

The Book of Ephesians – Chapter 4

1. I want to start today with two questions that God asked and that still intrigue me. He asked Adam and Eve, “Where are you?” and He asked Moses “What do you have in your hand?” He knew the answer to both questions, but he needed Adam, Eve, and Moses to understand where they were and what they had.
2. We have learned in Ephesians chapters 1-3 that we are seated at the king’s table, saved, covered by lavish grace, forgiven and loved. Now that we understand where we are and what we have in our toolbox (or hands), we need to practice walking in our new reality.
3. Let’s start here: **4:1-13**. We get to be participants and eye witnesses to God building His church, His Kingdom. We all play a part in making up this amazing movement of Christ and the Spirit on earth.
4. First off: learn to walk...and walk worthy of the call you have received.
5. Then, be completely humble and gentle, be patient, bearing with one another in love. It seems that this won’t always be natural or feel normal. It might hurt. It might get us dirty.
6. Then verse 3 and that phrase “make every effort.” We have been given unity. Now, we are to keep it. And what a unity it is! We have been invited to the Cool Kids Table where all are united in one body, one Spirit, one hope, one Lord, one faith, one baptism, and one God and Father.
7. Can you even for a moment imagine being invited up to that table only to sit, look around, see someone else there you don’t like or to whom you feel superior and saying “You! Shoo. You don’t belong here.” This is in the WALK section of Ephesians because you and I both have to practice NOT being judgmental or critical. It is a learned skill. We were born with selfishness in our core (mine!) and it takes work and practice to get it out.
8. God may have to give more grace to one of us than another one of us (verse 7), but that is His business. No, it truly is His business. Look at

verses 9 and 10. Jesus came down to hand out gifts. Those gifts are listed in First Corinthians 12 and Romans 12 but, here, we see that those gifts were handed out to equip us for a job. (vv.11-13).

9. Why are these gifts given? To build up the body, not ourselves. We are to work on making real and personal the unity we already have in Christ. Instead of looking for ways to divide, we look for ways NOT to divide. (Raccoon John Smith and Barton W. Stone) If they can unite over faith in Christ, so can we.
10. Then, and only then, will we quit stumbling, falling, and losing our balance. Like grownups, we will know how to walk. Ephesians 4:14-16. If Jesus is not fueling your every ministry, conversation and goal, you will not walk well and a fall is in your future.
11. Now comes a set of rules for Christian living. In monastic houses, there is a Rule of...someone or another. You have to follow the rules or you can't be there any more. This is different. You are already seated in Christ, THEREFORE, behave well. Do not shame your family (your God). Ephesians 4:17-24.
12. Note that we have to be careful of desires. We rarely need a demon to tempt us when we have so many desires already and more suggested to us all the time! As the old teaching goes, we war against three enemies: the world, the flesh and the devil. WHO is going to be king in your life? In this conversation? In this exchange on social media? In this checkbook?
13. When God is your king, you don't have to be your own king. You are free to forgive, to move, to change things, and to share with others. You are too busy giving and loving to grab and demand. Ephesians 4: 25-32.
14. Note how all of these are showing you how to walk now that you know who you are, whose you are, who is in charge of the universe and your body and mind, and your security in him. Now that you are free from having to prove yourself, build yourself up, and enhance your reputation, you can build someone else up, love on them, and help them win the day.

15. For it is all about knowing who you are...and that informing the way you walk.
16. Let us walk as children of light, as safe places and thin places, as living temples of God. As people who have nothing to prove and nothing to fear for we are seated at the Table with God.