

Walk in the Spirit

Ephesians 4:1-16

Lesson 16

FIRST DAY: Review and Overview

1. Share a way you were blessed by God's love through your study last week.

2. God has placed an amazing call on each one of our lives! But how can we be sure to *walk* in that call? In Ephesians 4:1-16 Paul laid out the pathway for the call of God. He stressed the necessity of entering this call *with all lowliness and gentleness, with longsuffering, bearing with one another in love*. Paul also emphasized that those in God's call are to be strengthened and to strengthen others in the church. Have you entered God's call? Are you strengthening others in God's call? Note from the passages below how to walk in your call:
 - a. Ephesians 4:1-6

 - b. Ephesians 4:7-10

 - c. Ephesians 4:11-13

 - d. Ephesians 4:14-16

3. Pray, asking God to prepare you to respond to His *calling* on your life.

I ... beseech you to walk worthy of the calling with which you were called.
Ephesians 4:1

SECOND DAY: Read Ephesians 4:1-6

1. How did Paul identify himself? Ephesians 4:1a
 - a. How does this identity add credibility to the exhortation that follows?

2. In Ephesians 4:1b what did Paul *beseech* the Ephesians to do?
 - a. According to Ephesians 4:1c, what kind of *walk* is this?

3. From Ephesians 4:2-3 list and comment on the characteristics of this *walk*:
 - a.
 - b.
 - c.
 - d.
 - e.
 - (1) Why do you think these characteristics are so vital to our *walk*?

4. Consider again Ephesians 4:3 by printing it here.
 - a. How is the *bond* to be kept?
 - (1) Suggest a few ways you could encourage this *bond*.

5. Use Ephesians 4:4-6 to complete each statement:
 - a. *one*
 - b. *one*
 - c. *one*
 - d. *one*
 - e. *one*
 - f. *one*
 - g. *one*

6. What did Paul stress about *God*? Ephesians 4:6
 - a. How is this an encouragement towards Christian *unity*?

THIRD DAY: Read Ephesians 4:7-10

1. What have *each one of us* received? Ephesians 4:7a

2. According to Ephesians 4:7b, how has this *measure* been given?
 - a. Use the following Scriptures to highlight the *measure* we have received:
 - (1) John 1:16

 - (2) 2 Corinthians 9:8
 - (a) How does this speak to you concerning your calling?
 - b. Link this with Romans 12:6a. What do you see?

3. Read the New Living Translation (NLT) of Ephesians 4:8-10 and answer the following questions:
That is why the Scriptures say, 'When He ascended to the heights, He led a crowd of captives and gave gifts to His people. Notice that it says, 'He ascended.' This clearly means that Christ also descended to our lowly world. And the same One who descended is the One Who ascended higher than all the heavens, so that He might fill the entire universe with Himself.
 - a. What was Jesus' activity after the cross? Ephesians 4:8-9

 - b. What does Ephesians 4:8 say about these *gifts*?

 - c. Why did He do this? Ephesians 4:10
 - (1) Link this with Colossians 1:19, 2:9-10. What do you see?

 - (2) How does this minister to you about the sufficiency of your calling?

FOURTH DAY: Read Ephesians 4:11-13

1. List and briefly define the calling Jesus *Himself gave some to be*:

- a.
- b.
- c.
- d.
- e.

(1) How do you see these *gifts* working together in the Church?

(2) Why is it necessary to remember these are *gifts* from Jesus? See 1 Corinthians 4:7.

2. From Ephesians 4:12 state the two purposes for which God gave these *gifts*.

- a. In what way do the callings in Ephesians 4:11 fulfill these purposes?
- b. Why do you think these purposes are crucial to the *body of Christ*?
- c. Why should you use your *gifts*? See also 1 Peter 4:10.

3. Use Ephesians 4:13 to identify the four reasons for God's gifts:

- a. verse 13a
- b. verse 13b
- c. verse 13c
- d. verse 13d

(1) When we consider God's *gifts* to us, why should we be mindful of these reasons?

(2) In the NLT verse 13 reads, *This will continue until we all come to such unity in our faith and knowledge of God's Son that we will be mature in the Lord, measuring up to the full and complete standard of Christ.* Use Philippians 1:6 to comment on how this is made possible.

4. How are you stirred to use your *gifts*?

FIFTH DAY: Read Ephesians 4:14-16

1. According to Ephesians 4:14a, what characterizes the behavior of *children*?
 - a. From Ephesians 4:14b describe the danger posed to these *children*.
 - (1) Use the following Scriptures to briefly comment on the dangers *children* face:
 - (a) 2 Corinthians 11:3-4, 14
 - (b) Colossians 2:8, 18
 - (c) 1 Timothy 4:1
 - (d) 2 Timothy 3:6-7
 - (2) How can you avoid these dangers?
2. In light of these dangers, what did Paul exhort the Ephesians to do? Ephesians 4:15a
 - a. Use John 8:32 and 17:17 to remark on how essential *truth* is to combat these dangers.
 - b. Why do you think *truth* should be communicated in *love*? Ephesians 4:15a
 - c. What happens when we do this? Ephesians 4:15b
 - d. What is the aim of spiritual maturity? Ephesians 4:15c
3. How is the *body* described in Ephesians 4:16?
 - a. What stands out to you from this description?
 - b. Why is *every part* essential? See also 1 Corinthians 12:17-22.
 - (1) How does this minister to you?
 - c. How would you use this Scripture to encourage another believer concerning their role in the *body* of Christ?

