

Living as One

Ephesians 4:1–16; 4:17–5:21

I. Reconnecting to Identity (Week One)

- Ephesians 1–3 called us to **sit** in who God says we are
- Before action, God gives identity:
 - Chosen
 - Adopted
 - Saved by grace
 - One new people in Christ
- God's purpose revealed through identity:
 - *Ephesians 1:10* — God's plan to unite all things in Christ
 - *Ephesians 3:10* — God's wisdom made known through the church

Key Question Answered in Ephesians 1–3:

- Who are we?
- Why are we here?

New Question Introduced:

- How do we live out our identity and purpose?

II. The Turning Point of Ephesians

Walking Worthy of the Calling

Ephesians 4:1

- “Therefore” connects belief to behavior
- Paul is not adding requirements to grace
- He is calling us to live *in response* to what God has already done

Key Insight:

- We don't walk **to earn** the calling
- We walk **in a way worthy** of the calling we have already received

Foundational Truth:

- We don't start with what we do
- We start with who we are in Christ

III. From Sitting to Walking

Sit

- Rest in God's work, love, mercy, and grace
- Be still and trust what Christ has accomplished

Walk

- Respond to Jesus' invitation: “Follow Me”
- Learn to live as:
 - A child of God
 - A member of God's family

IV. Walking Worthy Means Keeping Unity

Ephesians 4:1–6

Ephesians 4:2–3

- Humility
- Gentleness
- Patience
- Bearing with one another in love
- Making every effort to **keep** the unity of the Spirit

What Paul Does *Not* Say:

- Create unity
- Manufacture unity
- Force unity

What Paul *Does* Say:

- Keep unity

Why?

- God has already unified His people
 - *Ephesians 1:10*
 - *Ephesians 2:14–15*

Walking worthy = protecting what God has already done

V. Unity Is Grounded in Shared Identity

Ephesians 4:4–6

- One body
- One Spirit
- One Lord
- One faith
- One baptism
- One God and Father

Unity Is *Not* Based On:

- Personality
- Preferences
- Style
- Opinions

Unity *Is* Based On:

- Shared identity in Christ

Summary:

- Unity is not optional
- Unity is part of our calling
- We don't just attend the same church
- We belong to the same body

VI. Reframing Our Thinking

From Individual Faith to Corporate Formation

- Unity ≠ uniformity
- The body is diverse by design

Ephesians 4:7

- Grace is given uniquely to each person

Ephesians 4:11–13

- Leaders equip the saints
- The body is built up together
- Unity and maturity grow together

VII. How We Often Think vs. Paul's Reframe

What We Often Believe

- My walk with God
- My spiritual growth
- My preferences
- My needs

What This Produces

- Consumer Christianity
- Kingdom replaced by personal comfort
- Low ownership
- Fragile unity

Our new way of thinking

Ephesians 4:15–16

- Growth happens as the whole body works together
- Every part matters
- Each person contributes to maturity

Key Truth:

- Spiritual growth is not just personal
- It is corporate
- We don't grow alone — we grow together

IX. Walking It Out Practically

Putting Off and Putting On

Ephesians 4:22–24

- Take off the old self
- Be renewed in the mind
- Put on the new self

Relational Transformation Examples:

- Lying → truth
- Anger → reconciliation
- Stealing → sharing
- Harsh words → words that build

Why This Matters:

- How we treat one another either:
 - Builds the body Or fractures it

X. Walking in Love and the Spirit

Ephesians 4:30

- Don't grieve the Holy Spirit
- You were sealed for redemption

Ephesians 5:1-2

- Imitate God as dearly loved children
- Walk in love as Christ loved us

Good News:

- Transformation is not will power alone
- The Holy Spirit empowers this new way of life

XI. From Individual to Family

Ephesians 5:15-21

- Spirit-filled living shapes how we relate
- The Spirit helps us move from:
 - Attender → Body member
 - Consumer → Contributor
 - Individual → Family

XII. Closing Reflection

Key Question:

- Not "Am I attending church?"
- But "Am I living as part of the body?"

Final Truth:

- Unity is not just about getting along
- Living as One means growing up into Christ together
- We don't start with what we do We start with who we are in Christ