

## **Ephesians Study: Session 4 – Live Worthy**

*(Lori Wilhite – Ephesians: Head Held High)*

### **Big Idea**

Live worthy of your calling by walking in unity and maturity as the body of Christ, putting off the old self and putting on the new self, created in God's likeness.

### **Discussion Questions**

1. Paul says we should “walk in a manner worthy of the calling” (verse 1). In verses 2-3 he lists four qualities that help us do this: humility, gentleness, patience, and bearing with one another in love. Which quality is easiest for you right now? Which one is hardest? Why?
2. In verses 4-6, Paul repeats the word “one” seven times (one body, one Spirit, one Lord, etc.). What does this teach us about unity? Why is unity important for Christians?
3. Read verses 7-16. What does Paul say about the gifts Christ gives to the church? How does the picture of the church as a body help us understand how we should grow as Christians?
4. Read verses 17-24. Paul compares the old way of life with the new life in Christ. What is one difference you see between these two ways of living? Where do you still struggle with the “old self”?

5. Read verses 25-32. These verses give practical instructions about how we speak, handle anger, work, and treat others. Which instruction stands out to you most? What would it look like for you to obey it this week?

### **Memory Verse**

Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.  
(Ephesians 4:32 ESV)

### **This Week:**

- Pray for our church and reach out to one person with an encouraging note or text.
- Try one of these simple steps to help you notice your gifts: Pray and ask God to show you what brings you joy when serving others. Think about what you enjoy doing for people at church or in your family (organizing, listening, helping, teaching, encouraging, etc.). Ask a trusted friend or family member, “What do you see me doing that seems to bless others?” Look for one simple opportunity to serve or encourage someone using a strength God has given you.
- Pick one old habit or negative thought pattern and intentionally replace it with truth from God’s Word.
- **Read Ephesians 5**