

“God Is Able”
Gleanings From the Book of Ephesians
Ephesians 3:20

Lesson 4
The Worthy Walk

In the first three chapters of this Epistle, Paul has pointed out all that God has done for us and given us by His grace. Here, in chapter four, Paul begins to instruct believers on how to live in light of all that they have been freely given. Let's pray and ask God to show us how we can walk a worthy walk, serving and obeying Him out of a heart of gratitude for all the blessings He has given us.

Read Ephesians 4:1-6.

1. Paul describes himself as a *prisoner of the Lord*. How would you explain what he means by using that terminology?

2. What does Paul *beseech* us to do?
 - a. In your own words, write out what *to walk worthy of the calling with which you were called* means to you.

3. Look up the following verses and describe what they say about our *calling*.

Philippians 3:14 --

2 Timothy 1:9 --

Hebrews 3:1 --

a. What is your reaction to these descriptions?

4. Paul *beseeches* us to *walk worthy of the calling with which we were called*. Describe this walk using these verses:

Ephesians 4:17 --

Philippians 1:27 --

Colossians 1:10 --

- a. *Walking* in this manner is not easy, nor is it possible in our own strength. Explain how a person can live a life that would be described as consistently (not perfectly) *walking in a manner worthy*.

5. Paul wrote 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.* What have you learned from Paul's example?

- a. Share something you have learned from the example of another Christian.
6. List each character quality that Paul indicates should mark the life of a believer.
- a. Which one do you find is the most difficult for you to exhibit in your life? Why?
 - b. What can you do to promote success in living out this character trait?
7. In verse 3, how does Paul describe the *unity* that believers ought to share?
- a. What word(s) let us know that *to keep the unity* requires effort?

8. How does *walking* in the attributes mentioned previously promote *unity*?
 - a. In contrast, how does not *walking* in these attributes discourage *unity*?
9. We are to *endeavor to keep the unity of the Spirit in the bond of peace*. What does the first phrase of Colossians 3:15 teach us about this?
 - a. Practically, what have you found that helps you to *let the peace of God rule in your heart*?
 - b. How does the Holy Spirit help you *keep the bond of peace* with others in your church?
 - c. When do you personally find it most difficult to *keep the bond of peace* with other believers?
10. Below is a list of the elements of *unity* found in verses 4-6 with questions to be answered.

- a. *one body* – Using Romans 12:4-5, what is the *body* Paul refers to?
- b. *one Spirit* – What does Ephesians 2:18 say about this?
- c. *one hope of our calling* – According to 1 Peter 1:3-4, what is the hope of all believers?
- d. *one Lord* – Read Acts 10:36. Who is *Lord* and what is He *Lord* over?
- e. *one faith* – There is only one faith that leads into God's presence and that is the faith founded by the Lord Jesus Christ. How do John 14:6 and Jude 1:3 verify this?
- f. *one baptism* – What does Galatians 3:26-28 add to your understanding?
- g. *one God and Father of all* – What phrase in verse 6 speaks of God's sovereignty?

1) What did the scribe declare in Mark 12:32?

After studying this section of Scripture, describe what you think a *worthy walk* looks like.





