

Ephesians 4:1-6 Walk Worthy of Your Calling

Chapter 4 begins the practical portion of Ephesians and the key word is “walk.”

4:1 – *Walk in a manner worthy of the calling with which you have been called.*

4:17 – *Walk no longer just as the Gentiles also walk...*

5:2 – *Walk in love...*

5:8 – *Walk as children of light...*

5:15 – *Walk as wise men...*

Verse 1

Therefore – All that follows is based on the doctrine that Paul has presented in the first three chapters. “What you believe determines how you behave!” (Wiersbe).

Entreat you – The same word used in Romans 12:1 where it is translated “*urge*.” Obedience in the New Testament is always based on understanding God’s grace. In the Old Testament God says, “If you obey Me I will bless you.” Now God says, “I have already blessed you, now, in response to my grace, obey Me.”

Walk in a manner worthy of the calling with which you have been called – Our *walk* is simply our life lived day by day.

The word “worthy” carries the idea of equal weight. In other words, our calling and conduct should be in balance.

Verses 2-3

Paul now lists several Christian graces that should be manifested if we are walking according to our calling.

Humility – Knowing ourselves, accepting ourselves, and being ourselves for the glory of God.

Gentleness – Gentleness is power under control.

Patience – Longsuffering or “long-tempered.”

Forbearance – To bear or endure, to hold one’s self firm.

Love – *Agape*, self-sacrificing love.

Diligence – To exert one’s self in keeping guard.

Peace – Harmony between individuals.

When we exhibit these graces we will *preserve the unity of the Spirit of peace*.

Verses 4 – 6 list seven basic spiritual realities that unite all true Christians.

Verse 4

One body – This is the body of Christ into which every believer is placed by the Holy Spirit at the moment of conversion. The *One body* is the model for the many local bodies around the world. If we are members of the *One body* we should belong to a local body so that we can exercise our spiritual gifts.

One Spirit – This is the Holy Spirit that indwells each believer. He gives us the power and ability to live the Christian life in unity with others.

One hope – The hope of our calling is the return of Christ to take His church to heaven. If we are looking for the Lord to return, it will affect how we live life on a daily basis with God and fellow believers.

Verse 5

One Lord – This is the Lord Jesus Christ. When we understand who He is and what He has done and is doing for us it motivates us to walk together in unity.

One faith – The settled body of truth given by Christ to His church. To depart from the faith brings disunity within the body of Christ. Jude tells us to earnestly contend for the faith (Jude 3-4).

One baptism – In the context of the *One body* this would be the Spirit baptism that every believer receives the moment he or she believes. In the context of the local body it may refer to water baptism which is a sign of our spiritual baptism.

Verse 6

One God and Father of all – We are all children in the same family, serving and worshiping the same Father. Because of this we should walk together in unity.

Over all – God is our sovereign Lord. His purpose is foremost.

Through all – God manifests Himself through us.

In all – God dwells in each believer in the person of the Holy Spirit and Christ. His power is within us.

The Trinity is seen again in these verses, one *Spirit*, one *Lord*, and one *Father*.

The more we understand our triune God the more we will be motivated to serve Him in unity of the Spirit!