

# WALKING WORTHY

EPHESIANS 4:1-16





# THEREFORE

## EPHESIANS 4:1

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

## ROMANS 12:1

*I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.*



# WALKING WORTHY IN OUR UNITY (4:1-6)

## EPHESIANS 4:1-6

*I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit—just as you were called to the one hope that belongs to your call— one Lord, one faith, one baptism, one God and Father of all, who is over all and through all and in all.*

**These qualities create the environment  
where unity can flourish.**



# WALKING WORTHY IN OUR UNITY (4:1-6)

## EPHESIANS 4:1-6

*I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit—just as you were called to the one hope that belongs to your call— one Lord, one faith, one baptism, one God and Father of all, who is over all and through all and in all.*

**We don't create unity—the Spirit does—but we are responsible for maintaining, guarding, and preserving it.**



# WALKING WORTHY IN OUR UNITY (4:1-6)

## EPHESIANS 4:1-6

*I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit—just as you were called to the one hope that belongs to your call— one Lord, one faith, one baptism, one God and Father of all, who is over all and through all and in all.*



# WALKING WORTHY IN OUR UNITY (4:1-6)

## EPHESIANS 4:1-6

*I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit—just as you were called to the one hope that belongs to your call— one Lord, one faith, one baptism, one God and Father of all, who is over all and through all and in all.*

**Our unity is rooted in these  
seven immutable spiritual realities.**



# WALKING WORTHY IN OUR DIVERSITY (4:7-11)

## EPHESIANS 4:7-11

*But grace was given to each one of us according to the measure of Christ's gift. Therefore it says, "When he ascended on high he led a host of captives, and he gave gifts to men." (In saying, "He ascended," what does it mean but that he had also descended into the lower regions, the earth? He who descended is the one who also ascended far above all the heavens, that he might fill all things.) And he gave the apostles, the prophets, the evangelists, the shepherds and teachers,*

**This diversity isn't a problem to be solved  
but a design feature to be celebrated.**



# WALKING WORTHY IN OUR DIVERSITY (4:7-11)

## EPHESIANS 4:7-11

*But grace was given to each one of us according to the measure of Christ's gift. Therefore it says, "When he ascended on high he led a host of captives, and he gave gifts to men." (In saying, "He ascended," what does it mean but that he had also descended into the lower regions, the earth? He who descended is the one who also ascended far above all the heavens, that he might fill all things.) And he gave the apostles, the prophets, the evangelists, the shepherds and teachers,*

**Christ descended to earth in the incarnation, suffered and died, conquered sin, death, and Satan, rose from the dead, ascended to the Father's right hand, and from that position of exaltation distributed spiritual gifts to His church.**



# WALKING WORTHY IN OUR DIVERSITY (4:7-11)

## EPHESIANS 4:7-11

*But grace was given to each one of us according to the measure of Christ's gift. Therefore it says, "When he ascended on high he led a host of captives, and he gave gifts to men." (In saying, "He ascended," what does it mean but that he had also descended into the lower regions, the earth? He who descended is the one who also ascended far above all the heavens, that he might fill all things.) And he gave the apostles, the prophets, the evangelists, the shepherds and teachers,*

**These aren't corporate titles but functional descriptions of how Christ equips His church.**



# WALKING WORTHY IN OUR MATURITY (4:12-16)

## EPHESIANS 4:12-16

*to equip the saints for the work of ministry, for building up the body of Christ, 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, 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. Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, 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.*

**Ministry that merely entertains, impresses, or draws crowds but doesn't build up believers in Christ-likeness misses God's purpose entirely.**



# WALKING WORTHY IN OUR MATURITY (4:12-16)

## EPHESIANS 4:12-16

*to equip the saints for the work of ministry, for building up the body of Christ, 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, 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. Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, 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.*

**We measure spiritual progress not by comparing ourselves to other Christians but by comparing ourselves to Christ.**



# WALKING WORTHY IN OUR MATURITY (4:12-16)

## EPHESIANS 4:12-16

*to equip the saints for the work of ministry, for building up the body of Christ, 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, 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. Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, 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.*

**Immature believers are vulnerable;  
mature believers have developed discernment  
through practice distinguishing good from evil.**



# WALKING WORTHY IN OUR MATURITY (4:12-16)

## EPHESIANS 4:12-16

*to equip the saints for the work of ministry, for building up the body of Christ, 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, 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. Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, 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.*

**The goal is conformity to Christ, the head of the body who directs, coordinates, and supplies everything we need.**



# WALKING WORTHY IN OUR MATURITY (4:12-16)

## EPHESIANS 4:12-16

*to equip the saints for the work of ministry, for building up the body of Christ, 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, 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. Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, 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.*

**This isn't about building personal kingdoms or impressive organizations but about Christ building His church.**







**Church, you don't earn this salvation, you don't deserve it, you can't maintain it through your efforts—it's all of grace from start to finish. But that grace transforms us. That grace compels us to walk worthy of our calling. That grace enables us to maintain unity, celebrate diversity, and pursue maturity. Apart from Christ's death and resurrection, we have nothing—no hope, no church, no future. But in Christ, we have everything we need for life and godliness. We have been brought from death to life, from slavery to freedom, from condemnation to justification, from alienation to adoption. And now, as recipients of such magnificent grace, we're called to walk worthy—not perfectly, but progressively, stumbling forward in the grace that saved us and continues to sustain us. Walking worthy isn't legalism; it's the grateful response of redeemed hearts.**