

## # Small Group Guide: Walking Worthy of The Calling

**\*\*Ephesians 4:1-6\*\***

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### ## Opening Prayer

Begin your group time by asking God to help you apply His Word to your lives and to deepen your unity as a body of believers.

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### ## Ice Breaker

Share about a time you were part of a team (sports, band, work project, etc.) where everyone had to work together toward a common goal. What made it work? What made it difficult?

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### ## Key Takeaways

1. **\*\*Walking worthy means living in balance with our calling\*\*** - Our daily lives should carry the same weight as the gospel we've received.
2. **\*\*Unity is something we maintain, not create\*\*** - The Holy Spirit has already created unity among believers; our job is to preserve it.
3. **\*\*Five attitudes that help us walk worthy:\*\***

- Humility
- Gentleness
- Patience
- Bearing with one another in love
- Eagerness to maintain unity

4. **\*\*Seven "ones" that ground our unity:\*\***

- One body, one Spirit, one hope, one Lord, one faith, one baptism, one God and Father

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**## Discussion Questions**

**### Understanding the Text**

1. **\*\*The Weight of the Gospel (v. 1)\*\***

- Paul writes from prison and urges believers to "walk worthy." What does his imprisonment add to the weight of his words?
- What does it mean for your daily walk to "carry the same weight" as your calling in Christ?

2. **\*\*The Scale Analogy\*\***

- Paul uses the image of balanced scales - the gospel on one side, our daily obedience on the other. If you were honest, which side is heavier in your life right now? Why?

3. **\*\*Humility vs. Weakness (v. 2)\*\***

- The sermon clarifies that biblical humility is not "self-belittling" or compromising truth.  
How is biblical humility different from what the world often calls humility?

- Can you think of an example where someone demonstrated bold humility - standing firm on truth while remaining humble?

### ### Going Deeper

#### 4. **Unity Requires Effort (v. 3)**

- Paul says to be "diligent" or "eager" to maintain unity. Why doesn't unity maintain itself?
- What are some practical ways we can actively work to preserve unity in our church? In our small group?

#### 5. **Unity vs. Uniformity**

- The sermon states: "Unity isn't uniformity; it's harmony—different notes, same symphony." What's the difference?
- What are some areas where Christians can have different preferences while maintaining unity? What are non-negotiables?

#### 6. **The Seven "Ones" (vv. 4-6)**

- Look at the seven "ones" together. Which one is most meaningful to you right now and why?
- How do these seven theological truths create a foundation for practical unity among very different people?

### ### Personal Application

#### 7. **Character-Based Unity**

- The sermon emphasizes that unity is "all about character," not preferences about worship style, clothing, or programs. Why do we sometimes confuse these things?

- Which of the five attitudes (humility, gentleness, patience, bearing with one another, eagerness for unity) is most challenging for you personally?

## 8. **Bearing with One Another**

- "Bearing with one another in love" suggests there will be things about other believers that are difficult. Can you share (without gossip) about a time when you had to practice this?

- How do we balance "bearing with one another" while also maintaining biblical standards?

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## ## Practical Applications

### ### This Week's Challenge

Choose ONE of the following to practice this week:

#### **Option 1: The Humility Check**

- Each day, identify one moment where you can put someone else's needs or preferences above your own (without compromising biblical truth).

- Journal about how this felt and what you learned about yourself.

#### **Option 2: Unity Builder**

- Identify someone in the church you don't know well or someone you've had tension with.

- Take a step toward unity: have coffee, send an encouraging text, pray for them daily, or have a reconciling conversation.

**\*\*Option 3: The Balance Assessment\*\***

- Using the scale analogy, honestly assess your life. Write down what's on the "gospel calling" side and what's on the "daily obedience" side.
- Share with one trusted person and ask them to pray for you and hold you accountable.

**\*\*Option 4: Study the "Ones"\*\***

- Choose one of the seven "ones" and do a deeper study this week.
- Research what Scripture says about it and come prepared to share next week.

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**## Group Activity: Unity in Action**

**\*\*The Symphony Exercise:\*\***

1. Have each person share one spiritual gift, talent, or unique perspective they bring to the group.
2. Discuss: How do these different gifts work together like instruments in a symphony?
3. Pray together, thanking God for the diversity in your group and asking for grace to maintain unity.

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**## Reflection Questions for the Week**

- Am I living in a way that reflects the weight of my calling in Christ?
- Where am I prioritizing preferences over unity?

- What step can I take this week to be more intentional about preserving unity in the body of Christ?

- Which of the five attitudes (humility, gentleness, patience, bearing with one another, eagerness) does God want to develop more in me?

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## ## Memory Verse

\*\*Ephesians 4:2-3\*\*

"With all humility and gentleness, with patience, bearing with one another in love, being diligent to keep the unity of the Spirit in the bond of peace."

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## ## Closing Prayer

Pray together for:

- Grace to walk worthy of our calling
- Humility and patience with one another
- Unity in your church and small group
- Specific situations where unity is being challenged
- Hearts that value what God values

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## ## Leader Notes

- **Time Management:** This guide contains more material than most groups can cover in one session. Select the questions most relevant to your group's needs.

- **Sensitivity:** Questions about unity and bearing with one another may surface real tensions. Create a safe space and remind the group of confidentiality.

- **Follow-up:** Check in next week about the practical applications people chose. Celebrate growth and encourage continued effort.

- **Additional Resources:** Consider reading together "The Mark of a Christian" by Francis Schaeffer or relevant chapters from books on biblical community.