

**Metro Calvary Women's Bible Study**  
**Ephesians 4:1-6**

**Lesson 8**

After Paul devotes three chapters describing the incredible character and heart of God, he transitions his focus to exhorting believers to respond by living lives *worthy of the calling with which they were called*. His emphasis in these first verses of Ephesians four is the truths that unify; teaching us that a *walk that is worthy* is first of all, a life lived in **unity** with other believers.

**DAYS ONE and TWO: Read Ephesians 4:1-6**

1. Read through this week's verses using both your Observation Worksheets and another Bible translation or paraphrase.
2. Ephesians 4:1-6 is one paragraph division. List below the subjects(s) covered in this section.

**OPTIONAL:** From the list below record the key words and their symbols on your chart.

**New to this lesson:** *all* and *one* (do not mark the word *one* in verse 2)

**Term of conclusion:** *therefore*

**OPTIONAL:** Using the symbols you have chosen, mark each of the key words every time they are used in Ephesians 4:1-6. Remember, as you mark the words: *God, Jesus, and Holy Spirit*, to mark any personal pronouns that refer to Them.

3. Paul's emphasis in this lesson is unity that is based on certain things that stand alone in what/ who they are. Using verses 1-6, make a list of the words or phrases that follow the word *one* in this lesson. **There is one:**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

**Ephesians 4:1 begins with the word therefore. Therefore (3767) (oun) is a term of conclusion.** In context, Paul is saying that you Gentiles have been blessed with every spiritual blessing. You were once spiritually dead in your sins but are now alive in Christ. You once were far off from Christ, but now you have been brought near by the blood of Christ, Who is your peace and Who has broken down the enmity between you and the Jews, making you both into one body or one new man, both being reconciled to God because Christ put to death the enmity on the Cross. Furthermore you are no longer strangers and aliens, but are in the family of God, a building of God, a holy Temple of God and a dwelling of God. Not to mention, you are fellow heirs, fellow members of the body and fellow partakers of the promise. And besides all these spiritual blessings, I have prayed for you to be enlightened to these truths and to be empowered by the Spirit. **Now walk worthy of this high calling in Christ Jesus!**

**4. Therefore** from verse 1 marks the transition from positional truth to practical truth, from principle to practice. In previous lessons we looked at our walk before Christ and after. Look at the Chart below and share which of these has impacted you the most.

<b>BEFORE FORMERLY FAR OFF</b>	<b>AFTER BROUGHT NEAR BY BLOOD OF CHRIST (CROSS)</b>
Dead in trespasses and sins Slaves to... The world, the flesh, the devil	Alive with Christ Raised with Christ Seated with Christ
Separated from Christ No country No covenants No hope No God	Enmity abolished One new man Reconciled to each other Reconciled to God Access to God
Strangers and Aliens	Fellow Citizens Family of God Temple of God Dwelling of God

**5. Verse 1, as the prisoner of the Lord, what does Paul beseech us to do?**

**a. Prisoner (1198)** (**desmios** from **desméō** = bind from **desmos** = bind, chain) is a captive or one who is bound or who is in bonds. Paul became the Lord's prisoner on the road to Damascus and never sought to be free of that divine imprisonment. Paul may be reminding his readers of his imprisonment to present them a realistic picture of what he was willing to go through to "walk worthy" as a model to them, and what it might cost them to walk worthy. How do you think **your** walk is a model to those who know you? Share a few specific things they might see.

**b.** By mentioning his imprisonment, Paul lets his readers know the Christian walk can be costly and that he himself has paid considerable cost because of his obedience to the Lord. He would not ask them to walk in a way in which he had not himself walked or pay a price that he himself was not willing to pay. His present physical circumstance seemed extremely negative from a human perspective, but Paul wanted his readers to know that this did not change his commitment or his confidence in the Lord. In what ways has becoming a Christian cost you?

6. Paul challenges us in verse 1 to walk worthy of the calling. Look at the following verses and describe what they say about *calling*.

**Philippians 3:14** <sup>14</sup>“I press toward the goal for the prize of the upward call of God in Christ Jesus.”

**2 Timothy 1:9** <sup>9</sup>“who has saved us and called *us* with a holy calling, not according to our works, but according to His own purpose and grace which was given to us in Christ Jesus before time began.”

**Hebrews 3:1** <sup>1</sup>“Therefore, holy brethren, partakers of the heavenly calling, consider the Apostle and High Priest of our confession, Christ Jesus.”

a. What has spoken to you personally from these descriptions?

7. What kind of witness is it to the world when a formerly godless, hopeless, Christless idol worshiping Gentile walks a walk that is worthy of their calling? See Matthew 5:16

8. *Beseech*, as translated in Ephesians 4:1, is the same word that is used to describe the role of the Holy Spirit. He *invites us* or *comes alongside us*. Contrast the difference between **commanding** and **beseeching**.

9. Paul *beseeches* us to *walk worthy of the calling with which we were called*. Describe this walk by looking at these verses:

**Ephesians 4:17** <sup>17</sup>“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.”

**Philippians 1:27** <sup>27</sup>“Only let your conduct be worthy of the gospel of Christ, so that whether I come and see you or am absent, I may hear of your affairs, that you stand fast in one spirit, with one mind striving together for the faith of the gospel.”

**Colossians 1:10** <sup>10</sup>“that you may walk worthy of the Lord, fully pleasing *Him*, being fruitful in every good work and increasing in the knowledge of God.”

**Most NT uses of this word *walk* refers to the daily conduct of one's life; how they order their behavior, and their habitual lifestyle or direction of life. In simple terms to walk in the Christian life pictures (1) activity and (2) and advancement step by step.**

10. How could Paul write in Philippians 3:17 (NIV), *Join with others in following my example, brothers, and take note of those who live according to the pattern we gave you?*

a. Share something you have learned from the example of another Christian.

**J Vernon McGee** explains that, "**Walking** is not a balloon ascension. A great many people think the Christian life is some great, overwhelming experience and you take off like a rocket going out into space. That's not where you live the Christian life. Rather, it is in your home, in your office, in

the schoolroom, on the street. The way you get around in this life is to **walk**. You are to **walk** in Christ. God grant that you and I might be joined to Him in our daily walk."...

**CHALLENGE:** *Walking* a walk that is worthy of our calling is not easy! The old habits of life can still be frustrating, the worldly currents about us are so strong; the temptations of the world, the flesh, and the devil are so subtle. Then there is the fear of being considered peculiar and different. To maintain a steady, sustained consistency in our daily conduct is not easy. It is far easier to float downstream with the tide of nominal Christianity; to drift in the listlessness and lukewarmness of a worldly church; to creep along as a spiritual babe, to be fed on the milk of elementary doctrines of salvation; than to be conscious of having a daily, consistent Christ like walk; without being stagnant! **Explain** how a person can live a life that would be described as consistently (not perfectly) *walking in a manner worthy*. Use Scripture to support your explanation.

### **DAY THREE & FOUR: Read Ephesians 4:2-3**

1. Ephesians 4:2 reveals four characteristics of a *walk worthy of our calling*. What are they? Write the definitions next to each of these by using a dictionary or your Concordance.

a.

b.

c.

d.

2. Which of these do you find is the most difficult? Why?

3. Let's look at the first one listed: **Lowliness**. Lowliness has to do with a low estimate of ourselves in the proper sense. Not low self-esteem born out of insecurity. It's easy to remember our lowliness if we just take a look at what we were, and what we've been delivered from!

Look at Philippians 2:3-8 below. What do you learn about lowliness or humility from these verses?

**Philippians 2:3-8** <sup>3</sup>Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. <sup>4</sup>Let each of you look out not only for his own interests, but also for the interests of others. <sup>5</sup>Let this mind be in you which was also in Christ Jesus, <sup>6</sup>who, being in the form of God, did not consider it robbery to be equal with God, <sup>7</sup>but made Himself of no reputation, taking the form of a bondservant, and coming in the likeness of men. <sup>8</sup>And being found in appearance as a man, He humbled Himself and became obedient to the point of death, even the death of the cross."

4. What did Paul say about humility concerning himself from the passages below?

**1 Corinthians 15:9**

## Ephesians 3:8

## 1Timothy 1:15

**5. Gentleness-** A gentle person is one whose emotions are under control. People who are angered at every nuisance or inconvenience know nothing of gentleness. Gentleness describes the attitude that submits to God's dealings without rebellion, and to man's unkindness without retaliation. Don't you just love that definition! How do we learn to be gentle? See Matthew 11:29?

## Matthew 11:29

**a. Meekness** (gentleness) relates to the manner in which we receive injuries. We are to bear them patiently, and not to retaliate, or seek revenge. **Meekness** is also a willingness to waive one's rights. How well do you do in this area? Are you able to set aside your rights to be meek?

**6. Longsuffering** means "long-burning"—it burns a long time. **Longsuffering** reflects an emotional calm in face of irritation or misfortune. It expresses the capacity to be wronged and not retaliate. It is the ability to hold one's feeling in restraint or bear up under the oversights and wrongs afflicted by others without retaliating. On a scale of 1 to 10, 10 being the best, how would you rate yourself in this attribute?

7. The last attribute in verse 2 is the word **Bearing (Forbearance)**. It pictures restraint under provocation and includes liberal allowance for the faults and failures of others. How are you bearing up with the idiosyncrasies of your brothers and sisters at church, your spouse, your children, your co-workers, your fellow students, etc?

8. How and why are we instructed to bear with one another? See Colossians 3:12-13 & Galatians 6:2

9. How does *walking* in these four attributes promote *unity*?

**a** In contrast, how does not *walking* in these attributes discourage *unity*?

10. What does Ephesians 4:3 tell us we are to do?

**In his well known devotional classic The Pursuit of God, A W Tozer asked...**Has it ever occurred to you that one hundred pianos all tuned to the same fork are automatically tuned to each other? They are of one accord by being tuned, not to each other, but to another standard to which each one must individually bow. So one hundred worshipers [meeting] together, each one looking away to Christ, are in heart nearer to each other than they could possibly be, were they to become 'unity' conscious and turn their eyes away from God to strive for closer fellowship.

11. What word(s) let us know that *keeping unity* requires effort?

**a.** Define the word *endeavoring* using your Concordance and write out the English translation.

## Endeavoring

b. From verse 3, who is the source of this kind of *unity*?

c. How are we to *endeavor to keep the unity of the Spirit*?

12. What do these passages reveal about peace? Underline or highlight what you find.

**Romans 15:33** “Now the God of peace be with you all.”

**2 Corinthians 13:11** “Finally, brethren, farewell. Become complete. Be of good comfort, be of one mind, live in peace; and the God of love and peace will be with you.”

**Ephesians 2:14** “For He Himself is our peace, who has made both one, and has broken down the middle wall of separation.”

**Colossians 3:15** “And let the peace of God rule in your hearts, to which also you were called in one body.”

b. What practical things have you found that helps you *let the peace of God rule in your heart*?

13. How does the Holy Spirit help you *keep the bond of peace* with others in your church?

a. When do you personally find it most difficult to *keep the bond of peace* with other believers?

#### **DAY FIVE: Read Ephesians 4:4-6**

Although Paul is calling for unity, it is important to note that he is not speaking of unity at any price in which the fundamental truths of the gospel are discarded or watered down. If we are to **preserve the unity of the Spirit in the bond of peace** we need to know and hold to the truths that unite us as a body.

1. Today we will look at the elements on which our *unity* is based. Read Ephesians 4:4-6. The first element is that: there is *one body*. Using Romans 12:4-5 and what you have learned in previous lessons of Ephesians, what is the *body* Paul refers to?

**Romans 12:4-5**

a. In what ways is the church like our physical *body*?

b. What did Jesus say in John 17:20-22 about the unity of believers?

**John 17:20-22**

2. The second element is: there is *one Spirit*. What does Ephesians 2:18 say about this?

**Ephesians 2:18**

3. The third element is: *we were called in one hope of our calling*. According to 1 Peter 1:3-4, what is the hope of all believers?

**1 Peter 1:3-4**

4. The fourth element is: there is *one Lord*. Read Acts 10:36. Who is *Lord* and what is He *Lord* over?

**Acts 10:36**

5. The fifth element is: there is *one faith*. There are neither two faiths nor several faiths. There is only one faith that leads into God's presence and that is the faith founded by the Lord Jesus Christ. How does John 14:6 and Jude 1:3 verify this?

**John 14:6**

**Jude 1:3**

a. Describe the *one faith* that all Christians have using Romans 10:8-9.

**Romans 10:8-9**

6. The sixth element is: there is *one baptism*. What does Galatians 3:26-28 add to your understanding?

**Galatians 3:26-28**

a. According to Acts 2:38, what is the requirement of baptism?

7. Lastly, the seventh element mentioned in Ephesians 4:4-6, is there is *one God and Father of all*. What phrase in verse 6 speaks of God's sovereignty?

a. What did the scribe declare in Mark 12:32?

**DAY SIX: Review Ephesians 4:1-6**

1. Describe what you think a *worthy walk* looks like.

2. Scan the elements of *unity* in verses 5 and 6. How does knowing these essentials help you to identify non-Christian religions?

3. In what ways were you challenged from Days Three and Four to be a part of the answer to *unity* rather than the problem? See Psalm 133:1-3.

**Comment:** David recalled this scene with obvious affection—the high priest being anointed with oil. He remember the oil poured over his head, running down his beard and onto his robes and he

used this picture to poetically portray how unity overflows to others -- a picture he portrays as wonderfully refreshing.

4. Record on your Worksheets **“Truths about God, Truths about Jesus, Truths about the Holy Spirit, Truths about the Believer, and Instructions.”**

*Therefore let us pursue the things which make for peace and the things by which one may edify another. - Romans 14:19*