

Walking Lessons

Ephesians 4

Pray

I'm sure you don't remember when you took your first steps as a baby

- But it is a pretty big deal when a baby starts to walk

The process of learning to walk can be hard at first

- And a baby falls quite a lot of times learning to walk & might hit its head
 - But they don't give up = they keep trying till they get it down!

When we first come to Jesus & start learning how to walk as a Christians

- It can be hard walking as a new Christian & we will fall a lot
 - But we should never give up like a baby never gives up!

The Bible says **a righteous man may fall 7 times but he gets back up!**

Here in Ephesians Ch. 4 we come to a new section of the book of Ephesians

- The Walk of the Believer!
 - Ch. 1-3 The **Wealth** of the believer
 - Ch. 4-5 The **Walk** of the believer
 - Ch. 6 The **Warfare** of the believer

For the next several Bible studies **we will learn how to Walk** as a believer in Jesus!

- The first part of the book was doctrinal.
 - The 2nd part of the book, beginning in chapter 4, is practical & applicational.
 - And this is a typical pattern of Paul writing letters to churches.

Paul would always lay the foundation of doctrine the truth of Gods Word .

- Then there would be a pivot point from the doctrine
 - to the application of those truths in their personal lives.

For the first three chapters, he loads us up with the truth of our wealth in Christ

- 27 times he uses the phrase "in Christ Jesus,"
 - This is who you are in Christ. This is what you have in Christ.
 - You are sons and daughters of God.

Now, he talks about the walk of the believer beginning in chapter 4

- Walk like this. Live your life according to these truths.

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

Paul starts off Ch. 4 by using the word Therefore

- And whenever we see a therefore in the Bible we got to ask the question
 - What is it therefore?

It is therefore b/c Paul is referring to what he said in the last 3 Chapters

- Paul was saying because of what we have learned in the last 3 Chapters
 - Of all that God has done for us & all the wealth we have as believers
 - Here is how we should be walking b/c of all God did for us

when we really understand what God has done for us

- **then we naturally will want to serve him and Obey him out of gratitude**

Paul says B/c of all God has done for us, B/c of His Love for us & all the blessings

- I beseech you to walk worthy of the calling with which you were called
 - The word beseech: means to plead, beg, urge, ask urgently, to pray!

Paul is exhorting & encouraging us to walk like Jesus

- Paul had this burning in his heart & desire for believers to walk like Jesus
 - He didn't want people to just come forward but to go forward
 - **He didn't want people to just accept Christ but to grow in Christ**
 - And to change the world & make an impact for Jesus!

When the Bible speaks of your walk it's talking about how you live your life

- If you're a Christian "A follower of Jesus Christ" you should be like Christ
 - You should walk like Christ walked & live like Christ lived
 - And you are seeking to follow Him as He said **Follow Me!**

In the New Testament, this idea of walking with the Lord, or our spiritual walk,

- is a common metaphor.

in Colossians Chapter 2, Paul says, **as you have received the Lord Jesus, walk in Him.**

- Galatians chapter 5, **walk in the Spirit & you will not fulfill the lust of the flesh.**
 - John 1:7, **walk in the light as He is in the light,**
- But on the flip side of that, we can also walk in darkness.

1 John 1:6, those who claim one thing but do another are walking in darkness, not telling the truth.

If we call ourselves Christians "mini Christ's" than

- We should practice what we preach and walk like Jesus Christ walked.

Paul said in 1 Cor. 11:1 **Imitate me, just as I also imitate Christ**

- Paul followed the example of Jesus
 - And he told others if you want to know what Jesus is like follow me
 - And watch how I live

1 Peter 2:21 **For to this you were called, because Christ also suffered for us, leaving us an example, that you should follow His steps**

The Bible says in **Ephesians 5:1-2** **be imitators of God as dear children. And walk in love, as Christ also has loved us**

What does it mean, to **walk worthy** of your calling?

- the idea of worthy is a word that means to weigh as much as.
 - Like an ancient scale weight that correspond to the weight on the other scale
 - so that they balance each other out.
 - So here's all the wealth you have in Christ, chapter 1, 2, and 3.
 - The scales are tipped. Walk worthy of all that.

Walk in such a consistent manner that You reflect the weightiness of the wealth

- that you have been given in Christ. So it means to weigh as much.

We will often say if somebody is a hard worker, he's worthy of his pay.

- They're worth it.

Jesus said in 1 timothy 5:18, The laborer is worthy of his wages. It is to weigh as much.

You remember that John the Baptist stood at the Jordan River, and he said, Matthew 3:8

- bear forth fruits worthy of repentance.
 - live a consistent lifestyle
- We bear the name Christian, A Christ follower.

So we need to live lives that are worthy of the name Christian, followers of Christ.

- Now he tells us what a worthy walk looks like in Verse 2-6

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.

I see 5 characteristics here that we should see in every Christians walk

#1. Lowliness

- The word lowliness is another word for humility
 - Humility is thinking rightly of yourself = it's the opposite of pride

When we come to Jesus to be saved we come humbly as we realize we cant save ourselves

- We are in great need of salvation
 - We realize our very breathe is from God
- Jesus left us an example to us of what it looked like to walk in humility

Phil. 2:3-4 Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. Let each of you look out not only for his own interests, but also for the interests of others.

#2. Gentleness

- This word can also be translated meekness
 - And some people think to be meek is to be weak but that is not true
 - Meekness is strength under control

Jesus was humble, gentle, meek & demonstrated His power under control

#3. Longsuffering

- This word means to be long tempered not short tempered, to suffer long
 - Their not easily provoked & they doesn't flair up in anger
 - They can undergo many trials & not loose heart

The Bible tells us that **love suffers long**

We should be longsuffering with others because God was longsuffering with us!

- We shouldn't have a short fuse & explode on others
 - We should have a long fuse like God has with us!

The Bible says in **Psalm 103:8** **The Lord is merciful and gracious, Slow to anger (longsuffering), and abounding in mercy.**

#4. Bearing with one another

- It means to be patient with one another

#5. Unity & peace

- When you become a Christian you become apart of the family of God
 - It is good for us to be united & at peace with each other!
 - We shouldn't cause divisions

God actually says one thing He hates is **"One who sows discord among brethren"**

In Romans 12:18 Paul says **If it is possible, as much as depends on you, live peaceably with all men.**

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

8 Therefore He says: "When He ascended on high, He led captivity captive, And gave gifts to men." **9** (Now this, "He ascended"—what does it mean but that He also first descended into the lower parts of the earth? **10** He who descended is also the One who ascended far above all the heavens, that He might fill all things.) **11** And He Himself gave some *to be* apostles, some prophets, some evangelists, and some pastors and teachers, **12** for the equipping of the saints for the work of ministry, for the edifying of the body of Christ, **13** till we all come to the unity of the faith and of the knowledge of the Son of God, to a perfect man, to the measure of the stature of the fullness of Christ;

How many of you like receiving gifts? **Christmas is coming! 53 days left!**

- **I think we all do!** Paul said in 1 Cor. 14:1 that we should **desire spiritual gifts**
 - God has given each one of us certain gifts for the work of the ministry
 - And to encourage & build up others in the family of God
 - **And God wants us to use those gifts He has given us!**
 - There is a list of these gifts in 1 Cor. 12 & Romans 12

he mentions not all, but some of the gifts of the Holy Spirit here

here in vs. 11 Paul list 4 groups of people as gifts God has given to the church

- 1. Apostles 2. Prophets 3. Evangelist 4. Pastor/Teachers

The Word pastor is the word for shepherd, teacher, elder, overseer

- If you are called to be a pastor you will also be a teacher
 - B/c the main job of a Pastor is to feed the flock of God
 - By teaching people God's Word.

Jesus told Peter in John 21 to **Feed my lambs & tend my sheep**

- Pastors are to Shepherd the flock of God
 - Serve them, feed them Gods Word, be examples & protect them!
 - The qualifications of a Pastor are found in **1 Timothy 3**

God gives all of these different gifts to the body of Christ. **Why? What's the reason?**

- For the equipping of the saints. for the work of the ministry,
 - for the edifying of the body of Christ.

Now, this verse tells us the pastor is not responsible for meeting all the needs of the church

- He is responsible for is learning and teaching the scripture
 - to equip the body to do the work of the ministry.

in Acts chapter 6 & 7, there was a need. And they came to the apostles.

- And the apostles said, choose seven men full of the Holy Spirit who can do that.
 - God has called us to study the word of God and to pray & teach it

And then the body will serve the saints. And the whole body will be edified.

in many churches the attitude is that the pastor is to do all the work of the ministry

- **and the people are to be Spectators...** that's not a biblical view of how the church is to function
- the more biblical attitude is to say listen Pastor your job is to equip the church
 - to do the work of ministry you feed them well
 - as it says **you equip them** that's a beautiful word in the ancient Greek
 - **it means to put right , it was used for setting a broken bone**
 - **it was used for mending a torn net**
 - **and isn't that how we came into the church**
 - **we came with our bones broken**
 - **and through the loving Ministry of the church and through the teaching of the word**
 - **the bones get set right and healed, the Nets get mended**
 - **and the church works together to produce strong Christians**
 - and then what do those Christians go out and do the work of the ministry
 - in their daily life and impact lives to the glory of Jesus Christ

the real purpose is to bring people into the family of God

- and through teaching the word of God and loving them
 - you bring them into spiritual health and maturity
 - and those Christians impact the world with their gifts & talents

Team work to make the dream work.

- I believe that God has gifted us all with various talents and abilities
 - to use to reach others for Jesus.

God gifts the pastor to teach and train people up

- in the ways of the Lord, in order to equip them to go out
 - and minister to others with their God given gifts.

We know that we are all different parts of the Body of Christ

- and that means we all have different gifts and talents
 - that God will use to build up others.

Often times churches are like sporting events with just a few people in the game

- **and the rest of the people are just bystanders watching.**
 - We want to break the 20/80 rule as we believe God wants us all
 - to be in the game serving Him!

14 we should no longer be children, tossed to and fro and carried about with every wind of doctrine, by the trickery of men, in the cunning craftiness of deceitful plotting,

When we start out as Christian we are like little babies who are learning to walk!

- **But God wants us to grow into mature Christian who know Gods Word!**
 - **And the way we grow is by feeding on Gods Word!**

When you are equipped with the truth-- I've noticed Every new wind of doctrine,

- every new spiritual fad that comes on the scene doesn't really affect you much.

We have an enemy who loves to deceive people!

- And if we are not grounded in the truth by the teaching of the word of God
 - then You're easily going to blow this direction and that direction.

like a weathervane that turns with every wind.

- But God wants us pointed true North like a compass never budging from the truth

Babies & young children are easily tricked & you can mess with them

- **And Paul says we should grow up & no longer be like babies who are tricked**
the devil is able to mess with baby Christians easier b/c they don't know the Bible
 - **How do we protect ourselves?** By Knowing Gods Word

15 but, speaking the truth in love, may grow up in all things into Him who is the head— Christ— 16 from whom the whole body, joined and knit together by what every joint supplies, according to the effective working by which every part does its share, causes growth of the body for the edifying of itself in love.

We need the beautiful balance of speaking the truth in love. We need Truth & Love!

- And when you speak the truth in love, it is a powerful combination.

If were not worried about doctrine and just say I love you. That's sloppy agape!

- That's not responsible love. If u really love them u tell them the truth!

But People don't care how much you know until they know how much you care!

Paul also says here God wants us to grow up to be like Jesus

- And we will become more like Jesus the more we get into His Word

Paul is going to share with us how we are to put off our old clothes "Old ways"

- And upgrade & put on our new clothes "And start walking in a new way"

The more a person grows up the more changes of clothes are made

- The more we grow up spiritually as Christians God will constantly change us

17 This I say, therefore, and testify in the Lord, that you should no longer walk as the rest of the Gentiles walk, in the futility of their mind, **18** having their understanding darkened, being alienated from the life of God, because of the ignorance that is in them, because of the blindness of their heart; **19** who, being past feeling, have given themselves over to lewdness, to work all uncleanness with greediness.

Paul tells us we should no longer walk like the rest of the gentiles walk

- We should no longer walk like unbelievers when we become Christians
 - We shouldn't live like we used to live
- We should have a different behavior & lifestyle now compared to the world
 - There should be a difference between a believers life & non believers

God will transform us into a new creation as we get into His Word

- Like a caterpillar into a butterfly
- Like a tadpole into a frog

These changes usually don't happen overnight = they usually take time

- Just like it takes time for a baby to grow into an adult
 - There is a change that takes place as a person follows Jesus

The Bible says in **2 Corinthians 5:17** if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

Paul points out **5 things of what the world looks like** in vs. 17-19

#1. futility of their mind

- Which means they have confused minds
 - And if you not in Gods Word you are going to be confused
 - B/c the Bible has the answers to life

#2. Understanding is darkened & blindness of their heart

- They don't see/understand things the correct way b/c
 - They blinded to the truth & don't have the light of Jesus
 - And they call evil good & good evil
- When you get saved a light comes on & you see things in the right perspective

#3. alienated from the life of God

- They don't want anything to do w/ God

#4. **Past feeling** that ancient Greek word that Paul used

▪ has the idea of one's skin becoming callous and no longer sensitive to pain
Its like learning guitar

- They don't feel sin anymore as there numb to it & they become hardened
 - B/c they continued to reject God telling them to stop
 - But they go further & further in their sin

#5. **Lewdness, uncleanness & greediness**

- The world without Jesus lives completely upside down in how they are to live
 - They become out of sync with the way we are created to live

That is how the world lives & now Paul is going to talk to us Christians

20 But you have not so learned Christ, 21 if indeed you have heard Him and have been taught by Him, as the truth is in Jesus:

Paul says you have not learned Christ that way, like the world is living = that's not Christ like

- Paul says **the truth is in Jesus!** I love that statement!
 - The true right way to live is to follow Jesus' example!

Jesus said **I am the way, the truth & the life!**

The Bible says **you shall know the truth & the truth shall set you free!**

Paul has showed us how the world operates and looks like

- And now Paul is going to tell us 3 things Christians should do!
 - #1. Put off the Old man
 - #2. Be renewed in our mind
 - #3. Put on the new man

1st off Paul tells us to put off the old man in vs. 22

22 that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts,

#1. **We are to put off the old man** our former conduct & sinful ways we used to live

- It's a picture of taking off an old, stinky, dirty garment
 - And throwing it away & burning it & never wearing it again
- It's a picture of a snake taking off & shedding its old skin

The Bible says in **Galatians 2:20**, **I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.**

- I am no longer to live like the Old Ryan = the old me
 - We are to put off our former sinful lifestyle, attitude and thinking

- And we are to live like Jesus now!

- And the 2nd thing Christians are to do is to

23 be renewed in the spirit of your mind,

#2. We are to be renewed in our mind!

- The word renewed is one of my favorite words as it means to renovate
 - It means to restore, reform and rebuild!
 - Our minds are renewed, restored & rebuilt & updated like our iphone
 - By getting into Gods Word

When God got ahold of our life's we were a broken down sinful mess!

- And God wants us to come to Him just as we are & get into His Word!
 - we all come to Him as this ultimate fixurupper
 - Show cartoon car picture
 - But God takes us & begins to work on our life's as we let Him
 - He is the great physician, councilor & builder = he was a carpenter!
 - He loves to rebuild & restore people lives like a remodel!
 - If you're a Christian then you are under construction!

When Pastor Chuck bought the Bible College it was a dump

- But he looked at the land through the eyes of Jesus
 - And bought it & completely remodeled the place & it is beautiful

Not only are we to put off the old man & be renewed in our minds

- But 3rdly we are to put on the new man as Paul says in vs. 24

24 and that you put on the new man which was created according to God, in true righteousness and holiness.

#3. We are to put on the new man!

- We are to put on Jesus & live the life He wants us to live!

So off with the grave clothes, and on with the grace clothes.

- picture in your mind a prisoner who is released from prison
 - he takes off his prison clothes and puts on clothes of a free man

Romans 6:4 tells us **we should walk in newness of life.**

The Bible tells us **to be clothed with the righteousness of Christ**

Romans 13:14 says to **put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts.**

Now that we have put on Jesus there are things in our life that need to be put away

- Paul is going to mention 4 things we need to put away as Christians

25 Therefore, putting away lying, “*Let each one of you speak truth with his neighbor,*” for we are members of one another. **26** “Be angry, and do not sin”: do not let the sun go down on your wrath, **27** nor give place to the devil.

I love this verse. "Do not let the sun go down on your wrath."

- That is good marriage counsel right there.
 - If you have a conflict as a married couple, and you will,
 - Try to resolve the conflict before you go to bed.

A good & healthy marriage is made up of 2 good resolvers & forgivers!

- and you talk it through and you say you're sorry and you pray together,

"Don't give place to the devil." Don't give him a foothold by not resolving conflict.

- He wants to divide and bring a wedge!
 - And if you don't resolve anger, you're just opening the door for Satan
 - to ruin more and more and more of your relationships in your life.
 - Don't give him the real estate. Don't allow him in.

Some people hold in their anger & don't resolve it & it builds & builds & then BOOM!

- the Old man comes out all stinky, nasty, saying bad things & it is a bad situation!

28 Let him who stole steal no longer, but rather let him labor, working with *his* hands what is good, that he may have something to give him who has need. **29** Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers.

#4. We are to put away bad words!

- We shouldn't say things that tear other people down but that build up!
 - Jesus said, **out of the abundance of the heart the mouth speaks!**
- Whatever comes out of the mouth is a revelation of the condition of your <3
 - If we cuss, talk about dirty things & use Gods name in vain = its sin!

We shouldn't be Black Widows as they regularly eat those who come their way

- Use there fangs to bite & inject poison's juices into there prey
 - To break down & liquefy the preys insides into a warm soup
 - So the Black Widow can suck up & drink its prey leaving a skeleton

These Black Widows reminded me: how we regularly eat those who come our way

- By using poisonus, evil, & destructive words that break down each other

As we often backbite, gossip, judge & speak evil of one another

God can change your speech & I know b/c He did it in my life

- He just radically took it from me as I just sought Him first
 - And the guys noticed on the job sight saying your speech is different

we're children of the King.

- **Children of the King should have the language of the Kingdom!**

30 And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. **31** Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.

Refusing to change our old way of living grieves the Holy Spirit.

- Refusing to change our old manner of speaking grieves the Holy Spirit.

the holy spirit gets grieved when he sees us neglect our bibles

- the holy spirit gets grieved when he sees us neglect prayer

the fact that god would grieve over us shows how much he cares about us

the new man has the power to control his emotions

- when those things do emerge he's able to deal with them
 - in a Christ like way!

I like that he doesn't say we will never experience bitterness, wrath or anger

- or evil speaking he says no put them away from you

i think the idea there is when they rise up deal with them correctly like Jesus

- *you're a human being you're going to feel these things*
 - *you're going to have these emotions*

it isn't the matter of whether or not you receive these emotions

- the matter is what you do with them when you do experience them

Another sin against the Holy Spirit is to Quench the Spirit

- To quench the Holy Spirit means to resist what God wants us to do
- Its saying no to God when He tells us to do something & ignoring Him

Like when you quench a fire you put a fire out, to extinguish it by putting water on it

- Maybe you feel prompted by God to not to give into sin
- But you quench the voice of God & extinguish it that is sin

32 And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.

This is One of the greatest verses in scripture.

We are to be kind & forgive other people b/c Jesus has forgiven us of our sin!

Remember when Jesus was being murdered & crucified on the cross, Luke 23:34

- Jesus cried out to God and said,
 - *Father forgive them for they don't know what they do!*

We are to treat other people the way god has treated you

Pray & Share Gospel