

**This morning, we will make a transition in our study of the book of Ephesians to the practical portion of the book. Let me invite you to take your Bible and turn to Ephesians 4:1.**

- Ephesians 4:1 begins with the word “THEREFORE...”
  - John MacArthur Study Bible: “This word marks the transition from doctrine to duty, principle to practice, position to behavior. (see Rom. 12:1; Gal. 5:1; Phil. 2:1; I Thess. 4:1)
- Chapters 4-6 are intensely practical! The key word to follow is “WALK.”
  - Walking in unity (4:1-16)
  - Walking in purity (4:17-32)
  - Walking in love (5:1-7)
  - Walking in light (5:8-14)
  - Walking in wisdom (5:15-21)
    - Walking in wisdom in your marriages (5:22-32)
    - Walking in wisdom in your parenting (6:1-4)
    - Walking in wisdom in the workplace (6:5-9)
    - Walking in wisdom in the spiritual realm (6:10-20)
  - Final farewell (6:21-24)

## **From Couch to 5k instructions:**

The **Couch to 5K running plan** has helped thousands of couch potatoes run their first 5K. 30 minutes per day, 3 days per week, 9 weeks long and you're 5K ready.

### **The Couch to 5K plan a nutshell:<sup>1</sup>**

The program utilizes an uber-popular concept called **interval training** – moving at different speeds throughout a running session – and lays out exactly what to do every day for 6-12 weeks after starting.

By varying your pacing, your body is forced to adapt to different speeds, your heart and lungs have to adapt to various levels of strenuous activity (and get stronger/healthier as a consequence).

As a result, you actually burn more calories and get better prepared for a race then compared to just training at a constant speed. In other words, **interval training rocks** and should be used by anybody who wants to **get better at running**.

Over the weeks, Couch to 5K slowly ramps up the amount of time you spend running and cuts back the time you spend walking until you're at the point where you can actually run a 5K without stopping.

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<sup>1</sup> <https://www.nerdfitness.com/blog/couch-to-5k-crucial-things-to-know-before-you-start-training/>

**Eph. 4:1-3** - I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, <sup>2</sup>with all humility and gentleness, with patience, bearing with one another in love, <sup>3</sup>eager to maintain the unity of the Spirit in the bond of peace.

- I. **WALK WORTHY OF YOUR CALLING. (vs. 1)** – “...in a manner worthy of your calling”
- II. **WALK EMPOWERED BY THE HOLY SPIRIT. (vs. 2)** – “...with all humility and gentleness, with patience, bearing with one another in love”
- III. **WALK IN A MANNER THAT PROMOTES UNITY IN THE CHURCH. (vs. 3)** – “...eager to maintain the unity of Spirit in the bond of peace.”

I. **WALK WORTHY OF YOUR CALLING.** – “...in a manner worthy of your calling”

- **Worthy** (axiōs) means “equal weight”

- One’s calling and conduct should be in balance
- Your walk should match your talk!
  - The problem is the number of believers you know who are faking it.
  - They are nice and put together at church but explosive and dismissive outside of church. All based on the argument of an awareness of what it means to live in the REAL WORLD and face REAL WORLD CHALLENGES.

A. **You know who you are in Christ.**

- A Call of Salvation: Eph. 2:1-9

B. **You know what you are called to accomplish for Christ.**

- A Call to Serve: Eph. 2:10
- A Call to Suffer: Eph. 3:1 & 4:1 “...Paul, a prisoner for Christ Jesus / Lord”
- A Call to Syndicate: Eph. 2:11-21; 4:3

I. **WALK WORTHY OF YOUR CALLING.** – “...in a manner worthy of your calling”

II. **WALK EMPOWERED BY THE HOLY SPIRIT.** – “...with all humility and gentleness, with patience, bearing with one another in love”

- A. You know how you are supposed to respond to the challenges in front of you.
  - hydrated, well rested, with AirPods synched
  - no thought of quitting early, cutting corners, or giving up
  - “...with all humility and gentleness, with patience, bearing with one another in love”

**Illustration:** Watching 30 for 30 episodes about athletes who chose to use performance enhancing drugs to help them compete (Mark McGuire, Sammy Sosa, and Lance Armstrong to name a few). This is similar to the way we try to tackle the challenges of life outside of God's design for strength through the Spirit. We substitute the power of the Spirit with wealth, health, good looks, athletic prowess, charm or with food, drink, sex, and drugs.

1. Each of the words build off the other and refers to how believers should respond to their calling.

**Humility is the best response to your call to salvation.**

**Gentleness is the best response to your call to service (good works).**

**Patience is the best response to your call to suffer.**

**Bearing with one another is the best response to your call to syndicate (unite as a church).**

2. Each of the words build off the other and refers to how believers should respond to challenges.
  - **Humility** – humble attitude, modest, lowliness of mind, without arrogance

**Acts 20:19**

serving the Lord **with all humility** and with tears and with trials that happened to me through the plots of the Jews;

**Phil. 2:3**

Do nothing from selfish ambition or conceit, but **in humility** count others more significant than yourselves.

**Col. 3:12**

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, **humility**, meekness, and patience,

**I Peter 3:8**

Finally, all of you, have unity of mind, sympathy, brotherly love, a tender heart, and a **humble** mind.

**I Peter 5:5**

Likewise, you who are younger, be subject to the elders. Clothe yourselves, all of you, with **humility** toward one another, for “God opposes the proud but gives grace to the **humble**.”

- **Humility** – *humble attitude, modest, lowliness of mind, without arrogance*
  - **Gentleness** – courtesy, consideration, meekness, gentleness of attitude and behavior, in contrast with harshness in one’s dealings with others.

### **Galatians 5:22-23**

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup> **gentleness**, self-control; against such things there is no law.

- **Humility** – *humble attitude, modest, lowliness of mind, without arrogance*
- **Gentleness** – *courtesy, consideration, meekness, gentleness of attitude and behavior, in contrast with harshness in one’s dealings with others.*
  - **Patience** – steadfastness, endurance, a state of emotional calm in the face of provocation or misfortune and without complaint or irritation

### **Col. 1:11**

being strengthened with all power, according to his glorious might, for all endurance and **patience** with joy;

- **Humility** – *humble attitude, modest, lowliness of mind, without arrogance*
- **Gentleness** – *courtesy, consideration, meekness, gentleness of attitude and behavior, in contrast with harshness in one’s dealings with others.*
- **Patience** – *steadfastness, endurance, a state of emotional calm in the face of provocation or misfortune and without complaint or irritation*
  - **Bearing with one another** in love – endure, put up with, accept a complaint,

### **Col. 3:13**

**bearing with one another** and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive.

- B. You know this type of response is only possible through the help of divine intervention. (Galatians 5:22-23)

## **Galatians 5:22-23**

<sup>22</sup> But **the fruit of the Spirit** is love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup> gentleness, self-control; against such things there is no law.

- I. WALK WORTHY OF YOUR CALLING.** – “...in a manner worthy of your calling”
- II. WALK EMPOWERED BY THE HOLY SPIRIT.** – “...with all humility and gentleness, with patience, bearing with one another in love”
- III. WALK IN A MANNER THAT PROMOTES UNITY IN THE CHURCH. (vs. 3)** – “...eager to maintain the unity of Spirit in the bond of peace.”
  - A. Acknowledge the source of unity already present in the church. (“...eager to maintain”)
    - Eager – zealous, timely, to the best of one’s ability
    - Maintain – to keep watch over, guard, to cause a state to continue
    - We are to guard the unity established through the Gospel. (Eph. 1:9-10)
      - It is a mystery displayed on earth: (Eph. 3:4-6)
      - It is a mystery observed in Heaven: (Eph. 3:9-10)
  - We are not called to create an alternative means of unity.
    - Politics
    - Preferences
    - Personalities
  - The pursuit of unity never takes priority over orthodoxy.
    - Doctrine divides
    - Biblical separation is essential
      - Separation from worldliness and fleshliness (Lev. 19-20; Gal. 5:16-24; Eph. 4:17-6:9; Col. 3:1-4:6)
      - Separation from false teachers and false teaching (Matt. 7:15-16; Rom. 16:17-18; 2 Cor. 6:14-7:1; Gal. 1:8-9; 2 Peter 2; 2 Jn. 7-11; Jude)
      - Separation from the blatantly disobedient Christian (Matt. 18:15-17; 1 Cor. 5:1-11; 2 Thess. 3:6-15)

"To remain divided is sinful! Did not our Lord pray, that they may be one, even as we are one" (John 17:22). A chorus of ecumenical voices keep harping the unity tune. What they are saying is, "Christians of all doctrinal shades and beliefs must come together in one visible organization, regardless... Unite, unite!" Such teaching is false, reckless and dangerous. Truth alone must determine our alignments. Truth comes before unity. Unity without truth is hazardous. Our Lord's prayer in John 17 must be read in its full context. Look at verse 17: "Sanctify them through thy truth; thy word is truth." Only those sanctified through the Word can be one in Christ. To teach otherwise is to betray the Gospel.

Charles H. Spurgeon, [The Essence of Separation](#), quoted in *The Berean Call*, July, 1992, p. 4.

- Unity of the Spirit
  - a state of oneness with other believers through the power of the Spirit

- In the bond of peace

That which holds something together

Love (Col. 3:14)

- We maintain His plan by following His lead in our interactions with others in the church. (Col. 3:14) “And above all these put on love, which binds everything together in perfect harmony.”

Seek peace in the church by showing love toward those around you. (Col. 3:12-17)

- Bear with one another
- Forgive each other
- Be thankful
- Let the Word of Christ dwell in you richly
- Seek God’s glory and not your own

### **Col. 3:12-17**

<sup>12</sup>Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, <sup>13</sup>bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. <sup>14</sup>**And above all these put on love, which binds everything together in perfect harmony.** <sup>15</sup>And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. <sup>16</sup>Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. <sup>17</sup>And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

### **Application:**

- The importance of Community Groups at PBC!
- Get off your spiritual couch and start walking again.
  - Personal time with God
  - Faithfulness to church
  - Service toward others
- Walk in a way that promotes unity in the church.
  - Who do you need to be more patient toward?
  - Who do you need to forgive?
  - How grateful are you for PBC?

- How careful are you in your conversations about others?
- Are you seeking God's glory or your own?