



EPHESIANS 4 PART 1

I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, 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. - Eph 4:1-3

Among the most vital aspects of our walk as believers is unity. It is often the most overlooked, the hardest to accomplish, and by far the biggest testimony when we get it right, but the most destructive when we get it wrong. This high-stakes reality is why the Apostle Paul issues his timeless plea for believers to “walk worthy of the calling with which you were called...endeavoring to keep the unity of the Spirit in the bond of peace” (Ephesians 4:1-3). This unity is not a human construct we must create, but a divine reality we are commanded to preserve, grounded in the truths of one body, one Spirit, one Lord, and one God. This call to oneness echoes the very heart of Jesus Christ, whose fervent prayer was “that they all may be one...that the world may believe” (John 17:21), making our unity the most profound evidence that our message is true.

Because the stakes are so high, living out this unity requires a radical commitment to love and humility. It demands we actively embody the grace described in 1 Corinthians 13, choosing to be patient and kind, refusing to keep a record of wrongs, and always rejoicing in the truth. This stands in stark contrast to the destructive reality of division, where we prioritize personal comfort over the difficult, holy work of making peace. To walk worthy of our calling is to intentionally forgive, to bear with one another’s imperfections, and to see the face of our one Lord in every brother and sister. It is a summons to lay down our pride and take up the essential work of reconciliation, presenting to the world the irresistible beauty of a people bound together in the love of Christ.

In what ways have you forsaken unity to keep your own peace? How can you reconcile that situation?

Study Questions:

1. What you "believe determines how you behave." How does a deep understanding of the doctrines in Ephesians 1-3 provide the foundation for the commands to "walk worthy" in Ephesians 4-6?
2. "One body" means God does not have multiple churches or brides. How does this truth challenge the modern reality of denominational divisions and local church splits? How can we seek unity with other churches?
3. Ephesians 4:2 lists the characteristics of a "worthy walk." What are they, and how does each of these qualities directly contribute to preserving unity?
4. Read 1 Corinthians 12:12-27. Explain why every member and every spiritual gift is necessary for the health and growth of the church.
5. According to Ephesians 4:14, what are the dangers of spiritual immaturity? How does a firm grounding in the truth of God's Word protect us from being "tossed to and fro by every wind of doctrine"?