

Ephesians 4:1

Walking Worthy of the Calling

“I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called.”

Paul again reminds us that he is a prisoner of the Lord, not merely a prisoner of Rome. His chains are the result of obedience, not defeat. With this authority born of faithfulness, he urges believers to *walk worthy*.

For three chapters, Paul has unfolded what God has done—our salvation, our adoption, our inheritance, and our unity in Christ. Only now does he speak of our response. Christianity does not begin with behavior; it begins with grace. God’s work always precedes our walk.

We are not told to *become* worthy, but to live in a way that reflects who we already are in Christ.

The Order of Spiritual Growth: Sit, Walk, Stand

Paul’s structure is intentional:

- Chapters 1–3: We are seated in Christ—our spiritual wealth
- Chapters 4–5: We walk in Christ—our daily conduct
- Chapter 6: We stand in Christ—our spiritual warfare

Many spiritual frustrations come from reversing this order. When people are pressured to walk before they understand where they are seated, the result is guilt, pride, or burnout. God initiates; we respond. This is the gospel.

“We love Him because He first loved us.”

Ephesians 4:2–3

The Character of a Worthy Walk

“With all lowliness and gentleness, with longsuffering, bearing with one another in love, endeavoring to keep the unity of the Spirit in the bond of peace.”

A worthy walk is marked by Christlike character. Lowliness and gentleness are not weakness; they are strength under control. Jesus described Himself this way when He said, “I am gentle and lowly in heart.”

These qualities naturally flow from a true understanding of grace. When we realize how undeserving we are—and how generously God has loved us—pride evaporates.

Unity is not something we create; it is something we are called to keep. The Spirit produces unity. Our responsibility is to protect it through love, humility, and peace.

Ephesians 4:4–6

One Body, One Faith, One God

“There is one body and one Spirit... one Lord, one faith, one baptism; one God and Father of all, who is above all, and through all, and in you all.”

Paul emphasizes the spiritual unity of believers. There is not one class of Christians over another. All who belong to Jesus are part of one body.

This unity transcends denominations, traditions, and personal preferences. We were baptized into Christ—not into a movement, a leader, or an institution. A church cannot save anyone; only Jesus Christ can.

Ephesians 4:7–10

Grace Measured by the Gift of Christ

“But to each one of us grace was given according to the measure of Christ’s gift.”

God’s generosity is measured by what He has already given—His Son. If God did not spare His own Son, there is no question about His willingness to meet our needs.

Paul then points to Christ’s descent and ascent. Jesus truly entered human suffering, shed His blood on the cross, descended into death, and rose again victorious. The resurrection declares that He is God, Savior, and Lord.

By His triumph, He led captivity captive and opened the way to eternal life.

Ephesians 4:11–13

The Purpose of Spiritual Leadership

“And He Himself gave some to be apostles, some prophets, some evangelists, and some pastors and teachers,
for the equipping of the saints for the work of ministry, for the edifying of the body of Christ.”

The primary purpose of spiritual leadership is not control or performance, but equipping. Leaders are given to build up the body, not to dominate it.

The goal is maturity—believers growing into the fullness of Christ. Evangelism flows naturally from a healthy, nourished, growing church. When the body is built up, it becomes a living witness to the world.

Ephesians 4:14–16

Growing Up in Truth and Love

“that we should no longer be children, tossed to and fro and carried about with every wind of doctrine...”

Spiritual immaturity leaves believers vulnerable to deception. Growth comes through truth spoken in love—not harshness, manipulation, or fear.

Christ is the Head, and every believer is a vital part of His body. When each part functions in love, the church grows strong, unified, and effective.

Ephesians 4:17–24

Putting Off the Old Life and Putting On the New

“You should no longer walk as the rest of the Gentiles walk, in the futility of their mind...”

Life apart from Christ is marked by darkness, ignorance, and separation from God. But believers have learned Christ differently.

We are called to put off the old self—corrupted by deceitful desires—and put on the new self, created according to God in righteousness and true holiness. This is a daily, responsive choice rooted in our new identity.

Ephesians 4:25–32

Practical Expressions of the New Life

Paul now applies the new life to everyday behavior:

- Speak truth, because we belong to one another
- Be angry without sin; refuse to harbor bitterness
- Work honestly, not just to provide for yourself, but to help others
- Use words that build up, not tear down
- Do not grieve the Holy Spirit by bitterness, wrath, or malice

Instead, we are called to kindness, tenderheartedness, and forgiveness—even as God in Christ forgave us. We forgive not because people deserve it, but because we have been forgiven far more.

Practical Application

- Examine whether your walk reflects your calling as a child of God.
- Ask whether your words build others up or grieve the Spirit.
- Choose love over pride, forgiveness over bitterness, unity over division.

A Challenge for Believers

Do not live beneath your calling. You have put off the old life and put on the new. Walk accordingly—not to earn God’s favor, but because you already have it through Jesus Christ.

Let your life be a response to overwhelming grace.

An Invitation to Non-Believers

This new life is offered to you. Jesus Christ shed His blood on the cross for your sins. God raised Him from the dead, declaring Him to be God, Savior, and Lord.

If you will repent, believe, and surrender your life to Him, God will forgive you, make you new, and place you into His family by grace.

Today, you can begin to walk in the life God intended for you.