

## LESSON 8 - EPHESIANS 4:1-6

As we come to the fourth chapter of Ephesians, Paul shifts from doctrine to application.

In the first three chapters, we saw Paul remind the Ephesians (and us) of the riches we have in Christ—doctrine that is the bedrock to our faith. Now in this last half of the book, he explains how to live out all that we are in Christ. You see, there is always a direct correlation between what a person believes and how a person behaves.



# THE ARCHITECTURAL DESIGN

*Read Ephesians 4:1-6*

As you begin this time of study, take a few moments to go before the Lord and pray for an open and teachable heart and an undistracted mind, then read verses 1–6 out loud.

1. What does Paul urge his readers to do?
  - a. How does this exhortation apply to us today?
  
2. If you are an ‘exercise walker,’ you know the importance of keeping a stride and pace that will move you toward your desired destination. Having the right shoes and keeping on the designated course are basic for successful walking.

Relating this to our spiritual walk as Christians, how are you progressing on your spiritual course of life?

- a. Are you keeping up your pace or have you fallen back, lagging in diligence? Perhaps the Holy Spirit is encouraging you to pick up the pace. Use this time, before you begin this study, to readjust your walk by spending a few moments in quiet prayer and worship.

*"Every Bible should be bound in shoe-leather."*

*D. L. Moody*



## MIXING THE MORTAR

*Read Ephesians 4:1-3*

3. How would you describe a worthy walk for a believer?
4. The word "worthy" means "of sufficient weight" and was an expression used when weighing something on a scale. What do you think Paul was trying to convey by using this phrase?
5. In the context, what is the calling of every believer Paul refers to?

## CUTTING THE STONE



What is it that God has called you to do with your life? How is your life-style a reflection of that calling? By way of encouragement, look up the following Scriptures and note what each has to say about the believer's calling.

Reference	Called
Romans 8:28	
2 Timothy 1:9	
1 Peter 2:9	
Galatians 1:6	
2 Thessalonians 2:14	
1 Corinthians 1:9	

Which of these verses is most meaningful to you personally? Write it out here and meditate on it this week as you reflect on God's calling on your life.

6. In this first verse, Paul reminds his readers that, because of their spiritual possessions, position, and privileges, they are to walk accordingly and put these truths into practice. Let's review some of our spiritual blessings Paul enumerated in the first three chapters.

1:4 ... just as He \_\_\_\_\_ in Him before the foundation of the world, that we should be \_\_\_\_\_ and \_\_\_\_\_...

1:5 ...having predestined us to \_\_\_\_\_ as \_\_\_\_\_...

1:7 In Him we have \_\_\_\_\_ through His blood, the \_\_\_\_\_ of sins...

2:5 ...made us \_\_\_\_\_ together with \_\_\_\_\_...

2:8 For by \_\_\_\_\_ you have been \_\_\_\_\_ through \_\_\_\_\_...

2:19...you are fellow \_\_\_\_\_ with the saints and \_\_\_\_\_ of the household of God.

3:12...we have \_\_\_\_\_ and \_\_\_\_\_ with confidence through faith in Him.

3:16...\_\_\_\_\_ with \_\_\_\_\_ through His Spirit in the inner man.

*Remember God did not choose us because we were worthy,  
but by choosing us HE makes us worthy!*

7. In verse 2, Paul mentions four characteristics of a life that is submitted to the Spirit. What are they? \_\_\_\_\_, \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_.
8. How does the world view someone who lives with humility and gentleness?
  - a. How does this contrast with what Jesus taught about these virtues in Matthew 5:3 and 5:5?
9. Describe the difference between merely tolerating or “putting up” with others and bearing with one another in love.

## CUTTING THE STONE



Take a moment to examine your own “walk” in light of God’s word. Can your daily walk be characterized by humility and gentleness? What thoughts go through your mind—or from your lips—as you wait in a long checkout line or creep along in heavy traffic? How do you usually react when someone wrongs you or hurts your feelings? If it is not with meekness and humility, what are some ways that you can start today to respond God’s way?

*"The humble person is not one who thinks meanly of himself;  
he simply does not think of himself at all!"*

*Andrew Murray*

10. What is the source of the unity Paul describes in verse 3?
  
11. Read again verse 3. Where do you think the emphasis is placed in this verse?
  - a. Is Paul saying unity comes automatically?
  
  - b. What does the word “endeavoring” imply?
  
  - c. Why do you think unity is important to a group of believers?
  
12. Try to list some things/attitudes we can do to maintain unity within the Church.
  - a. What are some things that create disunity or problems in a fellowship?
  
  - b. Unity is not something confined to the Church alone. As believers, there should be unity in our home, with spouses and children, and if possible, in the workplace and in our neighborhoods and communities (Romans 12:18). In light of that, how tight is the cord of unity running through your life? Are there loose ends the Spirit of God is moving you to re-adjust? Ask the Holy Spirit to open your eyes to the schism of disunity you might not see, but may be a part of.

*Behold, how good and how pleasant it is  
For brethren to dwell together in unity!*

*Psalms 133:1*

## STONE QUARRY



*Pray over one of the four traits listed in verse 2. Using your Bible concordance do a word study through the New Testament and note how Jesus exemplified this trait.*



## USING A TROWEL

*Read Ephesians 4:4-6*

13. What number do we see repeated in this section? How many times?

14. List the seven spiritual "one's" that unite all true believers.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

15. What is the “one hope of your calling”?

16. In your own words, try to explain the following phrases:

a. One Lord –

b. One faith –

c. One baptism –

*In essentials, unity,  
In non-essentials, liberty,  
In all things, charity.*



## **STONE UPON STONE**

### ***Group Discussion Questions***

Take a moment to answer the following questions for your time of discussion after the message. Read Ephesians 4:1-6:

1. When Paul urges us to walk worthy of our calling, what is he asking us to do?

2. What attitudes are consistent with a “worthy walk”?
  
  
  
  
  
  
  
  
  
  
3. Describe some situations in which you might get frustrated and lose your patience.
  - a. Do these situations typically involve things or people?
  
  
  
  
  
  
  
  - b. Discuss some ways you can encourage one another to practice the traits discussed in this passage.
  
  
  
  
  
  
  
  
  
  
4. Does today’s society encourage one to be patient or impatient?
  
  
  
  
  
  
  
  
  
  
5. What is involved in preserving the unity of the Spirit with other believers?
  
  
  
  
  
  
  
  
  
  
6. According to verse 3, what is the bond or the “glue” that holds unity together?

a. Does this mean peace at any price? Please try to explain your answer.

7. How does keeping the bond of peace apply to your relationship to believers with whom you disagree?

*To dwell above with saints we love,  
O that will be glory,  
But to dwell below with saints we know,  
Well... that's another story!*













