

Ephesians – Week 11 – Walk Worthy – Bible Study Helps

Title: Walk Worthy: Unity, Gifts, and Maturity in the Body of Christ

Sermon Summary:

This sermon explores Ephesians chapter 4, emphasizing the Christian's high calling to walk worthy of their vocation in Christ. The message focuses on three main areas: maintaining the unity that the Holy Spirit has already created among believers, discovering and using the spiritual gifts God has given each Christian to serve the body of Christ, and pursuing spiritual maturity to become more like Jesus. The sermon emphasizes that Christianity is not merely intellectual belief or church attendance, but a full-time vocational ministry where every believer is called to serve. The sermon challenges Christians to live out their faith through humility, meekness, longsuffering, and forbearance, while using their God-given gifts to edify the church and grow together in Christ.

Key Points:

- Christians must walk worthy of their calling by demonstrating lowliness, meekness, longsuffering, and forbearing one another in love
- Unity among believers already exists through the Holy Spirit and must be actively preserved, not created
- Biblical unity is based on shared faith in Jesus Christ and common doctrine, not on dropping beliefs to accommodate others
- Every Christian has been given at least one spiritual gift by the Holy Spirit to benefit the body of Christ
- Spiritual gifts are not exemptions from obedience but special enablements to serve more effectively
- All Christians are in full-time vocational ministry, with secular jobs supporting their ministry work
- The purpose of church leadership is to equip the saints for the work of ministry
- God's goal for every Christian is spiritual maturity, becoming more like Jesus Christ
- The church gathers not to entertain lost people but to perfect the saints, do ministry work, and edify the body of Christ
- Every member of the church body is important and necessary for the whole body to function properly

Scripture Reference:

- Ephesians 4:1-16 (primary passage)
- Matthew 11:28-30 (Jesus describing Himself as meek and lowly)

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- Philippians 2 (Christ's humility)
- Romans 12:3-8 (spiritual gifts)
- 1 Corinthians 12 (body of Christ illustration)
- Colossians 3:13 (forbearing one another)
- Psalm 68 (quoted in Ephesians 4:8)
- 2 Corinthians 9:7 (cheerful giving)
- Luke 6 (being merciful)

Stories:

- Illustration of children disrupting breakfast by complaining about hearing others chew, comparing it to how adults also struggle with forbearance
- Example of a friend who is bold in evangelism and how going out with him helps others witness more effectively
- The ancient world illustration of a conquering king returning to town with captives and spoils, contrasted with Christ who gives gifts to His people rather than keeping the spoils
- Reference to Nebuchadnezzar taking Jerusalem and the spoils of God's temple to his god's house
- Mother in Walmart with a child having a meltdown, illustrating the need for self-control and testimony
- A man who got saved after being a fighter, explaining how composed people have advantage over those who lose control

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Discipleship Questions

How does understanding that Christianity is a full-time vocation rather than just intellectual beliefs or church attendance change the way you approach your daily life and work?

In what ways do pride and self-centeredness hinder our ability to maintain unity within the body of Christ, and how can cultivating lowliness and meekness help preserve that unity?

What does it mean practically to 'forbear one another in love' with people in your church or family who have difficult personalities or habits that irritate you?

How does recognizing that unity comes from shared faith in Christ rather than dropping doctrinal beliefs challenge the modern emphasis on unity at any cost?

If every believer has been given at least one spiritual gift to benefit the body of Christ, what steps are you taking to discover and actively use your gifts in service to others?

How does the comparison of the church to a human body, where every part is essential and interconnected, challenge the idea that some members are more important than others?

What is the difference between attending church for personal benefit or entertainment versus gathering together for the perfecting of the saints and the work of the ministry?

In what ways might you be using the excuse of not having certain spiritual gifts to avoid obeying biblical commands to show mercy, evangelize, or serve others?

How does the goal of spiritual maturity—becoming more like Christ in humility, stability, and truth spoken in love—differ from simply accumulating biblical knowledge?

If you were to give an account to God today for how you have walked worthy of your calling in Christ, used your gifts, and contributed to the unity and growth of the church, what would that conversation look like?

Small Group Guide: Walk Worthy

Ephesians 4:1-16

Opening Prayer & Icebreaker

Icebreaker Question: Share one quality you admire most about your mother or a motherly figure in your life. How has that quality impacted who you are today?

Sermon Summary

This message from Ephesians 4 challenges us to "walk worthy" of our calling in Christ. Paul emphasizes three key areas:

1. **Our Unity** - We must preserve the unity God has already created through Christ
 2. **Our Gifts** - God has uniquely gifted each believer to serve the body of Christ
 3. **Our Maturity** - God's goal is for us to grow up spiritually, becoming more like Jesus
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Key Scripture Verses

- Ephesians 4:1-3 - Walk worthy with lowliness, meekness, longsuffering, and forbearance
 - Ephesians 4:4-6 - Seven "ones" that unify us
 - Ephesians 4:11-12 - Gifts given for equipping and serving one another in the body
 - Ephesians 4:15-16 - Growing up together in Christ
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Discussion Questions

Part 1: Our Unity (Ephesians 4:1-6)

1. **What does it mean to "walk worthy of the vocation wherewith ye are called"?** How does understanding that Christianity is a full-time vocation (not just church attendance) change your perspective?
2. **Review the four character qualities in verse 2:** lowliness, meekness, longsuffering, and forbearing. Which one is most challenging for you personally? Why?

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3. **The passage says to "keep" the unity, not "create" it.** What's the significance of this distinction? How does this change how we approach unity in the church?
4. **Look at the seven "ones" in verses 4-6.** How do these commonalities provide a foundation for unity? Why can't we have true unity by "dropping doctrine"?
5. **Practical question:** Can you think of a situation where you've struggled to "forbear one another in love"? What made it difficult? How might applying these character qualities have helped?

Part 2: Our Gifts (Ephesians 4:7-11)

6. **The sermon states: "Every believer has at least one spiritual gift."** Do you know what your spiritual gift(s) might be? If not, what steps could you take to discover them?
7. **Why does God give gifts to His church?** According to verse 12, what is the purpose of these gifts?
8. **Discuss the difference between:**
 - Commands for all believers (mercy, evangelism, giving, etc.)
 - Special spiritual gifts in these areas

How can someone who doesn't have a particular gift still obey commands in that area?

9. **Spiritual gifts are discovered through maturity and serving.** What opportunities to serve are available in our church? What's holding you back from getting involved?
10. **Read Romans 12:3-8 together.** What additional gifts are mentioned here that weren't in Ephesians 4? Do any of these resonate with you?

Part 3: Our Maturity (Ephesians 4:12-16)

11. **What is God's goal for every Christian according to this passage?** How does this differ from merely attending church or having intellectual beliefs?
12. **Verse 14 warns against being "children, tossed to and fro."** What does spiritual immaturity look like? What are some "winds of doctrine" that threaten believers today?
13. **The body illustration (verse 16) shows every part is important.** How does it make you feel to know that you are essential to the health of the body of Christ?
14. **"Speaking the truth in love" (verse 15) - why are both elements necessary?** What happens when we have truth without love? Or love without truth?
15. **How do we measure spiritual growth?** What are some practical indicators that someone is maturing in Christ?

Key Takeaways

- ✓ **Unity already exists** in Christ through the Holy Spirit—our job is to protect and maintain it

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- ✓ **We are all in full-time vocational ministry**—our jobs simply support the real work of serving God
 - ✓ **Every believer has been given gifts** by God to benefit the body of Christ
 - ✓ **Spiritual gifts are not excuses** for disobedience—we're all called to show mercy, witness, serve, etc.
 - ✓ **The church gathers to equip saints** for the work of ministry, not just to entertain or provide religious activities
 - ✓ **Maturity is the goal**—becoming more like Christ in stability, truth, love, and service
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Practical Applications

This Week, I Will:

For Unity:

- Identify one relationship in the church that needs attention and reach out this week
- Practice one of the four character qualities (lowliness, meekness, longsuffering, forbearing) in a difficult situation
- Pray daily for unity in our church family

For Gifts:

- If I don't know my gifts: Sign up for discipleship or commit to serving in one area to discover them
- If I know my gifts: Evaluate whether I'm actively using them to serve the body
- Contact a ministry leader and ask, "Where is there a need I could help meet?"

For Maturity:

- Establish or strengthen a daily Bible reading habit
 - Identify one area of spiritual immaturity in my life and create a plan to grow
 - Find one person to encourage in their spiritual growth this week
 - Practice "speaking the truth in love" in at least one conversation
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Personal Reflection Questions

1. **Am I creating peace and harmony in my life and church, or tension?**
 2. **Where am I serving? How am I helping the body of Christ?**
 3. **Am I growing spiritually? What evidence is there?**
 4. **Am I stable in my Christian life, or am I "tossed to and fro"?**
 5. **Do I speak with both truth AND love?**
 6. **Am I becoming more like Jesus Christ? How would others answer that about me?**
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Memory Verse

Ephesians 4:2-3 - "With all lowliness and meekness, with longsuffering, forbearing one another in love; Endeavouring to keep the unity of the Spirit in the bond of peace."

Closing Discussion

Question: Based on today's discussion, what is one specific change you sense God is calling you to make? Share with the group for accountability.

Challenge: This week, reach out to at least one other group member to encourage them in the area where they're seeking to grow.

Closing Prayer

Pray together for:

- Unity in the body of Christ
 - Discovery and faithful use of spiritual gifts
 - Growth toward spiritual maturity
 - Mothers and families represented in the group
 - Specific needs and commitments shared during discussion
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For Next Time

- Come prepared to share how you applied this week's lesson
- Read Ephesians 4:17-32 in preparation for the next study

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- Bring someone new to the group if possible

"We are all going to give account of our lives to God. The Bible says every one of us shall give account of ourselves to God. So when you give an account at the end of your life to God for what you've done as a Christian, what is that going to look like?"

5-Day Devotional: Walking Worthy of Your Calling

Day 1: The High Calling of Unity

Reading: Ephesians 4:1-6

Devotional: God has already unified us through Christ—we don't create unity, we preserve it. This unity isn't based on personality, preferences, or politics, but on the profound reality of what we share in Jesus. We have one body, one Spirit, one hope, one Lord, one faith, one baptism, and one God and Father. This isn't superficial agreement; it's deep spiritual connection.

Today, consider how you're guarding this God-given unity. Are you practicing lowliness, meekness, longsuffering, and forbearing with other believers? Unity requires humility—thinking of others before yourself. It demands patience with difficult people and circumstances. The question isn't whether others deserve your patience, but whether you're walking worthy of the calling you've received. Christ put up with you; can you extend the same grace to your brothers and sisters?

Day 2: Strength Under Control

Reading: Matthew 11:28-30; Philippians 2:5-11

Devotional: Jesus described Himself as "meek and lowly in heart"—not weak, but powerful under perfect control. Meekness is strength surrendered to God's purposes. Moses was meek, yet he confronted Pharaoh. Jesus was meek, yet He overturned tables and conquered death.

True spiritual maturity isn't found in always getting your way or expressing every emotion. It's found in Christ-like composure even when circumstances tempt you to lose control. When provoked, do you respond with measured grace or explosive reaction? When offended, do you seek peace or nurse grievances?

The same power that raised Christ from the dead dwells in you through the Holy Spirit. That's strength. Channeling that power through humility, patience, and love—that's meekness. Today, ask God to help you become more like Jesus: humble in heart, controlled in spirit, and gentle in demeanor while remaining strong in conviction.

Day 3: Discovering Your Spiritual Gifts

Reading: Romans 12:3-8; 1 Corinthians 12:4-11

Devotional: You are in full-time vocational ministry. Your secular job simply supports the real work—serving Christ and His body. God has uniquely gifted you to strengthen other believers, and when you don't use your gifts, the church lacks something it desperately needs.

Spiritual gifts aren't exemptions from obedience. Everyone must show mercy, give generously, witness boldly, and serve faithfully—but some are specially equipped in these areas. The question isn't just what you're good at, but where God seems to work powerfully through you to benefit others.

If you're unsure of your gifts, start serving. Teach children, encourage the discouraged, help with practical needs, share the gospel. As you faithfully serve, you'll discover where God has uniquely enabled you. Don't wait for perfect clarity—step out in faith. The body of Christ needs what God has placed in you. Will you steward it faithfully?

Day 4: Growing Up in Christ

Reading: Ephesians 4:11-16

Devotional: God's goal isn't merely that you attend church—it's that you mature in Christ. Spiritual infancy is normal at salvation, but perpetual immaturity grieves God. He's given pastors, teachers, and fellow believers to equip you for ministry and help you grow into Christ's likeness.

Mature believers aren't "tossed to and fro" by every new teaching or emotional experience. They're stable, grounded in truth, speaking with both honesty and love. They recognize that the Christian life isn't about consuming religious experiences but about contributing to the body's growth.

Evaluate your spiritual maturity honestly. Are you more stable than last year? Do you know Scripture better? Are you serving more faithfully? Can you handle difficulty without falling apart? Maturity doesn't happen accidentally—it requires intentional engagement with God's Word, consistent fellowship with believers, and active service. The goal is becoming more like Jesus. What specific step will you take today toward that goal?

Day 5: Walking Worthy Every Day

Reading: Colossians 3:12-17

Devotional: Walking worthy of your calling means your daily conduct matches the glorious position you hold in Christ. You are chosen, holy, beloved—sealed by the Spirit, blessed with every spiritual blessing, destined for eternity with God. Does your life reflect this reality?

Worthiness isn't perfection; it's direction. It's choosing humility over pride, patience over irritation, forgiveness over bitterness, service over selfishness. It's remembering that you represent Jesus Christ to a watching world. Your vocation—your life's work—is bringing Him glory through how you love others, serve faithfully, and grow spiritually.

Consider your week ahead. Where will you need lowliness? Which relationships require longsuffering? How can you use your gifts to strengthen others? What truth needs to be spoken in love? Walking worthy isn't a Sunday activity—it's a daily commitment. God has called you to something magnificent. Will you live like you believe it? Start today by asking Christ to help you walk in a manner worthy of the gospel.