

Ephesians 4:1 – 10

Review:
Paul's Prayer

- Christ feel "at home" in us.
- We would deeply & personally know the depth of Christ's love for us
- Filled to the measure of all the fullness of God

Verse 1:

Prisoner of the Lord Phil, Col, Philemon all prison epistles. Why Paul mention being a prisoner again? Being a prisoner of the Lord could be challenging to live a life worthy of the Lord. Paul's imprisonment was not for a valid reason. Unjust treatment dispensed upon us tests our metal.
How do we respond? 

Bitter towards God?
Trusting him more?

Urge: (Implore, beg, exhort, ask earnestly): Same word as Romans 12:1

Worthy: GK: being fitting or proper in corresponding to what should be expected

In being believers and children of God, what should be expected of us? Let's use scripture to find out!

Act 2:42 believers devoted themselves to teaching prayer

Phil 1:27: 27 Whatever happens, conduct yourselves in a manner **worthy** of the gospel "Good News" of Christ. Then, whether I come and see you or only hear about you in my absence, I will know that you stand firm in the one Spirit, *striving together as one for the faith* of the gospel 28 without being frightened in any way by those who oppose you. This is a sign to them that they will be destroyed, but that you will be saved—and that by God.

Col 1:9-10: that you may live a life worthy of the Lord pleasing him in every way: bearing fruit in every good work, growing in the knowledge of God

I Thes 2:10 You are witnesses, & God, of how holy, righteous & blameless we were among you who believed. WE ARE TO LIVE A LIFE WORTH... BUT...

The world is begging us to NOT be concerned about WALKING worthily! You need to be tolerant instead!!
BOILING FROG ANALOGY

(divine) **Calling GK:** the state of having been called to a particular task and/or relation.

Our relation is being a member of God's household and co-heirs with Christ!

Think of a poor person with bad parents. When that person is adopted into a household of a well to do family, what should be expected of that adopted person? Live like they were poor and under privileged? Woe is me?

What have we been **called** to do? Eph 2:10 saved to serve. Tell others about Christ. Live our lives in a way to draws people to Christ. Encourage believers!

We all have a job to do for Christ. We are all **running a race!** <http://www.gotquestions.org/finished-the-race.html>

II Tim 4:7-8

Paul's death is near. He says, "I have fought the good fight, I have finished the race, I have kept the faith"

Phil 3:14

I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Acts 20:24

"I consider my life worth nothing to me, if only I may finish the race and complete the task the Lord Jesus has given me—the task of testifying to the gospel of God's grace"

We are all in a Spiritual Race! So how should we run in our race???

Hebrews 12:1 "run the race that's set before us" Sin easily entangles Avoid the sin that is a **pothole** in our race!

I Cor 9:24 – 25 "Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the **prize**. Everyone who competes in the games goes into strict training. They do it to get a **crown** that will not last; but **we** do it to get a crown that will **last forever**"

Romans 14:10-12

II Cor 5:10 Bema Seat of Christ . <http://www.gotquestions.org/judgment-seat-Christ.html>

In the 1st century, the Romans celebrated both the Olympic Games and the Isthmian Games. Competitors would spend up to ten months in arduous physical training. Because the Corinthians were very familiar with these events, Paul used the games as an analogy for a believer's life of faithfulness.

Phil 1:21-25 I Cor 3:10 – 15

Closing: Read AMP verse 1 So I, the prisoner for the Lord, appeal to you to live a life worthy of the calling to which you have been called [that is, to live a life that exhibits godly character, moral courage, personal integrity, and mature behavior—a life that expresses gratitude to God for your salvation] URGE Worthy life!

Verse 2: How do we live a life worthy? Verse 2 lists the ingredients for the “worthy life” recipe!!

Humble GK: lowly, humble, but not arrogant. Quality of Humility, lowliness of mind, the esteeming of ourselves small, the correct estimate of ourselves. OPPOSITE of Pride!

Thom, two Sundays ago, said he is so small. Realizes how much more there is to grow!

When something happens, give **him the glory!** Credit Him for good things that happen.

- I had a medical problem that turned out much smaller than the doctors originally thought.
- Pray for favor with an individual. Something good happens, NOT LUCK, give him the praise.

Gentleness/meekness GK: gentleness of attitude and behavior. Meekness does not mean weakness! Dave Lewis
Strength under control

Patient Louw: a state of **emotional calm** in the face of provocation or misfortune w/o complaint or irritation
I get irritated at times when provoked. I sometimes start thinking of ways go “get em back”!

Bearing with/Tolerance GK: LOUW: to be patient with, in the sense of **enduring possible difficulty**.

Vine: To hold up against a thing and bear up with it.

Do people ever give you a “difficult time”? Do they make mistakes that grate on your nerves at times? How are we to respond? Patience! We studied the purposes of trials and temptations in **Romans 5** and **James 1**.

Patience/endurance was always one of the major purposes of trials!

Next time a person bugs you, look at it as a “growth opportunity” from the Lord!

In **Love** GK: agape (All these ingredients are mixed like Grandma does with love!)

AMP: bearing with one another *and* making allowances because you love one another.

Song: They will know we are Christians by our love by our love, they will know that we are Christians by..

Verse 3:

Every Effort (diligent, earnest, eager) **GK:** Louw: do something with intense effort and motivation

What things are you eager for in life? Christmas, weekend, day off, vacation, get a way to a special place

Unity of Spirit Phil 1:27-28 “Striving for the faith” A fractured church body looks unappealing to both un/believers. How much “**intense effort**” do we exert looking for ways 2 b better united spiritually with others?

When we create disunity in the body, we are fighting God himself telling him to get out!

Divorce permeates society including with believers in the church.

Bond GK: That which binds together, a band, bond. A tendon or ligament of the bones

of Peace GK: Louw: a set of favorable circumstances involving peace and tranquility.

Peace is like the ligaments and tendons in our body that hold all the bones and muscles together!

How are “favorable circumstances involving peace and tranquility” fostered/developed and nurtured?

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Verse 4: elaborates on unity or oneness. Focus on one, not many or different versions of...

One Body of people IE the redeemed the Church. Many many denominations but we are all one church. We may not agree on everything, but we are part of His church.

Sadly denominations sometimes are in competition with each other. Mark 9:38-41 Luke 9:49-50. We do need to test the spirits but if someone is winning people to Christ we are to rejoice with the angels rather than attack!

One Spirit There is only one Spirit. The Spirit is part of the trinity of God. The Spirit is a He not an It!

Only place there is a person named "It" is on the Adams Family! God's Holy Spirit is always referred to as either He or His **John 14:26** or The Spirit!

Holy Spirit is equal with God:

The Holy Spirit mentioned on equal level with God

1. Matt. 28:19, "Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit,"
2. 2 Cor. 13:14, "The grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you all."
3. Eph. 4:4-6, "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."
4. 2 Cor. 3:16-18, "but whenever a man turns to the Lord, the veil is taken away. Now the Lord is the Spirit; and where the Spirit of the Lord is, there is liberty. But we all, with unveiled face beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as from the Lord, the Spirit."

<https://carm.org/christianity/christian-doctrine/verses-showing-identity-ministry-and-personhood-holy-spirit>

Names of the Holy Spirit:

Spirit of God/Christ Rom. 8:9, "However, you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you. But if anyone does not have the Spirit of Christ, he does not belong to Him." See also Gen. 1:2.

Spirit of your Father Matt. 10:20, "For its not you who speak, but its the Spirit of your Father who speaks in U

The Spirit of Truth John 14:17, "that is the Spirit of truth, whom the world cannot receive, because it does not behold Him or know Him, but you know Him because He abides with you, and will be in you." John 15:26.

The Spirit of the Lord Acts 8:39, "And when they came up out of the water, the Spirit of the Lord snatched Philip away; and the eunuch saw him no more, but went on his way rejoicing." Judges 15:14, 1 Sam. 16:12.

One hope **Titus 2:13** while we wait for the blessed hope—the appearing of the glory of our great God and Savior, Jesus Christ

Jesus prays for us

Paul stresses Oneness Jn 17:21-23 ²¹ that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me. ²² I have given them the glory that you gave me, that they may be one as we are one— ²³ I in them and you in me—so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me.

Verse 5: ...

One Lord GK equivalent of Yahweh in OT.

One faith Acts 2:42 Devoted to Apostles teaching... and Fellowship.. (unity again)

There is only ONE way to God through Jesus. Acts 4:12 Salvation is found in no one else..

When you were **called**. We don't go looking for Christ. He came looking & seeking us out. His spirit works in our hearts and lives to convict showing us our lost condition and hopefully we get it that we need salvation.

One baptism GK: the completed act, not process. Baptism is **Dip** in Greek, not sprinkle.

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Verse: 6

One God and Father of **ALL**. Whether people admit it or not.

Over ALL Sovereign. He reigns supremely. Nothing happens without his permission. May also speak of his “excellency” in character and everything over all others in the universe.

Through ALL OmniPresent

In ALL! Eph written to believers. He is in all believers – Supremacy We are part of ONE living temple. Living Stones end of Chapter 2

Conclusion: The TOTAL supremacy of our Heavenly Father! He is at the top of the heap!

Verse: 7

“**each one**” *individually!* (Name people at the bible study!) Not indiscriminately, but in different ways!

grace (unmerited favor) Eph 2:6, 8

given We did not earn it but it was freely given!

Christ apportioned You your “grace gift” of ministry. What is this grace? Salvation? NO!! V8 read

Verse: 8 Psalm 68:18

ascended Ascension He led **captives** in his train

OT believers when to paradise. Jesus on the cross. Today u will be w/me Paradise.

Col 2:15 I Cor 15:54-55 Is 25:8 Christ led death into captivity. He conquered death by rising from the dead.

Gave gifts to men “Spiritual gifts”

What are the gifts? Spiritual gifts

Romans 12:3-8,

1 Cor 12:1-11 Purpose of Gifts I Cor 12:7 “for common good”

No gift is given to a person to develop yourself spiritually. A gift is given you to function in the body of believers to benefit and bless the church. Tongues and Doug

Corinthians over focused on one gift. If you didn’t have this “gift”, you “did not arrive yet” spiritually speaking.

Eph 4 list: Next week we are going to see how these gifts are to work and by whom in the church.

YOU DON’T WANT TO MISS THAT!!!

Verse: 9

He ascended/descended. Paul is trying to say if he ascended, he must have also descended. Contrast “lower earthly regions”

Some say Hell (Gehenna), others Hades, but Paul did not use either of these words in Greek.

Verse:10

“ascended higher than all the heavens” focus is on His supremacy! Head over all things! Eph 1:10

Fill GK: Christ filling the universe with His influence, presence, and power. BIGGER than the universe!

Fill emphasizes Christ’s authority & the fact Christ encompasses all things and places them in their proper role.

Applications to Us:

- 1. How well are you living your life?**
 - a. Not talking about your status in life with job, house, family, etc?
 - b. Live a life WORTHY of our Calling?
 - 1) Unity in body?
 - 2) Unity of Spirit?