to riding into your disagreement on a stallion with a sword strapped to your side. Coming in lowly and treating them as the Lord's anointed like David did to Saul, coming in lowly and treating them as God's gift as David did to Saul. Imagine how that would change the conflict resolution in our home. People coming in lowly.

[1 Samuel 24:4-6 \(NKJV\)](#) ⁴ *Then the men of David said to him, "This is the day of which the LORD said to you, 'Behold, I will deliver your enemy into your hand, that you may do to him as it seems good to you.' "* ⁵ *And David arose and secretly cut off a corner of Saul's robe. ⁶ Now it happened afterward that David's heart troubled him because he had cut Saul's robe. ⁶ And he said to his men, "The LORD forbid that I should do this thing to my master, the LORD's anointed, to stretch out my hand against him, seeing he is the anointed of the LORD."*

Walk with Longsuffering – Give God Time to Work (4:2)

Verse 2 - with all longsuffering

Not How Much You can Endure – How Much You Can Love

Verse two says, walk with long suffering. Now as Richard Wurmbrand who spent 14 years in that brutal Romanian prison, beaten, senseless every day, he would still say, [it's not how much you can endure, it's how much you can love](#). And he would love his captors even as they beat him. He did more than adored, he loved.

Long Suffering Gives God Time to Work

And that's our calling, to not just endure, but to love with long suffering. And what comes with long suffering and why God calls it to be long suffering is because there is time needed for God to work on them. What comes with short suffering is God's not given the time to change them. What comes with long suffering is time for God to change their heart and your heart too, short suffering, it's not enough time for God to change your heart towards that person, but through long suffering as you continue to pray for them, God starts to change your heart. And I take it back to those four prayers from chapter three of the strengthening the inner man and that Christ may feel at home in their heart. That the person may experience the love of God and the person may be filled with the fullness of God. As you pray for these four things, you'll find your heart being changed for that person. As God says he'll do exceedingly and abundantly above all that we can ask. One of those things is he's changing your heart, but if you go short suffering, there's never enough time for God to change their heart and your heart.

- **Outline Ephesians 3:14-21:**
 - Paul Bows His Knee to the Father in Prayer (3:14)
 - We Should Ask because we Have the Father's Family Name (3:15)
 - Prayer Request #1 – That the Inner Man may be Strengthened with Power (3:16)
 - Prayer Request #2 – That Christ Would be at Home in Our Heart (3:17)
 - Prayer Request #3 – That We Would Experience His Love (3:17-19)
 - Prayer Request #4 - - That We Would be Filled with the Fullness of God (3:19)
 - We Should Ask because there is Unsearchable Power Available to Us (3:20)
 - We Should Ask because the Revelation of His Glory to Us has No End (3:21)

As You Pray for them to Change – You Are First

And by the way, it's amazing and anyone can tell you who has experienced it, how your heart is exchanged, how it is changed when you find these four things happening in you.

- The inner man is strengthened because God's flowing through you,
- God is at home, God will reveal things about you as you're praying for them and as your heart is praying for them your heart is changed because you are in intimate prayer with Him. You will say,

Lord, please fix and change this thing in me. As we talk about the speck in the eye and the beam, we start seeing the beams in our eyes and we say, Lord, these things got to go.

- And thirdly, we experience His love because prayer is a place that we become one with Christ. We're told in Philippians, give us the mind of Christ. Let this mind be in you and as you are praying that they would experience your love, you're experiencing God's loving mind and all the power behind that.
- And then we pray about the fullness of God and that's what happens to us because we are in His presence in prayer.

So as we pray for others and especially in the need to be long suffering, here's the power. It's us who starts to be changed if we pray these things as we studied last week, try it. See what happens in your relationships. Try and see what happens to the people that grind you and annoy you and watch what God does. It's marvelous, it's wonderful.

Philippians 2:5-8 (NKJV) ⁵ Let this mind be in you which was also in Christ Jesus, ⁶ who, being in the form of God, did not consider it robbery to be equal with God, ⁷ but made Himself of no reputation, taking the form of a bondservant, and coming in the likeness of men. ⁸ And being found in appearance as a man, He humbled Himself and became obedient to the point of death, even the death of the cross.

Walk Bearing with One Another in Love – Do I Really Love that Person (4:2)

Verse 2 - with all bearing with one another in love

Do I Actually Love Them – or Am Simply Enduring Them

And it says, walk bearing with one another in love. And again, as Wurmbbrand said, it's not how much we endure, but it's how much we love every person when we see them as the least of the saints or the chief of sinners and we start having our hearts move to them. We have to ask yourself, are we bearing with one another in love? Do I have love for this person? And then I asked, Lord, if not, give me your love for them. But there's a simple diagnostic question, do I actually love this person? If not, I would challenge you pray for them for seven days, the chapter three prayer and see what happens. Because you know what? You can be lowly, you can be gentle and you can be long suffering. You can do some of those things in your flesh, but that doesn't mean that you love them or are loving them.

How Should You Bear – As Long as You Want the Lord to Bear You

Verse three, often I get asked, how much am I to bear? Where is the limit? To which I simply say, whatever the limit you asked the Lord to be patient with you, then that is the limit that you can put on that person.

2 Peter 3:8-9 (NKJV) ⁸ But, beloved, do not forget this one thing, that with the Lord one day is as a thousand years, and a thousand years as one day. ⁹ The Lord is not slack concerning His promise, as some count slackness, but is longsuffering toward us, not willing that any should perish but that all should come to repentance.

Walk in Unity and Peace – The Walk is a Continual Action (4:3)

Verse 3 - endeavoring to keep the unity of the Spirit in the bond of peace.

Endeavoring

Endeavoring means, to give diligence, to labor, study, be forward, make haste! Unity is not just going to happen, it will take a focused labor, and you can be sure it will come with war from the devil who hates to see the believers in unity with each other.

Psalms 133:1-3 (NKJV) ¹ Behold, how good and how pleasant it is For brethren to dwell together in unity! ² It is like the precious oil upon the head, Running down on the beard, The beard of Aaron, Running down on the edge of his garments. ³ It is like the dew of Hermon, Descending upon the mountains of Zion; For there the LORD commanded the blessing— Life forevermore.

Verb Tense - Continually

Verse three, the verb tense is in the present tense, meaning we must constantly work on this. This is something that needs to be continually practiced and reminded of.

The Absence of Verses 1-2 = Absence of Unity

Verse three, absence of lowliness, gentleness, long suffering, bearing with one another will jeopardize Christian unity. It's very clear and easy to see that. Take away these things and unity is very limited and doubtful to happen.

Sometimes Have to Discipline / How? Lowly and Gentle

Endeavor. Sometimes discipline is needed. We see that in Matthew 19 but when having it and having to do it, it needs to be done just as it's called here in our calling with lowliness and gentleness and bearing with love. Meekness means power under control and there's nothing more powerful than truth

You Have to Lead Your Heart – According to Word – Not Emotions

You have to lead your heart, your heart can't lead you. The heart can be deceitful and desperately wicked. You have to take the Word of God, and tell your heart and emotions, this is the way we are going, regardless how we may feel about it.

Jeremiah 17:9 (NKJV) ⁹ "The heart is deceitful above all things, And desperately wicked; Who can know it?"

Walk in One – The Number for Christianity is Easy, It is One (4:4-6)

Ephesians 4:4 There is one body and one Spirit, just as you were called in one hope of your calling;

Ephesians 4:5 one Lord, one faith, one baptism;

Ephesians 4:6 one God and Father of all, who is above all, and through all, and in you all.

No Division / More Spiritual – Less Denominational

Verse four, there's no division. We're heirs of the mystery together, the two are one (Jew and Gentile). And there's no division of denominations which is being spoken of here and it's been rightly said, the more spiritual you are, the less denominational you will be. The number for Christianity is easy, it is the number one, and we are to be one together and with and in Him.

No Civil War in Hell

As we say, there is no civil war in hell, the Devil and his henchmen, are in complete unified agreement..... destroy anything that resembles Christ. Unfortunately, there are way too many civil wars going on in marriages, homes, and churches. As we the believers should be unified on destroying anything that looks like the world, the flesh, or the devil in our lives, we too often are destroying the things that look like Christ instead.

Perfect Unity of the Trinity

By the inspiration of the Holy Spirit, we are given perfect example of what unity is and it gives the unity of the Trinity and what we see in the Trinity of the Father, Son and Holy spirit is they never contradict each other. It always works together in unison, they do.

One Body -

One body - The church is, blood bought, born again, Bible believing

One Hope – Don't Trade Truth for Unity

Verses 4 – in One Hope - Verse four says, one hope and it's the only hope, Jesus Christ and Him crucified. If we don't agree on that someone adds works or someone adds some type of works trip to these things, that's when we say, hey, I'm endeavoring to keep the peace, but here's where I can't be one with you, and that's when you change the way and the only way Jesus Christ, Him crucified. We don't trade truths for unity. That's what the world wants for people to do for they don't want Jesus because being the only way else, there's a responsibility to all His truths along with His only way. And people don't want to repent and turn from their sins and give up the throne that they sit on and so there's a call to endeavor to do our best, to keep the unity and it's through that one hope. But we never lay down the only hope, the only way in the sake of unity, because that will never be true unity.

One Baptism

Verse 5 – One Baptism – One baptism takes us to 1 Corinthians 12:13 and it's not water baptism being spoken here, but baptism into the body of Christ.

1 Corinthians 12:13 (NKJV) ¹³ For by one Spirit we were all baptized into one body—whether Jews or Greeks, whether slaves or free—and have all been made to drink into one Spirit.

Verse 6 – That is Power / It's a Dimension Outside this World

Verse six says, He's above all, He's through all and He's in you all. Now that's true power, is it not?

Verse six, speaking of above all, of all, above all, through all, in you all, that takes us back to the four dimensions that we studied in chapter three as we live in a three dimension world here, God in chapter three goes and gives a fourth dimension and it's being declared to us. There's the love of God is outside of our dimension that we live in.

Ephesians 3:17-19 (NKJV) ¹⁷ that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, ¹⁸ may be able to comprehend with all the saints what is the width and length and depth and height—¹⁹ to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God.

Conclusion: Keep It Simple – How to Walk at this Very Moment

Called to walk, He called Matthew, James and John's. He said, follow me. Sometimes we make this way too complicated and we miss the simplicity of the Gospel. Jesus says, calls us, hey, come follow me, walk with me.

So many, too many Christians make this way too complicated. They don't walk because they think they have to figure out every detail, endless questions, which are all okay, but too often it stops them from walking what they do know. Jesus saying follow me, and they didn't say where for the where is Jesus. That's the where, not the destination that He's saying to go. Jesus says, follow me and where we go is simply what He's told us at that moment. We don't have to have the whole plan, it's just Lord, where do you want me to be right now based on what I am hearing. And He says, today to us, walk lowly, gentle, long suffering and bearing with one another in love and keeping unity.

And then from there, as for the disciples, Jesus said, follow me and then at the moment He would say, okay, break this bread and pass it out as they fed the 5,000. Or at the moment He said jump in the boat, let's go over to the other side or He would say, let's go we're heading to Jerusalem for the Passover. To walk worthy in the when and the where is where He's telling us at this moment.

Outline: Ephesians 4:1-6 (How Then Should We Walk):

- Your Identity & Calling – Know It (4:1)
- Walk Worthy – Balance the Scales of Profession and Practice (4:1)
- Walk with Lowliness – How do You enter the Room (4:2)
- Walk with Gentleness – A Bruised Reed We Shall Not Break (4:2)
- Walk with Longsuffering – Give God Time to Work (4:2)
- Walk Bearing with One Another in Love – Do I Really Love that Person (4:2)
- Walk in Unity and Peace – The Walk is a Continual Action (4:3)
- Walk in One – The Number for Christianity is Easy, it is One (4:4-6)

The Word of God in Our Hand Today

The Word of God is Living and Powerful, and is ready, and will do a mighty work in our lives.

Hebrews 4:12 (NKJV) ¹² For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.

In Every Study

- Who Is God? (How Great is He?)
- What Does He Think of Me? (How Wonderful Are His Thoughts Towards Me?)
- What Does He Want Me to Do?
- What Can I Boldly Request of Him?
- What Do I Need to Be on Guard of When I Leave Here Today?

Boldly come to the throne of grace, ask God to reveal Himself in a mighty way to you, and to do I might work in you, and through you.

Hebrews 4:16 (NKJV) ¹⁶ Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

End of Study