

“Church, I beg you: Walk worthy of your calling!” Walk (**4:1,17, 5:2,8,15**) is the apostle Paul’s emphasis in **chapters 4-6**. ‘Commands’ are issued 40 times. Unity and variety and love and truth should be evident in our walk.

In **1:1-3:21** we looked at “Church: Realize What God Has Done for You!” The first half of Ephesians teaches us about our God and Father (speak well of Him who has blessed us with every spiritual blessing and is summing up everything in Christ Jesus!), His power and grace (with us as individuals and corporately), and who He has made us. Now Paul begins to explain the practical implications of those chapters. These last three chapters reveal how the prayer of **3:14-21** will show up in the Church’s and the Christian’s life.

“I beg you, walk worthy!” This is the process of becoming in our thinking, choices, speech, and behavior who God has already made us by nature. The *Church’s* walk, our way of operation as a Body, is laid out in **4:1-16**.

**Read 3:16-4:16. 4:1-6 Therefore I, the prisoner of the Lord, implore you to walk in a manner worthy of the calling with which you have been called, with all humility and gentleness, with patience, showing tolerance for one another in love, being diligent to preserve the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as also you were called in one hope of your calling; one Lord, one faith, one baptism, one God and Father of all who is over all and through all and in all.** Another long sentence (**1:3-14, :15-23, 2:1-7, 3:2-13, :14-19, 4:1-6, :11-16, 6:14-20**).

**:1-6** Walk worthy of your calling (**:1**). Preserve the unity of the Spirit (**:2-3**). Remember the essentials that hold us together (**:4-6**).

**:1** Paul is a prisoner (chained to a Roman soldier every moment) suffering for being the apostle to the Gentiles, but he considered himself the Lord’s prisoner (a “royal hostage” of Jesus). His circumstances haven’t stopped him from sharing God’s good news and writing letters.

“**I beg of you please**; I call you (present tense) to my side.” **Walk worthy** This means to balance the scales so one side is equal to the other. Give equal weight in your lives to Biblical truth and your walk! Because we are one single Body, His workmanship, one new man, now we’re begged to walk worthy of that calling. God’s first concern is not what the Church does but what the Church is. Once we understand who we are, we will want to walk like who God has made us! For example, **read 5:1**: Because we’re God’s beloved children, imitate Him and walk in love. **5:8** Because we are no longer darkness but Light, walk as children of Light.

**:2-3** The worthy walk as ‘one new man’ is characterized by these qualities. This is Jesus in action, through us: **Humility**: regarding another and his/her interests as more important than my interests (**Mt. 11:29, Phil. 2:3-4**). Pride is the source of all discord (**1 Pet. 5:5b-7**). **Gentleness** (not to be confused with weakness) is strength under God’s control (a fruit of the Spirit, **Gal. 5:22-23**). **Patience**, long tempered (a fruit of the Spirit). It isn’t revengeful. **Showing tolerance**, bearing with (present participle, continuously & unconditionally). Mutually accepting people where they are, the way our Lord accepts us.

**In love**: God’s agapē love, which seeks another’s highest good (another fruit of the Spirit). It’s not eros/feeling/romantic love, nor is it philia/liking/friendship love, nor is it storgē/family affection love. Agapē is love that willingly gives whether it receives in return, with no conditions.

When we as the Church are walking in a manner worthy of our calling, these qualities of **:2** are present. Obviously, when not walking being strengthened by the Spirit according to the characteristics of **:2**, division and disunity will result. The ‘worthy walk’ assumes there will be difficulties with even fellow Christians!! The qualities mentioned in :2-3 can only be accomplished by the power of the Spirit in our lives, individually and together.

**:3** This verse only makes sense when we understand the truths of **1:1-3:13**. It is the recognition of the one new man God has made us and living in light of that wonderful truth. **Being diligent** (present participle, **zealous, eager**) **to preserve** (present) **the unity of the Spirit**. Recognize, we’re already one! We are to strive to maintain a unity that is already ours!! Spiritual unity is not and cannot be created by the Church; it’s only by the Spirit. Make every effort to preserve the unity, **in the bond of peace**, joined together as the one we are.

This unity is revealed, is on display, when we are being strengthened with power through the Spirit, when we are laying hold of & experiencing the love of Christ, and when we are being filled up to all the fullness of God (**3:16-21**).

**:4-6** The spiritual essentials that hold us together. **:4 One Body**: one Body under one Head, Jesus. We were placed by the Spirit into the one Body of Christ when we became Christians. Nothing separates us, whether Gentile or Jew, female or male, slave or free, old or young. **You(!) are the Body of Christ (1:23, 1 Cor. 12:27)**. **One Spirit**: each believer is indwelt by and sealed by the same Holy Spirit (**1:13-14, 4:30**). He’s made our physical bodies His dwelling place, individually and collectively. The Spirit is mentioned over 10 times in Ephesians. **Called** (aorist passive) **in one hope of your calling**: Every believer has been called, invited, as one Body. Jesus is our hope and certainty, both now and in the future (**Col. 1:27**). See **1 Jn. 3:2-3**.

**:5 One Lord (1:2,3,15,17, 3:11,14, 5:20, 6:23-24)**: One Master, King, ultimate Authority: His name is Jesus (**Phil. 2:11**). Jesus’ Lordship was the Christian essential (**1 Cor. 8:6, 2 Cor. 4:5**). **One faith**: the faith by which all saints enter into salvation, Jesus being the object of our faith; the saving faith in the one Lord. (It could also mean faith in a body of truth (**Jude 3**), the content of what we believe.) **One baptism**: to place into, the baptism of the Holy Spirit placing each believer into the one Body of Christ (**1 Cor. 12:13, Gal. 3:27, Rom. 6:3**). (It could also refer to the Christian practice in which new converts participated publicly, an open declaration that Jesus was Lord.)

**:6 One God who is our Father (1:2,3,17, 2:18, 3:14, 4:6, 5:20, 6:23, 1 Cor. 8:4-6)**: the Father of all who believe. We are one family, with one God and Father. Such conviction should tie us more closely than any human tie. Our unity isn’t based on what we ‘do’ but rather upon our one God and Father and who He has made us. We are to live to the praise of His glory (**1:6,12,14**).

These 7 essentials are the basis for the unity we are to make every effort to preserve! When together, we can't create spiritual unity, but we can *recognize and practice* the unity we already have! Let's make personal :1-6.

In 4:7-10, the writer Paul turns from 'all' of us in the one Body of Christ to 'each' of us in the Body, and so from the unity in the Church to the variety, especially revealed by the different gifts Jesus has given. Unity doesn't mean sameness. The exalted, ascended Jesus giving different gifts is the emphasis.

**:7-10 But to each one of us grace was given according to the measure of Christ's gift. Therefore it says, "WHEN HE ASCENDED ON HIGH, HE LED CAPTIVE A HOST OF CAPTIVES, AND HE GAVE GIFTS TO MEN." (Now this *expression*, "He ascended," what does it mean except that He also had descended into the lower parts of the earth? He who descended is Himself also He who ascended far above all the heavens, so that He might fill all things.)**

**:7** Grace not only saves God's people (2:5,8) but also equips us for service and building up. Each was given a gift (dorea), a part to play. "Not to use our Christ-given gifts is an affront to our Lord's wisdom and grace and a loss to His Church." The 'grace' given in :7 includes the power and ministries and gifts that enable us to function best exactly where we are in the Body. The worthy walk of the Church includes Christians discovering and lovingly exercising their Christ-given gifts. Within the unity of the Body, each member has a distinctive part to play. Like an orchestra with different members and instructions and music, from the Head of the Church! What makes the Church healthy and vibrant? Practicing unity and using our spiritual gifts. A Body, containing diverse but essential and contributing parts. This is the provision made by Jesus and the Spirit for the Body's operation and growth. Each member is unique in terms of his/her contribution to the Body, a uniqueness that frees us from comparing, competing, boasting, or inferiority. We each contribute yet we also need other members functioning. By simply doing what we were individually designed to do, we begin to walk worthy and we begin to exercise our grace-given gifts, and Jesus is seen. Neither our gifts nor our areas of service nor the results are alike. These gifts are the best gifts He could give to you and your local church. See gifts in **Eph. 4:11, Rom. 12:6-8, 1 Cor. 12:4-31, and 1 Pet. 4:10-11a.**

**:8-10** A (parenthesis) to explain how Christ received the right to graciously give the gifts. Paul uses this OT picture of God (**Ps. 68**) and relates that this is what Jesus also did in His incarnation, death, resurrection, ascension, and exaltation. Like a military victor, as Conqueror, Jesus received gifts (doma) that He rightly deserves & then turns right around & gives many of those gifts back to the saints so they can love/equip/serve/build up the Body of Christ.

**:9-10** Christ descended from heaven to earth, referring to when He became flesh (**Phil. 2:6-8**). "The great depth of the incarnation." Then Christ ascended from earth to heaven where He reigns forever with His Father (see **1:19-23**). As the Victor, the Lord Jesus Christ fills His Body with everything necessary to make possible the worthy, united, loving walk. Let's make personal :7-10.

Jesus' life and love is revealed (1) through the power and fruit of the Spirit, (2) through our fulfillment of Christian responsibilities such as **4:2-3**, and (3) through the constant exercise of our spiritual gifts. Along with the grace-gift comes the responsibility to use it in service of others. Spiritual gifts are God-given abilities that have been given to every Christian to minister to others. And, when we're operating as we can/should, people will see Jesus (**4:13**)!!

We are to trust the Father and the Son and the Holy Spirit, and just "Show up!" We're to continually rely upon the resurrected, ascended, exalted, gift-giving Lord Jesus. What are the gifts He has given you?

Practical Ways to **Apply** God's Word:

1. Start with Jesus (Mt. 11:28-30) and fix your focus on Him (**Heb. 12:1-3**).
2. As part of the Family of God, pray for, love, be hospitable to, and serve one another, using your Spirit-given gifts (**1 Pet. 4:7-11**). Also, consider how to stimulate one another to love and good deeds (**Heb. 10:24-25**). Do good to all Gal. 6:10. Also see **Eph. 4:1-16** and **Rom. 12:3-13** which describe the 'walk' of the Church.
3. As an individual Christian: **Rom. 12:9-21, 1 Cor. 13:1-8a, and Eph. 4:20-6:18** spell out how Jesus will live out His life and love uniquely through you as you trust Him, rest in Him. **1 Pet. 2:11-3:17** tells you how to respond even when you're being unfairly treated.
4. Be careful who you listen to and what you watch and read, what you're continually thinking about. Choose & be a good role model. Be sure there's a steady input from God's Word. Pray without ceasing. Realize there's a glorious, certain, guaranteed future for you and every other Christian.
5. **Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit (Rom. 15:13).** Remember, this is a life and love only Jesus through the Holy Spirit can live in/through you! Yet He will as you by faith run the race set before you (**Heb. 12:1-2a**).  
Lessons you learned? Applications you made? Questions you have? What impact does this passage have on your daily walk with Jesus?

In **3:14-21** Paul prayed that God would grant his readers 3 things; now in **chapters 4-6** he describes how this answered prayer will show up in our everyday walk. In Ephesians the imperative is used 41X; only once in **chapters 1-3 (2:11)** and 40X in the **last 3 chapters**. This is one of the 2 classic NT passages on Christian unity (the other is **Jn. 17**). In 4:1-16, the Church doesn't have the right to chart its own course. Our course is laid out in Eph. 4:1-16. Not an organization nor a building but a Body, the common sharing of the life of Jesus and **:4-6**.

**:1** God calls us (and has made us) one single Body, the one Church, His workmanship, one new man, fellow citizens, of His one household, one holy temple, His dwelling place, fellow heirs, fellow members of the Body, fellow partakers of the promise in Christ Jesus; under the control of one Head for the exclusive habitation and use of the Person who dwells within and has the right to do with His own whatever He wills. Later on in **4:23-24** you've been made righteous and holy; now think and walk like it! **:2-3** list the characteristics of what this walk looks like in the Church and in local churches.

**:2 Humility**, just like Jesus in **Phil. 2:6-8 & Jn. 13:1-7** (washed their feet). **1 Pet. 5:5b-7**. "If you want unity, lop off your arrogance and bridle your strength!". On non-Biblical issues, a willingness to give up my rights/interests for someone else.

**Patience**, used of God 4X in the NT (**Rom. 2:4, 1 Tim. 1:16, 1 Pet. 3:20, 2 Pet 3:15**). It doesn't retaliate when it could; it isn't revengeful. To patiently put up with another, a willingness to overlook irritations (not sins!).

In **love**, read **Col. 3:14**. Unqualified and unselfish. This Christian love is not an emotional thing. It's only possible by the Spirit **3:16**.

**:3** Perhaps due to the Jew-Gentile issue, living as though they weren't fellow citizens, one body, one new man, God's dwelling, of God's household.

Includes willingness plus actually doing something about it, and doing this constantly. Demonstrate by our attitudes, choices, actions, and words the inner unity which already exists among ALL Christians, between EVERY Christian.

How? Recognize our God, our identity, our unity, our variety. This unity which God produced through the reconciling death of Jesus (**2:14-22**). It is made effective by the working of the Spirit of God. Jesus: "I ask that they may all be one" (**Jn. 17:21**).

Bond was used of the ties that held ships together, capable of withstanding tension. Peace means united, joined together, wholeness. We're not trying to establish peace; the Lord Jesus is our peace (**2:14**); the Spirit produces it. The barriers have been broken down, the work has been done. Beneath the many differences there is also the foundation of a basic unity. This unity of the Spirit is destroyed by not practicing **:2-3**. There is the tendency (when not 'making every effort') to be critical and divisive, perhaps concentrating on such things as worship styles, music, dress.

**:4-6** Be aware of these spiritual realities that unify us.

**One Body**, earlier (**1:23, 2:14-22**). The Holy Spirit placed every believer into the one Body of Christ when he/she became a Christian (**1 Cor. 12:13**). Composed of every person who has come to know Jesus as Lord. There is only Christ's one Body. **One Spirit**, who is given to every believer as a pledge or down payment (**1:13-14**), who has sealed us for the day of redemption (**4:30**). The Church is not a man-made institution but the product of the Holy Spirit.

Also **you were called** (aorist passive) **in one hope. 1:18, 4:1**. The idea of

invitation. Every believer has been called, called in one Body (**Col. 3:15**). Every Christian's one hope (a certainty in Scripture is tied to the present "Christ in you, the hope of glory (**Col. 1:27**) and His appearing (**Titus 2:13**). Even more aware of the spiritual realities that now unite them and that should completely transcend differences of background. There is only one family, one Church, one Body. It is compared to a kingdom, a family, and a temple in **chapter 2**. In **chapter 5** it is compared to a bride. The Church is not dependent on numbers or its human wisdom or buildings; it is dependent upon the Spirit of God who gives life, Jesus' life, to us. The Spirit already talked about in **1:13, 2:18,22, 3:5,16**, and 7 more times in Ephesians. Sure and certain, that is the Biblical idea of hope. The hope of sharing Christ's glory at the end of the age (**1 Jn. 3:2**).

**:5 One Lord, (1:2,3,15,17, 3:11,14, 5:20, 6:23-24)**. Jesus is the Head of the Body, the Church. **1 Cor. 12:3**. Jesus as Lord was Paul's message (**2 Cor. 4:5**). Jesus is the Savior of the Church. He is the object of His people's faith (**3:12**), and it is into Him that they have been baptized (**Rom. 6:3, Gal. 3:27**). Only when men acknowledge Jesus as Lord does Jesus become their Savior. **Rom. 3:29-30**,

**One faith**, placed in the one Lord Jesus; there is no salvation apart from faith in Jesus (**Rom. 10:9,13**). OR, the body of truth revealed to the apostles, believed by Christians (**Jude 3**). Faith and belief are mentioned elsewhere in **1:13,15,19, 2:8, 3:12,17, 4:13, 6:16,23**. All of the doctrine of this one faith was written in the NT. Our common beliefs. The Bible is central to who we are and what we do. Faith in the objective sense, body of truth. **Acts 6:7, 1 Tim. 3:9, 4:1,6**.

**One baptism**, For all of you who were baptized into Christ have clothed yourselves with Christ (**Gal. 3:27**). OR, if water baptism, the idea is that by this single act believers demonstrate their spiritual unity. **Acts 8:16, 19:5, 1 Cor. 1:13-15**. Outwardly demonstrated the believers' faith in their Lord. At that time, it was a more obvious common mark of identification of Christians than it is today.

**:6 One God and Father of all**. We believers share the conviction that the one God is our Father. The result of God's work, existing for His glory. Every Christian has one God and Father. All Christians (every Christian!) are of the same family, with the Father (**3:15**). One God and Father that all Christians worship is the 7<sup>th</sup> essential of unity. Walk like it! Our unity isn't based on what we 'do' but rather upon our one God, who He has made us, and what He has done.

**Jn. 8:44**, Jesus shows that God is not the father of everyone. **Dt. 6:4**, the Lord is our God, the Lord is one, God is one. There is only one God, not many as in pagan culture (**1 Cor. 8:5-6**). God is the Father of all who believe (see **Dt. 4:35, 6:4, 32:39**). God designed us to relate to Him and to each other as a family.

We are created by God and for God. **1 Cor. 8:6, 2 Cor. 13:14**. We are called to live to the praise of His glory. Can anything be greater?

The risen Lord Jesus is available to everyone to indwell us and to transform our walk into a walk that actually reflects HIM!

**:7-10** Paul moves from the unity of believers to the uniqueness of believers. The life of Jesus is still being manifested among people, no longer through an individual physical body, but through the one Body of Christ called the Church. The ascended Lord Jesus gave gifts to His own (also see **1:20-23**). Similar to the truths of **1 Cor. 12:4-7** and **Rom. 12:4-5**. Composed of many parts, so also is

Christ's Body, the Church. Spiritual gifts are a gracious provision given by the Lord Jesus and the Holy Spirit for equipping and serving and building up. Unity in **:1-6**, variety in **:7-12**, and a return to unity in **:13-16**. Unity and the gifts are part of 'every spiritual blessing' of **1:3**.

My physical body is composed of many parts, yet is one (**:1-6**). Each member of Jesus' Body is one (**:1-6**) yet each member is also different **:7-10**. This very diversity, far from destroying the unity, will, if properly used, promote it. Unity is not uniformity, but harmony.

Jesus did this by incarnating Himself. The incarnation is still going on. The extension of the life of Jesus to the whole world in any age.

**:7** Jesus is a Lord who freely gives. Each receive Christ's gift of grace. We never get the wrong gift or not enough of it! This grace is the enabling power that makes the spiritual gifts function to the glory of God, the grace which equips God's people to serve. Something each did not possess before he/she became a Christian.

**:8** Before Paul identifies four of the gifts in **:11**, he follows up who this Lord is. By citing **Psalm 68** (especially **:18**), Paul puts the Lord Jesus Christ into the role of the triumphant King. It's a victory hymn composed by king David to celebrate God after a victory.

Picture a military leader returning to Jerusalem at the head of his followers, after routing an enemy, gathering the spoils, and taking prisoners (the captives could be either the defeated enemy (Satan, sin, death) or the captives who were set free). The victorious procession makes it way up to the temple mount. Paul changes from the 2<sup>nd</sup> person singular "You ascended" to the 3<sup>rd</sup> person singular "He ascended," and he changes the final action from the victorious king *receiving* gifts from the people to Christ *giving* gifts to believers. At the head of a parade (called a triumph) of his soldiers and the enemies he has captured and the booty he has taken. As Conqueror He has received gifts that He can bestow.

After Jesus' work on earth was completed, He was raised, He ascended, and He was exalted (see **1:19-23**). Now because of His victory and because we are His, He gives gifts to us. Out of His grace, Jesus shares His riches of His kingdom (**1:7,18, 2:7, 3:8,16**) with His own. No place for boasting; no one has all the gifts; and it is also true that no member of the Body is without some spiritual gift and a place to use it.

As we walk worthy, for the purposes of bringing glory to God and to serve and build up others, each will discover his/her gift from Christ. When all the instruments are playing in harmony, the glory goes to the ascended King! So it is when each uses his/her gift: people see Jesus!

By citing this Psalm, Paul puts the Lord Jesus into that role, thereby affirming His deity. **:7-18** of **Psalm 68** concentrates on God's past activity.

When you discover your Jesus-given and Spirit-given gift, build your ministry around it. Get busy doing the things the Bible says God's children are to do; make sure you do that being strengthened with power through the Spirit. We are Christ's orchestra here on earth. We each have a part to play. God is the sole determiner and giver of spiritual gifts. At least 20 different spiritual gifts.

**:9** The place of ascension is Jesus seated at the Father's right hand (**1:20-21**). The place to which Jesus descended is earth. Christ descended from heaven to earth (His incarnation). Jesus' incarnation and the humiliation of the cross.

A striking contrast between His ascent far above all the heavens, emphasizing the extreme range of our Lord's condescension and exaltation. The ascension, which involved not heaven and hell, but heaven and earth is the context.

**:10 Acts 1:9-11**. The Christ who descended and the Christ who ascended are one and the same. Only the Lord Jesus fits this description. **So He might fill all things**, As the victor, Christ has the right to give gifts, more particularly as He supplies the Church with everything necessary to make possible the worthy walk until it matches His own fullness (**4:13**).

Spiritual gifts: Jesus' life is exhibited: when the indwelling Holy Spirit is strengthening us with power and living out Jesus' life, His fruit, through us. When the Church is practicing the one another's like the qualities described in :2. When every Christian is using his/her spiritual gift-mix. Jesus' life and love is revealed through the power and fruit of the Spirit, through our fulfillment of Christian responsibilities such as :2, and through the constant exercise of our spiritual gifts.

These gifts in this context are the gifted men mentioned in **4:11**. Try those you have an interest in. Watch for improvement and development. Spiritual gifts are God-given abilities that have been given to every Christian to minister to others. The Spirit also gives the gifts, the Lord Jesus gives the areas where we're to use those gifts, and the empowering and the results are the Father's. Try different areas of service for which you have a strong interest. Start with your interests, responding to needs. Then ask "In what way do I want to respond when I hear of a need?"

In the midst of that one Body walking worthy, each of us has been given exactly the right gifts. Jesus knows exactly what gifts are needed, in individuals and in local churches. Having gifts that differ according to the grace given to us, let us use them (**Rom. 12:5-6**).

Each member is unique in terms of his/her contribution to the family. If you say you don't have a contribution to make, that is simply a form of pride or self-pity. On the other hand, every believer needs others of the Body to function. No Christian is to be a spectator.

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**:1-6** Walk worthy of your calling (**:1**). Preserve the unity of the Spirit (**:2-3**). Remember the essentials that hold us together (**:4-6**).

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“**I beg of you please**; I call you (present tense) to my side.” **Walk worthy** This means to balance the scales so one side is equal to the other. Give equal weight in your lives to Biblical truth and your walk! Because we are one single Body, His workmanship, one new man, now we’re begged to walk worthy of that calling. God’s first concern is not what the Church does but what the Church is. Once we understand who we are, we will want to walk like who God has made us! For example, **read 5:1: Because** we’re God’s beloved children, imitate Him and walk in love. **5:8 Because** we are no longer darkness but Light, walk as children of Light.

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**:6 One God who is our Father (1:2,3,17, 2:18, 3:14, 4:6, 5:20, 6:23, 1 Cor. 8:4-6):** the Father of all who believe. We are one family, with one God and Father. Such conviction should tie us more closely than any human tie. Our unity isn't based on what we 'do' but rather upon our one God and Father and who He has made us. We are to live to the praise of His glory (**1:6,12,14**).

These 7 essentials are the basis for the unity we are to make every effort to preserve! When together, we can't create spiritual unity, but we can *recognize and practice* the unity we already have! Let's make personal :1-6.

In 4:7-10, the writer Paul turns from 'all' of us in the one Body of Christ to 'each' of us in the Body, and so from the unity in the Church to the variety, especially revealed by the different gifts Jesus has given. Unity doesn't mean sameness. The exalted, ascended Jesus giving different gifts is the emphasis.

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5. **Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit (Rom. 15:13).**

Remember, this is a life and love only Jesus through the Holy Spirit can live in/through you! Yet He will as you by faith run the race set before you (**Heb. 12:1-2a**).

Lessons you learned? Applications you made? Questions you have? What impact does this passage have on your daily walk with Jesus?

“Church, I beg you: Walk worthy of your calling!” Walk (4:1,17, 5:2,8,15) is the apostle Paul’s emphasis in **chapters 4-6**. ‘Commands’ are issued 40 times. Unity and variety and love and truth should be evident in our walk.

In 1:1-3:21 we looked at “Church: Realize What God Has Done for You!” The first half of Ephesians teaches us about our God and Father (speak well of Him who has blessed us with every spiritual blessing and is summing up everything in Christ Jesus!), His power and grace (with us as individuals and corporately), and who He has made us. Now Paul begins to explain the practical implications of those chapters. These last three chapters reveal how the prayer of 3:14-21 will show up in the Church’s and the Christian’s life.

“I beg you, walk worthy!” This is the process of becoming in our thinking, choices, speech, and behavior who God has already made us by nature. The *Church’s* walk, our way of operation as a Body, is laid out in 4:1-16.

**Read 3:16-4:16. 4:1-6 Therefore I, the prisoner of the Lord, implore you to walk in a manner worthy of the calling with which you have been called, with all humility and gentleness, with patience, showing tolerance for one another in love, being diligent to preserve the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as also you were called in one hope of your calling; one Lord, one faith, one baptism, one God and Father of all who is over all and through all and in all.** Another long sentence (1:3-14, :15-23, 2:1-7, 3:2-13, :14-19, 4:1-6, :11-16, 6:14-20).

:1-6 Walk worthy of your calling (:1). Preserve the unity of the Spirit (:2-3). Remember the essentials that hold us together (:4-6).

:1 Paul is a prisoner (chained to a Roman soldier every moment) suffering for being the apostle to the Gentiles, but he considered himself the Lord’s prisoner (a “royal hostage” of Jesus). His circumstances haven’t stopped him from sharing God’s good news and writing letters.

“**I beg of you please**; I call you (present tense) to my side.” **Walk worthy** This means to balance the scales so one side is equal to the other. Give equal weight in your lives to Biblical truth and your walk! Because we are one single Body, His workmanship, one new man, now we’re begged to walk worthy of that calling. God’s first concern is not what the Church does but what the Church is. Once we understand who we are, we will want to walk like who God has made us! For example, **read 5:1: Because** we’re God’s beloved children, imitate Him and walk in love. **5:8 Because** we are no longer darkness but Light, walk as children of Light.

:2-3 The worthy walk as ‘one new man’ is characterized by these qualities. This is Jesus in action, through us: **Humility**: regarding another and his/her interests as more important than my interests (**Mt. 11:29, Phil. 2:3-4**). Pride is the source of all discord (**1 Pet. 5:5b-7**). **Gentleness** (not to be confused with weakness) is strength under God’s control (a fruit of the Spirit, **Gal. 5:22-23**). **Patience**, long tempered (a fruit of the Spirit). It isn’t revengeful. **Showing tolerance**, bearing with (present participle, continuously & unconditionally). Mutually accepting people where they are, the way our Lord accepts us.

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When we as the Church are walking in a manner worthy of our calling, these qualities of :2 are present. Obviously, when not walking being strengthened by the Spirit according to the characteristics of :2, division and disunity will result. The 'worthy walk' assumes there will be difficulties with even fellow Christians!! The qualities mentioned in :2-3 can only be accomplished by the power of the Spirit in our lives, individually and together.

:3 This verse only makes sense when we understand the truths of **1:1-3:13**. It is the recognition of the one new man God has made us and living in light of that wonderful truth. **Being diligent** (present participle, **zealous, eager**) **to preserve** (present) **the unity of the Spirit**. Recognize, we're already one! We are to strive to maintain a unity that is already ours!! Spiritual unity is not and cannot be created by the Church; it's only by the Spirit. Make every effort to preserve the unity, **in the bond of peace**, joined together as the one we are.

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4. Be careful who you listen to and what you watch and read, what you're continually thinking about. Choose & be a good role model. Be sure there's a steady input from God's Word. Pray without ceasing. Realize there's a glorious, certain, guaranteed future for you and every other Christian.
5. **Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit (Rom. 15:13)**. Remember, this is a life and love only Jesus through the Holy Spirit can live in/through you! Yet He will as you by faith run the race set before you (**Heb. 12:1-2a**).  
Lessons you learned? Applications you made? Questions you have? What impact does this passage have on your daily walk with Jesus?

In **3:14-21** Paul prayed that God would grant his readers 3 things; now in **chapters 4-6** he describes how this answered prayer will show up in our everyday walk. In Ephesians the imperative is used 41X; only once in **chapters 1-3 (2:11)** and 40X in the **last 3 chapters**. This is one of the 2 classic NT passages on Christian unity (the other is **Jn. 17**). In 4:1-16, the Church doesn't have the right to chart its own course. Our course is laid out in Eph. 4:1-16. Not an organization nor a building but a Body, the common sharing of the life of Jesus and **:4-6**.

**:1** God calls us (and has made us) one single Body, the one Church, His workmanship, one new man, fellow citizens, of His one household, one holy temple, His dwelling place, fellow heirs, fellow members of the Body, fellow partakers of the promise in Christ Jesus; under the control of one Head for the exclusive habitation and use of the Person who dwells within and has the right to do with His own whatever He wills. Later on in **4:23-24** you've been made righteous and holy; now think and walk like it! **:2-3** list the characteristics of what this walk looks like in the Church and in local churches.

**:2 Humility**, just like Jesus in **Phil. 2:6-8 & Jn. 13:1-7** (washed their feet). **1 Pet. 5:5b-7**. "If you want unity, lop off your arrogance and bridle your strength!". On non-Biblical issues, a willingness to give up my rights/interests for someone else.

**Patience**, used of God 4X in the NT (**Rom. 2:4, 1 Tim. 1:16, 1 Pet. 3:20, 2 Pet 3:15**). It doesn't retaliate when it could; it isn't revengeful. To patiently put up with another, a willingness to overlook irritations (not sins!).

In **love**, read **Col. 3:14**. Unqualified and unselfish. This Christian love is not an emotional thing. It's only possible by the Spirit **3:16**.

**:3** Perhaps due to the Jew-Gentile issue, living as though they weren't fellow citizens, one body, one new man, God's dwelling, of God's household.

Includes willingness plus actually doing something about it, and doing this constantly. Demonstrate by our attitudes, choices, actions, and words the inner unity which already exists among ALL Christians, between EVERY Christian.

How? Recognize our God, our identity, our unity, our variety. This unity which God produced through the reconciling death of Jesus (**2:14-22**). It is made effective by the working of the Spirit of God. Jesus: "I ask that they may all be one" (**Jn. 17:21**).

Bond was used of the ties that held ships together, capable of withstanding tension. Peace means united, joined together, wholeness. We're not trying to establish peace; the Lord Jesus is our peace (**2:14**); the Spirit produces it. The barriers have been broken down, the work has been done. Beneath the many differences there is also the foundation of a basic unity. This unity of the Spirit is destroyed by not practicing **:2-3**. There is the tendency (when not 'making every effort') to be critical and divisive, perhaps concentrating on such things as worship styles, music, dress.

**:4-6** Be aware of these spiritual realities that unify us.

**One Body**, earlier (**1:23, 2:14-22**). The Holy Spirit placed every believer into the one Body of Christ when he/she became a Christian (**1 Cor. 12:13**). Composed of every person who has come to know Jesus as Lord. There is only Christ's one Body. **One Spirit**, who is given to every believer as a pledge or down payment (**1:13-14**), who has sealed us for the day of redemption (**4:30**). The Church is not a man-made institution but the product of the Holy Spirit.

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**:5 One Lord, (1:2,3,15,17, 3:11,14, 5:20, 6:23-24)**. Jesus is the Head of the Body, the Church. **1 Cor. 12:3**. Jesus as Lord was Paul's message (**2 Cor. 4:5**). Jesus is the Savior of the Church. He is the object of His people's faith (**3:12**), and it is into Him that they have been baptized (**Rom. 6:3, Gal. 3:27**). Only when men acknowledge Jesus as Lord does Jesus become their Savior. **Rom. 3:29-30**,

**One faith**, placed in the one Lord Jesus; there is no salvation apart from faith in Jesus (**Rom. 10:9,13**). OR, the body of truth revealed to the apostles, believed by Christians (**Jude 3**). Faith and belief are mentioned elsewhere in **1:13,15,19, 2:8, 3:12,17, 4:13, 6:16,23**. All of the doctrine of this one faith was written in the NT. Our common beliefs. The Bible is central to who we are and what we do. Faith in the objective sense, body of truth. **Acts 6:7, 1 Tim. 3:9, 4:1,6**.

**One baptism**, For all of you who were baptized into Christ have clothed yourselves with Christ (**Gal. 3:27**). OR, if water baptism, the idea is that by this single act believers demonstrate their spiritual unity. **Acts 8:16, 19:5, 1 Cor. 1:13-15**. Outwardly demonstrated the believers' faith in their Lord. At that time, it was a more obvious common mark of identification of Christians than it is today.

**:6 One God and Father of all**. We believers share the conviction that the one God is our Father. The result of God's work, existing for His glory. Every Christian has one God and Father. All Christians (every Christian!) are of the same family, with the Father (**3:15**). One God and Father that all Christians worship is the 7<sup>th</sup> essential of unity. Walk like it! Our unity isn't based on what we 'do' but rather upon our one God, who He has made us, and what He has done.

**Jn. 8:44**, Jesus shows that God is not the father of everyone. **Dt. 6:4**, the Lord is our God, the Lord is one, God is one. There is only one God, not many as in pagan culture (**1 Cor. 8:5-6**). God is the Father of all who believe (see **Dt. 4:35, 6:4, 32:39**). God designed us to relate to Him and to each other as a family.

We are created by God and for God. **1 Cor. 8:6, 2 Cor. 13:14**. We are called to live to the praise of His glory. Can anything be greater?

The risen Lord Jesus is available to everyone to indwell us and to transform our walk into a walk that actually reflects HIM!

**:7-10** Paul moves from the unity of believers to the uniqueness of believers. The life of Jesus is still being manifested among people, no longer through an individual physical body, but through the one Body of Christ called the Church. The ascended Lord Jesus gave gifts to His own (also see **1:20-23**). Similar to the truths of **1 Cor. 12:4-7** and **Rom. 12:4-5**. Composed of many parts, so also is

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My physical body is composed of many parts, yet is one (**:1-6**). Each member of Jesus' Body is one (**:1-6**) yet each member is also different **:7-10**. This very diversity, far from destroying the unity, will, if properly used, promote it. Unity is not uniformity, but harmony.

Jesus did this by incarnating Himself. The incarnation is still going on. The extension of the life of Jesus to the whole world in any age.

**:7** Jesus is a Lord who freely gives. Each receive Christ's gift of grace. We never get the wrong gift or not enough of it! This grace is the enabling power that makes the spiritual gifts function to the glory of God, the grace which equips God's people to serve. Something each did not possess before he/she became a Christian.

**:8** Before Paul identifies four of the gifts in **:11**, he follows up who this Lord is. By citing **Psalm 68** (especially **:18**), Paul puts the Lord Jesus Christ into the role of the triumphant King. It's a victory hymn composed by king David to celebrate God after a victory.

Picture a military leader returning to Jerusalem at the head of his followers, after routing an enemy, gathering the spoils, and taking prisoners (the captives could be either the defeated enemy (Satan, sin, death) or the captives who were set free). The victorious procession makes it way up to the temple mount. Paul changes from the 2<sup>nd</sup> person singular "You ascended" to the 3<sup>rd</sup> person singular "He ascended," and he changes the final action from the victorious king *receiving* gifts from the people to Christ *giving* gifts to believers. At the head of a parade (called a triumph) of his soldiers and the enemies he has captured and the booty he has taken. As Conqueror He has received gifts that He can bestow.

After Jesus' work on earth was completed, He was raised, He ascended, and He was exalted (see **1:19-23**). Now because of His victory and because we are His, He gives gifts to us. Out of His grace, Jesus shares His riches of His kingdom (**1:7,18, 2:7, 3:8,16**) with His own. No place for boasting; no one has all the gifts; and it is also true that no member of the Body is without some spiritual gift and a place to use it.

As we walk worthy, for the purposes of bringing glory to God and to serve and build up others, each will discover his/her gift from Christ. When all the instruments are playing in harmony, the glory goes to the ascended King! So it is when each uses his/her gift: people see Jesus!

By citing this Psalm, Paul puts the Lord Jesus into that role, thereby affirming His deity. **:7-18** of **Psalm 68** concentrates on God's past activity.

When you discover your Jesus-given and Spirit-given gift, build your ministry around it. Get busy doing the things the Bible says God's children are to do; make sure you do that being strengthened with power through the Spirit. We are Christ's orchestra here on earth. We each have a part to play. God is the sole determiner and giver of spiritual gifts. At least 20 different spiritual gifts.

**:9** The place of ascension is Jesus seated at the Father's right hand (**1:20-21**). The place to which Jesus descended is earth. Christ descended from heaven to earth (His incarnation). Jesus' incarnation and the humiliation of the cross.

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**:10 Acts 1:9-11.** The Christ who descended and the Christ who ascended are one and the same. Only the Lord Jesus fits this description. **So He might fill all things**, As the victor, Christ has the right to give gifts, more particularly as He supplies the Church with everything necessary to make possible the worthy walk until it matches His own fullness (**4:13**).

Spiritual gifts: Jesus' life is exhibited: when the indwelling Holy Spirit is strengthening us with power and living out Jesus' life, His fruit, through us. When the Church is practicing the one another's like the qualities described in :2. When every Christian is using his/her spiritual gift-mix. Jesus' life and love is revealed through the power and fruit of the Spirit, through our fulfillment of Christian responsibilities such as :2, and through the constant exercise of our spiritual gifts.

These gifts in this context are the gifted men mentioned in **4:11**. Try those you have an interest in. Watch for improvement and development. Spiritual gifts are God-given abilities that have been given to every Christian to minister to others. The Spirit also gives the gifts, the Lord Jesus gives the areas where we're to use those gifts, and the empowering and the results are the Father's. Try different areas of service for which you have a strong interest. Start with your interests, responding to needs. Then ask "In what way do I want to respond when I hear of a need?"

In the midst of that one Body walking worthy, each of us has been given exactly the right gifts. Jesus knows exactly what gifts are needed, in individuals and in local churches. Having gifts that differ according to the grace given to us, let us use them (**Rom. 12:5-6**).

Each member is unique in terms of his/her contribution to the family. If you say you don't have a contribution to make, that is simply a form of pride or self-pity. On the other hand, every believer needs others of the Body to function. No Christian is to be a spectator.

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