

Ephesians 4:1-16 (ESV)

Unity in the Body of Christ

4 I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, ² with all humility and gentleness, with patience, bearing with one another in love, ³ eager to maintain the unity of the Spirit in the bond of peace. ⁴ There is one body and one Spirit—just as you were called to the one hope that belongs to your call— ⁵ one Lord, one faith, one baptism, ⁶ one God and Father of all, who is over all and through all and in all. ⁷ But grace was given to each one of us according to the measure of Christ's

gift.⁸ Therefore it says,

“When he ascended on high he led a host of captives,
and he gave gifts to men.”^[a]

⁹ (In saying, “He ascended,” what does it mean but that he had also descended into the lower regions, the earth?^[b] ¹⁰ He who descended is the one who also ascended far above all the heavens, that he might fill all things.) ¹¹ And he gave the apostles, the prophets, the evangelists, the shepherds^[c] and teachers,^[d] ¹² to equip the saints for the work of ministry, for building up the body of Christ, ¹³ until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood,^[e] to

the measure of the stature of the fullness of Christ, ¹⁴ 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. ¹⁵ Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, ¹⁶ 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.



Walking in the Manner Worthy of Your Calling
Ephesians 4:1-16

A close-up, low-angle shot of a person's legs from the knees down, wearing a blue dress with a ruffled hem. The person is walking on a light-colored, textured pavement. The right leg is in mid-stride, and a dark, irregular stain is visible on the pavement directly in front of the right foot. The lighting is bright, casting soft shadows.

ARE WE WALKING IN THE MANNER WHICH GOD HAS CALLED US TO BE?

“I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called” (v1).

Are we walking in Oneness/Unity?

❖ Christ's Requirement is to Love v.1-3

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,² with all **humility** and gentleness, with patience, bearing with one another in **love**,³ eager to maintain the unity of the Spirit in the bond of peace

John 13:³⁴ A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. ³⁵ By this all people will know that you are my disciples, if you have love for one another.”

❖ Christ's Requirement is to Love v.1-3

Proverbs 6:16-19 (AMP)

¹⁶ These six things the Lord hates; Indeed, seven are repulsive to Him:
¹⁷ A proud look [the attitude that makes one overestimate oneself and discount others], a lying tongue, And hands that shed innocent blood,
¹⁸ A heart that creates wicked plans, Feet that run swiftly to evil,
¹⁹ A false witness who breathes out lies [even half-truths], And one who spreads discord (rumors) among brothers

❖ Christ's Breaks Down the Barrier v. 4-6

4 There is one body and one Spirit—just as you were called to the one hope that belongs to your call— 5 one Lord, one faith, one baptism, 6 one God and Father of all, who is over all and through all and in all.

❖ Christ's Breaks Down the Barrier v. 4-6

Galatians 5:¹⁹ Now the works of the flesh are evident: sexual immorality, impurity, sensuality,²⁰ idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, ²¹ envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God.

❖ Christ also Unites v. 4-6

John 1:12 But to all who did receive him, who believed in his name, he gave the right to become children of God, ¹³ who were born, not of blood nor of the will of the flesh nor of the will of man, but of God.

❖ Christ also Unites v. 4-6

Philippians 1:²⁷ Only let your manner of life be worthy^[a] of the gospel of Christ, so that whether I come and see you or am absent, I may hear of you that you are standing firm in one spirit, with one mind striving side by side for the faith of the gospel,

Are we walking in Service?

❖ God decides not you v. 7-10

⁷ But grace was given to each one of us according to the measure of Christ's gift. ⁸ Therefore it says, "When he ascended on high he led a host of captives, and he gave gifts to men." ⁹ (In saying, "He ascended," what does it mean but that he had also descended into the lower regions, the earth? ¹⁰ He who descended is the one who also ascended far above all the heavens, that he might fill all things.)

❖ Unity Not Uniformity v. 11-12

¹¹ And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, ¹² to equip the saints for the work of ministry, for building up the body of Christ,

❖ Unity Not Uniformity v. 11-12

(AMP) ¹¹ And [His gifts to the church were varied and] He Himself appointed some as apostles [special messengers, representatives], some as prophets [who speak a new message from God to the people], some as evangelists [who spread the good news of salvation], and some as pastors and teachers [to shepherd and guide and instruct], ¹² [and He did this] to fully equip *and* perfect the saints (God's people) for works of service, to build up the body of Christ [the church

❖ Serve One Another Toward Maturity v. 13-14

¹³ 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, ¹⁴ 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

Are we walking in Love?

- ❖ Speak in Love v. 15
- ❖ Live in Love v. 15

¹⁵ Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ,

Are we walking in Love?

- ❖ Speak in Love v. 15
- ❖ Live in Love v. 15

¹⁵ Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ,

(AMP) ¹⁵ But speaking the truth in love [in all things—both our speech and our lives expressing His truth], let us grow up in all *things* into Him [following His example] who is the Head—Christ.

❖ Build in Love v. 16

¹⁶ 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.

Build in Love v. 16

Love is the final quality,
which embraces the proceedings for,
and is the crown and sum of all virtues.

To love is to seek constructively the welfare of others
and the good of the community.

– John Stoot

Here are 3 honest questions to ask ourselves:

1. How willing are we to accept responsibility for our actions?
2. How committed are we to protecting the reputation of God?
3. Are we genuinely walking with the Lord, or are we stumbling through life?

“I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called” (v1).



I COMMIT TO _____ THIS WEEK

1. Reading Ephesians with John Stoot
2. Take an opportunity to share my one 'WORD' with someone
3. Pray for Us



Walking in the Manner Worthy of Your Calling

Ephesians 4:1-16

Are we walking in Oneness/Unity?

- Christ's Requirement is to Love (v1-3)
- Christ Breaks Down the Barrier (v4-6)
- Christ also Unites Us (v4-6)

• Are we walking in Service?

- God Decides Not You (v7-10)
- Unity not Uniformity (v11-12)
- Serve One Another Toward Maturity (v13-14)

Are we walking in Love?

- Speak in Love (v15)
- Live in Love (v15)
- Build in Love (v16)