

**STUDY GUIDE 7**  
**EPHESIANS 4:1-16**



We now start chapters 4-6 of Ephesians which have to do with how we live the Christian life, God's work through us.

**The Unity of the Church, or Walk Worthy of the Calling**

As you start this study, ask the Holy Spirit to help you understand What God has said through Paul.

**DAY 1**

Read Ephesians 4:1-16 three times.

1. In verse 1 Paul again refers to himself as a prisoner for the Lord. Review your notes from Study Guide 5 Day 1 to refresh yourself about this.
2. In verse 1, what does Paul urge the readers of Ephesians to do?

See also Philippians 1:27, Colossians 1:10 and 1 Thessalonians 2:12. Note what these verses say about walking worthy or living life or their conduct.

3. Verse 1 says "the calling you have received". Read Ephesians 1:18, Romans 8:28; 9:24; 11:29 and 1 Corinthians 1:9. What do these verses say about the believer's calling?

**TO DIG DEEPER:** Read Ephesians 4-6. Mark each occurrence of the word "walk" or "live". See also Ephesians 2:10. Write what is said in these verses about the believer's walk or living or conduct.

## DAY 2

1. In verse 2 – what four ways show that we are living this life worthy of our calling?
2. In verse 3 what are we to make every effort to do? Through what are we to do this? Read again Ephesians 2:14-22 to refresh your mind about the unity Paul is speaking of.
3. Verses 4-6 give the basis for this unity. Seven elements are listed, prefaced by the word “one”. Write down the 7 elements.

## DAY 3

1. Read verse 7. Also read Ephesians 3:7-8. Paul’s gift of grace was to preach the gospel of Jesus Christ to the Gentiles. According to 4:7, who else has been given grace? How?
2. Read verses 11 and 12. What are the gifts of grace stated in verse 11? What is their two-fold purpose according to verse 12?

TO DIG DEEPER: For each of the gifts of grace listed in verse 11, look up the following verses and write what they say about the role of that gift. Apostle – Ephesians 2:20, Acts 1:21-22, Mark 6:30, Romans 1:1, 1 Corinthians 1:1 and Hebrews 3:1. Prophet – Acts 11: 27, Romans 12:6, 1 Corinthians 14:3-4 and 12:10, 28, Ephesians 2:20; 3:5, and 2 Peter 3:2. Evangelist – Acts 21:8, 1 Corinthians 1:17, and 2 Timothy 4:5. Pastors and teachers – Acts 13:1, Romans 2:21; 12:7, 1 Corinthians 12:28; 14:26, 1 Timothy 1:7, James 3:1 and 1 Peter 5:2. (In the Greek the two groups of pastors and teachers are closely related, probably indicating two aspects of one ministry: pastor/teacher or shepherd.)

#### DAY 4

1. Verses 8, 9 and 10 refer to a concept quoted from Psalm 68:18 which Paul applies here to Christ. It is the picture of a triumphant warrior who is elevated when he returns with hosts of prisoners, receiving gifts from the conquered people and distributing gifts to his followers. How do you see this applying to Christ? See also Hebrews 2:14-15, 2 Timothy 1:10, 1 John 3:8.  
There will be further discussion of these verses in the Leader's Guide.
2. From verse 13 name 3 goals for the body of Christ.
3. Verse 14 describes some characteristics of "infants" or "children" – meaning Christians who have not matured in their faith. Write down those characteristics as stated. What do the word pictures convey to you?

#### DAY 5

1. In verse 15 how does the body of Christ grow into maturity? How is growing into maturity expressed in this verse?
2. According to verses 15 and 16 from whom is the whole body joined and held together? What role do the ligaments have? The body grows in what? As what?
3. The phrase "speaking the truth in love" is stated in verse 15. The verb means both speaking and doing. Read John 14:6 and 16:13. What is truth? How does this thought fit in with what we have studied in Ephesians so far?

#### DAY 6

APPLICATION: God has chosen us – individually and as a church – to be Christ's representatives on earth. Read Ephesians 4:1-3. How am I doing in walking or living the life I have been called to I Christ? In what area do I need to grow? In what area(s) does our church need to grow? Am I doing my part in supporting the body in love?