



Walking Worthy

Chris Lindberg // Ephesians 4:1-16

Paul's Indicatives

- The glory of God's sovereignty (1:3-6)
- The power of God's redemptive love (1:7-8)
- The depth of God's grace and mercy (2:4-10)
- The equality of God's people (2:19-22, 3:6)

Ephesians 4:1

As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. – NIV

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

Unity in the church, the body of Christ, is joined in love, diverse in function, and singular in purpose.

- **Joined in love (v. 1-6)**

² Be completely humble and gentle; be patient, bearing with one another in love. ³ Make every effort to keep the unity of the Spirit through the bond of peace. ⁴ There is one body and one Spirit, just as you were called to one hope when you were called; ⁵ one Lord, one faith, one baptism; ⁶ one God and Father of all, who is over all and through all and in all.

- *Agape* isn't born just out of emotions, feelings, familiarity, or attraction, but from the will and as a choice. *Agape* requires faithfulness, commitment, and sacrifice without expecting anything in return.
- Romans 5:8 - *But God demonstrates his own love for us in this: **While** we were still sinners, Christ died for us.*

- **Diverse in function (v. 7-12)**

⁷ But to each one of us grace has been given as Christ apportioned it. ⁸ This is why it^[a] says:

“When he ascended on high,
he took many captives

and gave gifts to his people.”^[b]

- Quoting - Psalm 68:18 – “and He gave gifts to all people”
 - All peoples (“men”) Anthropos (An-throw-pose)

⁹ (What does “he ascended” mean except that he also descended to the lower, earthly regions^[c]? ¹⁰ He who descended is the very one who ascended higher than all the heavens, in order to fill the whole universe.) ¹¹ So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, ¹² to equip his people for works of service, so that the body of Christ may be built up

- Klyne Snodgrass – “*While it is true that some have a special responsibility to teach and preach, Paul stresses that every Christian is responsible to build up the church.*”
- We are diverse in function, but we all have a function
 - What is your function? – Serving Opportunities
 - Link to Spiritual Gifts test in the Resource section
- **Singular in purpose (v. 13-16)**
 - That purpose is found in verse 13 – “Unity of faith and knowledge of the Son of God”

¹³ until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.

- There’s a contrast that jumps out in this language
 - Then we will no longer be **infants, tossed back and forth** by the waves, and blown here and there by every wind of teaching and by **the cunning and craftiness of people** in their **deceitful scheming**. Instead, **speaking the truth** in love, we will grow to become in every respect the **mature** body of him who is the head, that is, Christ. From him the whole body, **joined and held together** by every supporting ligament, grows and **builds itself up in love**, as each part does its work.

The Bones That Support Walking – SportsRec.com

The bones that support walking include those of the feet such as the metatarsals, tarsals and the phalanges bones; the ankle bones; bones in the legs that include the femur, fibula, tibia and patella; and the hipbones. Of course, all of these bones support the movement of walking, but additionally, walking helps to fortify the body's skeletal system. Walking is a safe and low-impact weight-bearing activity; each time you take a stroll, you are building stronger bones.

Ephesians 4:16 - *From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.*

Resources:

- [Word Study – ‘Agape’](#) by The Bible Project
- [Spiritual Gifts Test](#)
- [Opportunities to Serve at CCC](#)