

## Living in Balance

Ephesians 4:1-16

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*"...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. <sup>15</sup> Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, <sup>16</sup> 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. Ephesians 4:14–16 (ESV)*

**What do we need to be and do to achieve this a reality?**

### 1. Living in Balance

*"I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called,*

*<sup>2</sup> with all humility and gentleness, with patience,  
bearing with one another in love,*

*<sup>3</sup> eager to maintain the unity of the Spirit in the bond of peace.*

*<sup>4</sup> There is one body and one Spirit—just as you were called to the one hope that belongs to your call—<sup>5</sup> one Lord, one faith, one baptism, <sup>6</sup> one God and Father of all, who is over all and through all and in all." Ephesians 4:1–4 (ESV)*

**Your first call is to a life of identity.**

### 2. Living with Purpose

*"But grace was given to each one of us according to the measure of Christ's gift.*

*(vv. 8-10 – Early Church Hymn)*

*<sup>11</sup> And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, <sup>12</sup> to equip the saints for the work of ministry, for building up the body of Christ, <sup>13</sup> 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..." Ephesians 4:7–13 (ESV)*

Apostle (thumb) – touches every other ministry.

Prophet (Forefinger) – point things out that other may see

Evangelist (Third Finger) – the longest finger, furthest reach.

Pastor (Ring Finger) – Connect the flock to the heart of God

Teacher (Pinky finger) – probe into areas others cannot.

Equip – fully qualifies, complete furnishing, adequacy

Building up – to build a house

**Your second call is to a life of vocation.**

*As each has received a gift, use it to serve one another, as good stewards of God's varied grace: <sup>11</sup> whoever speaks, as one who speaks oracles of God; whoever serves, as one who serves by the strength that God supplies—in order that in everything God may be glorified through Jesus Christ. To him belong glory and dominion forever and ever. Amen. 1 Peter 4:10–11 (ESV)*

You have been called to return to family of God.

*Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, <sup>4</sup> even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love <sup>5</sup> he predestined us for adoption to himself as sons through Jesus Christ, according to the purpose of his will, <sup>6</sup> to the praise of his glorious grace, with which he has blessed us in the Beloved. Ephesians 1:3–6 (ESV)*