



THE EPISTLE OF
EPHESIANS



DOES YOUR
TALK
MATCH YOUR
WALK



EPHESIANS 4:1-6

How is your “walk”?

- Doctors say one of the best exercises you can do to be/become healthy is walking
- Walking causes less injuries than jogging
- In the Ukraine, its even a social activity-Gulat
- I want to know about your Spiritual Walk—
- Crawl to walking; as we grow.. therefore...



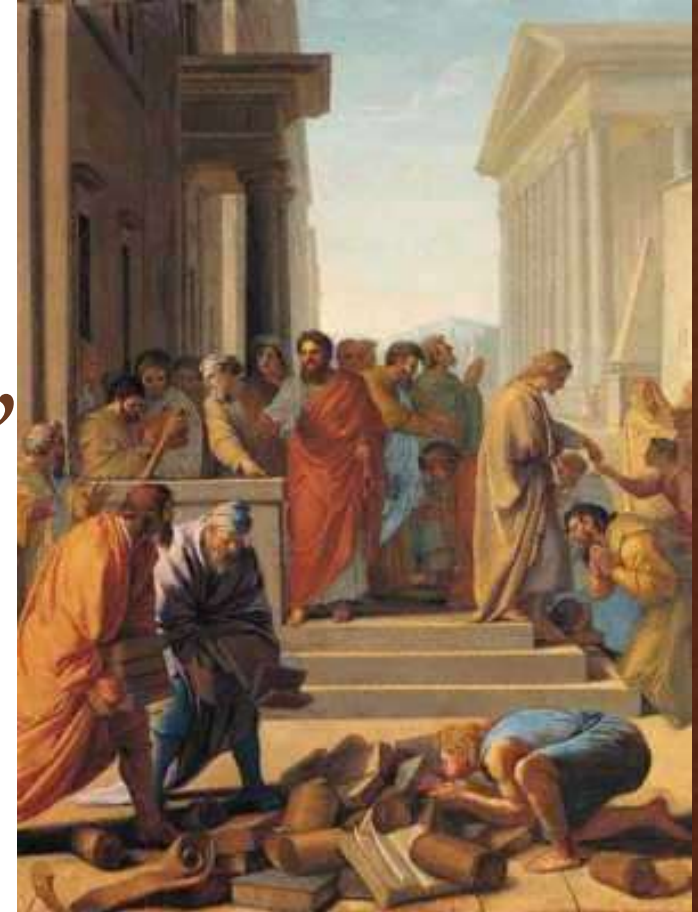
Therefore I, the prisoner of the Lord, implore you to walk in a manner worthy of the calling with which you have been called, ² with all humility and gentleness, with patience, showing tolerance for one another in love, ³ being diligent to preserve the unity of the Spirit in the bond of peace.

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

Ephesians 4:1-6, NASB

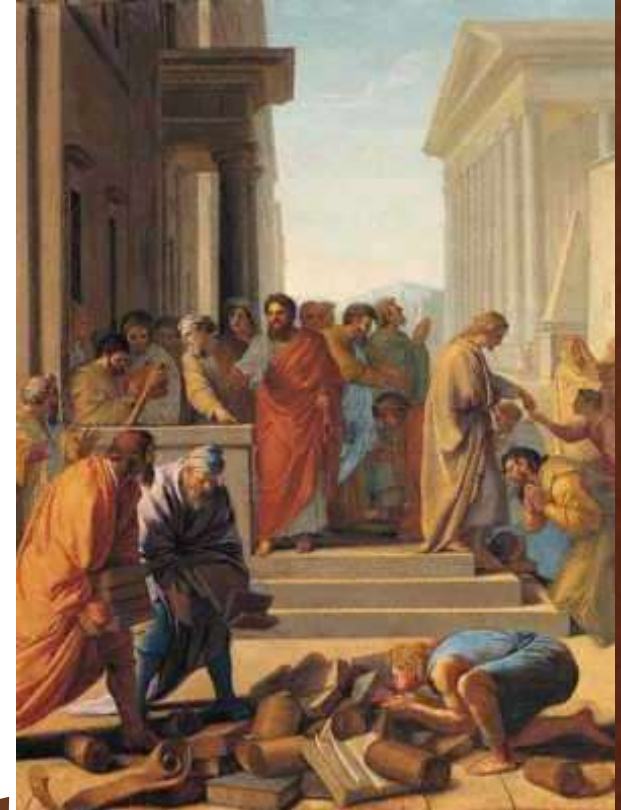
A. Walk Worthy of the Calling

- Paul uses the word 'beseech' 2x in the whole New Testament
- Greek, 'parakleo'– means implore, admonish, exhort, urge
- So, he's urging us to walk 'worthy' of the calling; what calling?
- Sanctification, Child-ship, heirs of salvation



A. Walk Worthy of the Calling

- Sanctified?
- When we trust Christ, we are made righteous “positionally”
- God declares us righteous, or now justified, by Jesus’ life/death/res
- This begins sanctification practically, set apart
- As we grow we learn to say “*no*” to temptation



For this is the will of God, your sanctification: that you should abstain from sexual immorality; ⁴ that each of you should know how to possess his own vessel in sanctification and honor, ⁵ not in passion of lust, like the Gentiles who do not know God; ⁶ that no one should take advantage of and defraud his brother in this matter, because the Lord is the avenger of all such, as we also forewarned you and testified. ⁷ For God did not call us to uncleanness, but in holiness.

1 Thessalonians 4:3-7, NASB

Five Things We Must Achieve

- To give a better understanding of a “worthy” walk, Paul lists five needs for us to gain Vs 2-3
- 1. Humility, in the Greek mindset, it was a derogatory term, indicating low-mindedness and servitude
- By Jesus’ example the definition: a love that lets you put the needs of others ahead of your own



Five Things We Must Achieve

- 2. Gentleness (Meekness)– if humility is an attitude, meekness is the action derived from
- Meekness is not Weakness– it is power under control
- Meekness is vital to maintaining unity; it smooths out our rough edges and creates a safe place for all
- Jesus even blessed it- Matt 5:5



Five Things We Must Achieve

- 3. Longsuffering– not the same as patience
- Greek, ‘makrothumia’, forbearance, longanimity, fortitude
- Patience deals with circumstance, longsuffering deals with people
- God has no patience for my sin, but he *does* have patience with me...see?



Five Things We Must Achieve

- 4. Loving Tolerance, where longsuffering was an attitude, this is the action part of longsuffering
- Know anyone like this?
- People that walk all over you, or drive you crazy, even at church?!
- Growing in Christ means letting go of these annoyances, letting God change YOU



B. Five Things We Must Achieve

- 5. Endeavor to keep Unity in the Spirit in the bond of peace
- Greek endeavor is 'spoudazo', present tense
- It means we must constantly be working to maintain unity in the Spirit
- If we practice these 5 things; no bickering, no backstabbing, no one cares what color the carpet will be, or what kind of light fixtures we have!



C. Oneness

- Vs 4-6, to illustrate that unity, Paul listed 7 facets of it
- One Body
- One Spirit
- One Hope of your calling
- One Lord



- One Faith
- One Baptism
- One God and Father of all

Take Home...

- Sanctification is a constant series of godly choices we must make as Christians to walk worthy of our calling for the glory of God
- Let's think and practice the unity in Christ through humility, meekness, longsuffering, loving tolerance, and keeping the bond of peace

