

Ephesians
Walking Worthy of Our Calling
Ephesians 4

Ephesians - The Supremacy of the Church Christ's Body to a Broken World		
Section 1	Section 2	Section 3
Ephesians 1-3	Ephesians 4-6:9	Ephesians 6:10-24
Our Inward Battle	Our Outward Battle	Our Upward Battle
Our Positioning	Our Partnering	Our Possessing
Seated in the Heavenly Places (2:6)	Walking in our New Self (4:17-24)	Standing in our Full Armor (6:13)
Our Wealth	Our Walk	Our War
We Are Rich in Christ (1:3)	We Are Responsible in Christ (4:1)	We Are Ruling with Christ (6:10)

Ephesians 4:1 (ESV) — I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called

We do not always LIVE what we PROFESS, but we always LIVE what we BELIEVE.

1. Our ATTITUDE in our Worthy Walk

Ephesians 4:1–6 (ESV) — 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. There is one body and one Spirit—just as you were called to the one hope that belongs to your call— one Lord, one faith, one baptism, one God and Father of all, who is over all and through all and in all.

Our Posture towards each another

Ephesians 4:2 (ESV) — With all humility and gentleness...

Philippians 2:3 (ESV) — Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves.

Matthew 5:5 (ESV) — Blessed are the meek, for they shall inherit the earth.

Our Patience with each another

Ephesians 4:2b (ESV) — ... with patience, bearing with one another in love,

Our Peace with each another

Ephesians 4:3 (ESV) — Eager to maintain the unity of the Spirit in the bond of peace.

Ephesians 2:14 (ESV) — For he himself is our peace, who has made us both one and has broken down in his flesh the dividing wall of hostility

Our Position with each another

Ephesians 4:4–6 (ESV) — There is one body and one Spirit—just as you were called to the one hope that belongs to your call— one Lord, one faith, one baptism, one God and Father of all, who is over all and through all and in all.

2. Our ATTAINMENT in our Worthy Walk

We are Gifted

Ephesians 4:7–10 (ESV) — But grace was given to each one of us according to the measure of Christ’s gift. Therefore it says, “When he ascended on high he led a host of captives, and he gave gifts to men.” (In saying, “He ascended,” what does it mean but that he had also descended into the lower regions, the earth? He who descended is the one who also ascended far above all the heavens, that he might fill all things.)

We are Equipped

Ephesians 4:11–14 (ESV) — And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, 12 to equip the saints for the work of ministry, for building up the body of Christ, 13 until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, 14 so that we may no longer be children, tossed to

and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes.

1 Corinthians 12:4–6 (ESV)

⁴ Now there are varieties of gifts, but the same Spirit; ⁵ and there are varieties of service, but the same Lord; ⁶ and there are varieties of activities, but it is the same God who empowers them all in everyone.

2 Timothy 3:16–17 (ESV)

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.

We are Together

Ephesians 4:15–16 (ESV) — Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

A unified body of believers, gifted and equipped for ministry, matures into a dynamic force against the kingdom of darkness!

3. Our APPROPRIATION of our Worthy Walk

Put off your old Self

Ephesians 4:17–22 (ESV) — *Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. But that is not the way you learned Christ!— assuming that you have heard about him and were taught in him, as the truth is in Jesus, to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires*

- **Useless thinking**
- **Darkened understanding**
- **Alienated from the life of God**
- **Hardened heart**
- **Lacking moral restraint**
- **Never satisfied**

Position Yourself for Mind Transformation

Ephesians 4:23 (ESV)
And to be renewed in the spirit of your minds

Romans 12:2 (ESV)
Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Put ON the New Self

Ephesians 4:24 (ESV)
And to put on the new self, created after the likeness of God in true righteousness and holiness.

Romans 13:14 (ESV) — *But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.*

4. Our ACTIVITY in our Worthy Walk

Honesty

Ephesians 4:25 (ESV) — *Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another.*

Colossians 3:9–10 (ESV)
Do not lie to one another, seeing that you have put off the old self with its practices and have put on the new self, which is being renewed in knowledge after the image of its creator.

Self-Control

Ephesians 4:26–27 (ESV) — *Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.*

James 1:19–20 (ESV)
Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God.

Galatians 5:22–23 (ESV) — But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

Generosity

Ephesians 4:28 (ESV) — Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need.

Encouragement

Ephesians 4:29 (ESV) — Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.

Colossians 4:6 (ESV)

Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person.

1 Corinthians 14:3 (ESV) — The one who prophesies speaks to people for their upbuilding and encouragement and consolation.

Proverbs 15:23 (ESV)

To make an apt answer is a joy to a man, and a word in season, how good it is!

Purity

Ephesians 4:30–32 (ESV) — And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

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