

***In the heavenly realm (Series)***  
**Lesson # 4“Walk in a Manner Worthy of Your Calling”**  
Ephesians Chapter 4

**Scripture:** Ephesians 6:12 “For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places.”

**Introduction:**

It really amazes me that some people think that they really don't make much difference in this world. They have somehow bought into the idea that they have little or no value and really don't have anything to offer in this world. Have you know people like this or ever felt this way?

There was a movie a number of years ago called Frequency in which a fire fighter, who liked talking on a ham radio. One day he found himself talking to himself over the ham radio in the past. Some cosmic particles in the atmosphere had made it possible for him to talk to himself when he was much younger.

If you could go back and whisper in your own ear when you were younger would you have anything to say? Yes, without hesitation much advice would be given because we understand that the little things really do matter and that the path we so carelessly chose makes such a great difference.

**Proposition:**

Satan wants us to feel like the little things really don't matter.

**Lesson:**

**I. We are to walk in a manner worthy of our calling**

Ephesians 4:1

1“Therefore I, the prisoner of the Lord, implore you to walk in a manner worthy of the calling with which you have been called,

- A. Walk here is talking about as we move about in our daily lives
- B. Worthy means appropriately and this is in accordance with the invitation that God has given us.

**II. A worthy walk has the right attitude**

Ephesians 4:2

2 with all humility and gentleness, with patience, showing tolerance for one another in love,

- A. Our attitudes really are the lenses that we view the world from. Here God I think God wants us to remember the heavenly realm.
- B. Humility leads the way...because God finds fertile ground in the humble and can reach others through such ground.

### **III. A worthy walk preserves unity in the bond of peace**

Ephesians 4:3-6

3 being diligent to preserve the unity of the Spirit in the bond of peace. 4 There is one body and one Spirit, just as also you were called in one hope of your calling; 5 one Lord, one faith, one baptism, 6 one God and Father of all who is over all and through all and in all.

- A. God calls us to be folks committed to preserving and guarding unity
  - Ephesians 1:10 “Summing up of all things in Christ” means the gathering into one.
  - God wants “Oneness”
- B. Matt 12:25 says a house divided against itself will not stand.
- C. 1 Corinthians is all about unity
- D. Bond here is the word for joint or ligament
  - Being of peace
  - Christ is the tie that binds.

### **IV. A worthy walk remembers we are a part of the whole**

Ephesians 4:7-12

7 But to each one of us grace was given according to the measure of Christ's gift. 8

Therefore it says,

"WHEN HE ASCENDED ON HIGH,  
HE LED CAPTIVE A HOST OF CAPTIVES,  
AND HE GAVE GIFTS TO MEN."

9 (Now this expression, "He ascended," what does it mean except that He also had descended into the lower parts of the earth? 10 He who descended is Himself also He who ascended far above all the heavens, so that He might fill all things.) 11 And He gave some as apostles, and some as prophets, and some as evangelists, and some as pastors and teachers, 12 for the equipping of the saints for the work of service, to the building up of the body of Christ;

- A. 1 Cor. 12:14 “For the body is not one member but many”
- B. Jesus has ascended to a place of ultimate authority and has examined each of us and given us specific assignments that fit our individual abilities and His needs.
  - \* For what purpose or to what end?
    - For the equipping of the saints for works of service
    - To build up the body of Christ

### **V. A worthy walk leaves childishness behind (Matures)**

Ephesians 4:13-16

13 until we all attain to the unity of the faith, and of the knowledge of the Son of God, to a mature man, to the measure of the stature which belongs to the fullness of Christ. 14 As a result, we are no longer to be children, tossed here and there by waves and carried about by every wind of doctrine, by the trickery of men, by craftiness in deceitful scheming; 15 but speaking the truth in love, we are to grow up in all aspects into Him who is the head, even Christ, 16 from whom the whole body, being fitted and held together by what every joint supplies, according to the proper working of each individual part, causes the growth of the body for the building up of itself in love.

- A. The scriptures sets forth the idea of a continual maturing process, but here it is very specific. In verse 15 the term “grow up” is an aorist tense Greek verb, meaning that it is a one time exact event ...over and done with. Here the text is dealing with a basic level of maturity where to leave childish ways behind and put forth an adult effort toward Christ.
- B. So that we won't be carried away by every idea or theory that comes along.
- C. God wants us to have roots that run deep as a tree planted by streams of water  
Psalms 1:3
- D. We the body should match the head
- E. This cause whole body growth getting stronger in love.

## **VI. A worthy walk maintains a soft heart**

Ephesians 4:17-19

17 So this I say, and affirm together with the Lord, that you walk no longer just as the Gentiles also walk, in the futility of their mind, 18 being darkened in their understanding, excluded from the life of God because of the ignorance that is in them, because of the hardness of their heart; 19 and they, having become callous, have given themselves over to sensuality for the practice of every kind of impurity with greediness.

- A. The word callous here is the word for apathy...meaning a lack of care.
- B. We must be vigilant in keeping a watch on our hearts.  
-Lest we become like those in 1 Tim. 4:2 whose consciences were labeled as “seared with a hot iron”

## **VII. A worthy walk puts on the new self**

Ephesians 4:20-30

20 But you did not learn Christ in this way, 21 if indeed you have heard Him and have been taught in Him, just as truth is in Jesus, 22 that, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, 23 and that you be renewed in the spirit of your mind, 24 and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth. 25 Therefore, laying aside falsehood, **SPEAK TRUTH EACH ONE of you WITH HIS NEIGHBOR**, for we are members of one another. 26 **BE ANGRY, AND yet DO NOT SIN**; do not let the sun go down on your anger, 27 and do not give the devil an opportunity. 28 He who steals must steal no longer; but rather he must labor, performing with his own hands what is good, so that he will have something to share with one who has need. 29 Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear. 30 Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

\*Gal. 2:20

\*Romans 6:4

\*2 Cor. 5:17

1. The new self is truthful
  - With others
  - With ourselves
    - Don't run from your difficulties...embrace and work on them
    - Live in the light not the shadows

2. The new self takes control of emotions
  - Anger is a God given emotion within limits
  - It must be kept in check
3. The new self works out problems
  - Don't let the sun go down on your wrath
4. The new self is a giver
  - Not stealers
5. The new self speaks to build up
  - Edifying
  - Col 4:6 speaking with grace
  - The idea is that it may minister to the hearers
    - \*Not with unwholesome talk
  - Grieving the Holy Spirit of God

### **VIII. A worthy walk removes obstacles from the path**

Ephesians 4:31

31 Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.

- A. Bitterness and anger have drug so many Christians away from God. Here I simply suggest that the smallest amount of bitterness or unchecked anger can destroy your soul.

### **Conclusion:**

Ephesians 4:32

32 Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.

Verse 16b grow the body in love

27 Do not give the devil opportunity