

You ARE One, So BE One

Ephesians 4:1-6

INTRODUCTION

Therefore, what God has joined together, let no one separate. (Mark 10:19)

“Walk Worthy” (vs. 1)

As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received.

“peripateo”—to walk around, i.e. in a complete circuit (going “full circle”)

You Are One (vs. 4-6)

⁴There is one body and one Spirit, just as you were called to one hope when you were called; ⁵one Lord, one faith, one baptism; ⁶one God and Father of all, who is over all and through all and in all.

This is WHY we are to be one. You ARE one... so BE one. In verse 4-6 Paul shares that we share a 7-fold oneness:

- There is only one BODY
- There is only one SPIRIT
- There is only one HOPE
- There is only one LORD
- There is only one FAITH
- There is only one BAPTISM
- There is only one GOD AND FATHER

So BE One (vs. 2-3)

Be Humble (2a)

²Be completely humble...

Be Gentle (2b)

² *...and gentle...*

Be Patient (2c)

² *...bearing with one another in love.*

Make Every Effort (3a)

³ *Make every effort...*

One commentator translated it this way: "Yours is the initiative! Do it now!"

Related passage: Matthew 5: 23-24

Keep the Unity of the Spirit (3b)

³ *...to keep the unity of the Spirit...*

Related passage: Ephesians 4:30-32

Through the Bond of Peace (3c)

³ *...through the bond of peace.*

Questions for Personal Reflection/Group Discussion

1. Why do you think Paul starts off with this powerful call to unity as the first way to walk worthy of the calling we have received?
2. WHY are we to pursue unity? (vs. 4-6)
3. HOW are we to pursue unity? (vs. 2-3)
4. Of the graces outlined in verse 2-3, which ones are the most challenging for you right now?
5. Who is your life do you need to make every effort ("Yours is the initiative! Do it now!) to pursue the unity of the Spirit because Peace is your address together?