



Our Foundation,
Our Mission and End,
Our Sacraments

ONE HOLY CHURCH

Ephesians 4:1–6

RELATED SCRIPTURES

Philippians 2:1–11 | Colossians 3:12–17 | Malachi 3:10

STUDY FOR SERMON FROM 01.2025

SUMMARY

We can divide Paul’s letter to the church of Ephesus in half between the first three chapters and the last three chapters. In the first three chapters, Paul devotes much of his writing to reminding Christians of the hope of their calling. In the latter three chapters, Paul focuses on detailing how the church’s behavior should be worthy of that calling—how their behavior should be consistent with their calling. Paul specifies four graces the church should pursue to yield a life worthy of the Christian calling: humility, gentleness, patience, and loving bearing with one another in love. Paul is telling the church to cultivate the graces seen in perfection in Christ—to extend the same grace that Christ extended to them to one another. Paul then implores the church to “maintain unity,” or in other words, when we extend one another humility, gentleness, patience, and forbearance for each other, the unity of the Spirit is preserved. Paul then reminds the church that there is “one body and one Spirit,” underscoring that there is no division between Jew and Gentile—the same Holy Spirit enables and empowers all believers. There is one Lord—this was set against the practice of referring to the Roman Emperor as “lord” during this era—and with one Lord, there is one faith. There is one baptism of which the baptism of water signifies the baptism of the Spirit. Lastly, Paul reminds the church there is “one God and Father of all.” In verses 4 to 6, Paul emphasizes the nature of our Triune God—that together, the Spirit (v. 4), our Lord Jesus (v. 5), and the Father (v. 6) are one, yet three in person. In summary, Paul’s imperative is to live a life worthy of their calling, which is one of unity—a life that ultimately reflects the character of God, who exists in perfect unity as the Triune God.

GROUP QUESTIONS

Share something that surprises, encourages, or troubles you from the sermon or your direct reading of Ephesians 4:1–6.

How can you live a life worthy of your calling without turning it into works-based righteousness? Does living a life worthy of your calling earn favor with God? What should compel you to live a life worthy of your calling?

In what ways does the Church struggle most with unity? What are some ways to maintain unity in the Church? Does maintaining unity mean we can never disagree?

If there’s one thing Jesus would want you to walk away believing and receiving as a result of this portion of Scripture, what is that thing?

CLOSE IN PRAYER

As you pray, be sure to include today’s themes in what you bring before God.