



July 13, 2025

South Sub Church

“Our Walk in Unity”

## Ephesians-Our Walk with Christ

### Ephesians 4:1-16 (ESV)

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.<sup>4</sup> There is one body and one Spirit—just as you were called to the one hope that belongs to your call—<sup>5</sup> one Lord, one faith, one baptism,<sup>6</sup> one God and Father of all, who is over all and through all and in all.<sup>7</sup> But grace was given to each one of us according to the measure of Christ's gift.<sup>8</sup> Therefore it says, “When he ascended on high he led a host of captives, and he gave gifts to men.”<sup>9</sup> (In saying, “He ascended,” what does it mean but that he had also descended into the lower regions, the earth?<sup>10</sup> He who descended is the one who also ascended far above all the heavens, that he might fill all things.)<sup>11</sup> And he gave the apostles, the prophets, the evangelists, the shepherds and teachers,<sup>12</sup> to equip the saints for the work of ministry, for building up the body of Christ,<sup>13</sup> until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ,<sup>14</sup> so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes.<sup>15</sup> Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ,<sup>16</sup> from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

### Sermon Summary:

Everyone desires to live a life of meaning. And there is no greater way to live with true purpose than through a deep, abiding relationship with Jesus. The Apostle Paul's letter to the Ephesians reveals the key to experiencing this kind of life. In **Part I** of this series, we'll explore the spiritual wealth we have as followers of Jesus—including the abundant blessings and divine wisdom available to us. In **Part II**, we'll deepen our understanding of our spiritual position as believers and the responsibilities that come with it—how we are called to live out our faith in light of what Christ has done.

### Ice Breaker Questions:

1. What's one group or team you've been part of that worked really well together? What made it so effective?
2. What's something you've learned recently from someone who's very different from you?
3. What's one way you've grown in your faith over the past year? What helped that growth?
4. Who is someone you consider spiritually mature? What characteristics does he/she display that makes them your choice?



### Scripture Study Questions:

1. According to verse 1, what does Paul urge the Ephesian believers to do, and why?
2. What qualities are listed in verse 2 as necessary for walking worthy of the calling?
3. What is the goal mentioned in verse 3 concerning the unity of the Spirit?
4. List the seven “ones” found in verses 4–6. What does this list emphasize about the nature of the church?
5. What roles or offices are listed in verse 11, and who gave them?
6. According to verse 12, what are these roles given for?
7. How does the imagery of being “tossed to and fro” help illustrate spiritual immaturity?
8. According to verse 15, what is the goal of speaking the truth in love?
9. According to verse 16, how is love essential to the church’s growth and function?

### Application Questions:

1. What’s one way you can “walk in a manner worthy of the calling” in your relationships this week?
2. What might it look like to speak “the truth in love” in your next difficult conversation?
3. Share with your group an attitude you struggle with regarding unity. How can the group specifically pray for you?
4. In what ways have you been equipped for ministry, and are you actively involved in building up the body of Christ?
5. Unity, as Paul describes it, requires attitude, effort, sacrifice, involvement, and love. Which of these five areas do you feel God is challenging you to grow in right now?