

# Walk Worthy

Over the course of the last three weeks we have been spending time in Ephesians 4.1-16. We have plumbed the depths of v. 7-16 ... talking about unity in the body while simultaneously thinking about how it applies to the installation of additional leaders for Cornerstone. We need to build the church in the way that Jesus desires. Today will concentrate on the first three verses of Ephesians 4. What does it mean to walk worthy? What are the necessary attitudes to walk worthy?

## I. Ephesians 4.1 - The Appeal: Walk Worthy

- A. Ephesians 4.1: *Therefore I, the prisoner in the Lord, urge you to **walk** worthy of the calling you have received...* What Paul speaks of here is a lifestyle. Daily conduct.
- B. **Worthy**: “counterbalancing” or “equalizing the scales”
  - 1. A “step by step life that honors the gospel.”
  - 2. Colossians 1.10: *...walk worthy of the Lord, fully pleasing to him...*
- C. The **Calling**: the transformed life and the eternal walk with God that comes from salvation in Christ.
  - 1. The importance and significance of this calling: “high,” “holy,” “heavenly”
  - 2. That is something special. It demands a proper response. Nothing else matters.

## II. Ephesians 4.2-3 - How to Walk

- A. 4.2: *with all **humility**.* “Lowliness.” Living out the beatitudes, Matthew 5.3-10.
  - 1. 1 Peter 5.5: *All of you clothe yourselves with humility toward one another, because God resists the proud but gives grace to the humble.* Your whole life is to be covered with humility.
  - 2. How do I cultivate humility? Through Self, Christ, and God-Awareness.
- B. 4.2: *With **gentleness**:* “mild, non-retaliating, non-vindictive, non-vengeful, non-violent.”
  - 1. A wise person who exercises gentleness: *Who among you is wise and understanding? By his good conduct he should show that his works are done in the gentleness that comes from wisdom,* James 3.13.
  - 2. Gentleness is the by-product of the broken will ... of a brokenness before God.
  - 3. Not: indifference; cowardice; impotence.
- C. *With **patience** ... “long suffering.”*
  - 1. In negative circumstances; with people, 1 Thessalonians 5.14: *be patient with everyone.*
  - 2. in accepting God’s plan, 1 Peter 2.23: *when he was insulted, he did not insult in return; when he suffered, he did not threaten but entrusted himself to the one who judges justly.*
- D. Forbearing **Love**: “to suppress with silence.” It is the idea of throwing a blanket over sin.
  - a) 1 Peter 4.8: *Above all, maintain constant love for one another, since love covers a **multitude** of sins.* This is the love that has room for failures.
  - 2. it is the seeking of someone else’s good no matter what it costs us. See Luke 6.28-29.
- E. *Unity: making every effort to keep the **unity** of the Spirit through the bond of peace.*
  - 1. *Making every effort: zeal ... “holy zeal demanding full dedication.”*
  - 2. Ephesians 4.3: we “keep” the unity of the Spirit. The Holy Spirit created it when He made us one. *We were all baptized by one Spirit into one body—whether Jews or Greeks, whether slaves or free—and we were all given one Spirit to drink,* 1 Corinthians 12.13.
  - 3. Note ... it is held together *by the bond of **peace**.* Peace pulls it all together.

## III. As We Close

- A. What we have talked about today is the doing away of self. There isn’t any other option.
- B. 7 ones in v. 4-6 ... the number of perfection. 4.4-6 is the basis of our unity ... the foundation.
- C. 4.4 - there is only one Spirit and one hope at your calling.
- D. 4.5 - there is only one Lord. This is Jesus’ verse. There is salvation in no other.
- E. 4.6 - there is only one God.
- F. Everything in the Christian faith is one. God wants us to be one.