

# EPHESIANS

## Lesson 5 - Chapter 4:1-10

The first three Chapters of Ephesians are devoted to describing the incredible riches God has freely given to us in Christ, by His grace. Now Paul shifts to teaching believers how they are to live in the light of these riches, focusing on Christian conduct, starting with a call for unity in the body of Christ.

As you begin this lesson, pray that you will gain insight into how to *walk worthy* by the power of the Spirit.

### Key Word(s)

Read through the entire chapter, looking for words or themes that are repeated. Make note of those words and their significance here.

**Memory Verse** – This week’s memory verse is Colossians 1:10.

*...that you may walk worthy of the Lord, fully pleasing Him,  
being fruitful in every good work and increasing in the knowledge of God...*

### Read Ephesians 4:1- 3.

1. Write your thoughts on why Paul calls himself the “prisoner of the Lord”, just as he did in Chapter 3.

2. In the NKJV Paul says that I “*beseech you*”.

a. Write a definition for beseech.

b. What does this indicate about what Paul is about to say?

Paul next gives the **What**, the **How** and the **Why** of his instruction.

3. **What** does Paul beseech the believers to do in Ephesians 4:1?

a. Describe “*the calling*”?

b. Define *worthy*.

4. Ephesians 4:2 describes **How** we should walk. List the four attributes of our walk given in this verse.

5. In Ephesians 4:3, we find the **Why** or the purpose. Paul says to “*endeavor to keep the unity of the Spirit in the bond of peace.*”

a. What does *endeavor* mean?

b. Explain the *unity of the Spirit in the bond of peace*.

c. How is that different than the unity of the world?

6. How does walking in the four attributes of verse 2 promote the unity of verse 3?

### **Walk Worthy – Ephesians 4:2**

If we are to *walk worthy*, it would be good for us to have a better understanding of the 4 attributes of lowliness or humility, gentleness, long suffering or patience, and forbearance. Consider each of the scriptures below and write what you find about these attributes.

1. Lowliness / Humility – Romans 12:3

2. Gentleness / meekness – Galatians 6:1

3. Patience / long suffering –

a. Describe what this looks like in our lives.

b. What more do you find about patience in James 1:2-4?

4. Forbearance –

a. Define forbearance.

b. Give a practical example of walking in forbearance.

5. What more do the following scriptures have to say about how to “*walk worthy*”?

a. Philippians 3:17

b. Colossians 1:10

### **Read Ephesians 4:4-7.**

This section lists seven elements on which our unity is based. Look closer at each one as you read the scripture given and write about what you find. You might want to add more than one scripture you find in your personal study.

1. One body

1 Corinthians 12:12 -

2. One Spirit

1 Corinthians 12:13 –

3. One hope of your calling

1 John 3:2-3 -

4. One Lord

1 Corinthians 8:6b -

5. One faith

John 14:6 -

6. One baptism

Galatians 3:26-27 -

7. One God and Father of all

1 Corinthians 8:6a -

8. In the midst of these “ones” we see our one God and yet the Trinity. Look back and see if you can find the references to each Person in the Trinity.

9. Consider Ephesians 4:7.

- a. What is given to each one of us?
  
- b. Why is this important in order for us to *walk worthy*?

**Read Ephesians 4:8-10.**

Chuck Smith explains this passage: “When Jesus died, His Spirit went into Hades, but into that compartment where Abraham was comforting those who had died in faith. They were awaiting the fullness of time when God would fulfill the promise of sending the Messiah, for they all died in faith, but they could not ascend into heaven because it was impossible that the blood of bulls and goats could put away their sins. All they did was foreshadow the sacrifice of Jesus Christ whereby sins could be put away and man could have access on into heaven. So, Jesus preached to those souls that were imprisoned, and on the third day when He arose again, He led the captives from their captivity.”

1. What do you read of this in Isaiah 61:1 (quoted by Jesus in Luke 4:18)?

2. Jesus descended to Hades to free the captives there, but we have also been freed. Read Ephesians 2:1-3 as a reminder and explain below **what** we were freed from by God’s grace.

3. What does Romans 6:7-11 tell us about **how** we were freed?

**In closing...**

1. We are called to walk in unity in this chapter. What does that look like in our daily walk?

2. Look again at the 4 attributes listed in Ephesians 4:2. How does your own walk reflect these attributes? Is there one that the Lord is showing you to work on? If not, stop now and ask the Lord to reveal any area where you need His help to walk it out. Don't leave this study without taking this to the Lord.

***Memory Verse***

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