

# Calvary Chapel of El Cajon Women's Bible Studies

## Ephesians 4:1-6

### Lesson 7

After Paul devotes three chapters describing the incredible character and heart of God, he transitions to focusing on exhorting believers to respond by living lives *worthy of the calling with which we were called*. His emphasis in these first verses of Ephesians four is the truths that unify, teaching us that a *walk that is worthy* is, first of all, a life lived in unity with other believers.

### DAYS ONE and TWO: Read Ephesians 4:1-6

1. Read through this week's verses using both your Observation Worksheets and another Bible translation or paraphrase. After reading through these verses, what would you say to someone if they asked you what they were about?
  - a. Ephesians 4:1-6 is one paragraph division. List below the subjects(s) covered in this section.

How would you title this section? Record your title on the **Chapter & Paragraph Division Titles Chart** provided with your Observation Worksheet.

2. At the right-hand side of the same chart are columns labeled **Key Word** and **Symbol**. They have been provided for you to record the key words and the symbol you have chosen to represent each one. Record the key words listed below and their symbols on the chart.

*God, Jesus, and Spirit*

New to this lesson: *all* and *one* (do not mark the word *one* in verse 2)

Term of conclusion: *therefore*

Now, using the symbols you have chosen, mark each of the key words each time they are used in Ephesians 4:1-6. Remember, as you mark the words *God, Jesus, and Spirit* to mark any personal pronouns that refer to Them. You do not need to mark every word that refers them – only those that you feel are significant.

3. Paul's emphasis in this lesson is unity based on certain things that stand alone in what/who they are. Make a list of the words or phrases that follow the word *one* in this lesson.

**There is one:**

1. body (verse 4)
- 2.

- a. Share one thought about the significance of unity and the word *one*.

**DAY THREE: Read Ephesians 4:1**

1. As *the prisoner of the Lord*, what does Paul *beseech* us to do?

- a. Look up the following verses and describe what they say about our *calling*.

Philippians 3:14

2 Timothy 1:9

Hebrews 3:1

- 1.) What is your reaction to these descriptions?

2. *Beseech*, as translated in Ephesians 4:1, is the same word that is used to describe the role of the Holy Spirit. He *invites us* or *comes alongside us*. Contrast the difference between commanding and *beseeching*.

3. Paul *beseeches* us to *walk worthy of the calling with which we were called*. Describe this walk using these verses:

Ephesians 4:17

Philippians 1:27

Colossians 1:10

- a. *Walking* in this manner is not easy, nor is it possible in our own strength. Explain how a person can live a life that would be described as consistently (not perfectly) *walking in a manner worthy*.

Challenge: Use Scripture to support your explanation.

4. Paul wrote in Philippians 3:17 (NIV), *Join with others in following my example, brothers, and take note of those who live according to the pattern we gave you*. What have you learned from Paul's example?

- a. Share something you have learned from the example of another Christian.

#### **DAY FOUR: Read Ephesians 4:2,3**

1. Ephesians 4:2 reveals four characteristics of a *walk worthy of our calling*. What are they?

- a. Which of these do you find is the most difficult for you? Why?

Challenge: *Longsuffering* and *bearing* are similar words. Using a Bible dictionary, explain how they differ.

- b. How does *walking* in these four attributes promote *unity*?

- 1.) In contrast, how does not *walking* in these attributes discourage *unity*?

2. What does verse 3 tell us we are to do?

- a. What word(s) let us know that *keeping unity* requires effort?

Challenge: Define the word *endeavoring*.

- b. What kind of *unity* does Paul encourage?
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3. We are to *endeavor to keep the unity of the Spirit in the bond of peace*. What does the first phrase of Colossians 3:15 teach us about this?
    - a. Practically, what have you found that helps you to *let the peace of God rule in your heart*?
      - 1.) How does the Holy Spirit help you *keep the bond of peace* with others in your church?
      - 2.) When do you personally find it most difficult to *keep the bond of peace* with other believers?
    - b. From your personal experience, describe the *peace of God*.
      - 1.) What is special to you about *God's peace*?

#### **DAY FIVE: Read Ephesians 4:4-6**

1. Today we will look at elements in which our *unity* is based. The first element is there is *one body*. Using Romans 12:4,5 and what you have learned in previous lessons of Ephesians, what is the *body* Paul refers to?
  - a. In what ways is the church like a *body*?
2. The second element is there is *one Spirit*. What does Ephesians 2:18 say about this?
3. The third element is *we were called in one hope of our calling*. According to 1 Peter 1:3-4, what is the hope of all believers?
4. The fourth element is there is *one Lord*. Read Acts 10:36. Who is *Lord* and what is He *Lord* over?

5. The fifth element is there is *one faith*. There are neither two faiths nor several faiths. There is only one faith that leads into God's presence and that is the faith founded by the Lord Jesus Christ. How do John 14:6 and Jude 1:3 verify this?
  - a. Describe the *one faith* that all Christians have using Romans 10:8-9.
  - b. What would you say to someone who says this is narrow minded and limited thinking?
6. The sixth element is there is *one baptism*. What does Galatians 3:26-28 add to your understanding?
  - a. According to Acts 2:38, what is the requirement of baptism?
7. Lastly, the seventh element mentioned in Ephesians 4:4-6, is there is *one God and Father of all*. What phrase in verse 6 speaks of God's sovereignty?
  - a. What did the scribe declare in Mark 12:32?
8. Scan back through the seven elements of *unity*. Why should adherence to common beliefs in these things promote *unity*?
  - a. What should this teach us, as a body of believers, when disunity erupts?

#### **DAY SIX: Review Ephesians 4:1-6**

1. What value have you found the first three chapters of Ephesians to be in responding to Paul's exhortation to *walk worthy of the calling which with you were called*?

