

# EPHESIANS

ALIVE IN CHRIST

## DYING TO SELF FOR THE SAKE OF UNITY

Ephesians 4:1–16

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### RELATED SCRIPTURES

Philippians 2:5–11 | Isaiah 53:7 | 1 Corinthians 12:1–31

### STUDY FOR SERMON FROM 07.20.25

### SUMMARY

For three chapters, Paul has been expounding the depths and riches of God’s grace by which Christ has redeemed the Church, and with that understanding, he begins to instruct the Church how we might demonstrate it in practical living. His first instruction for the Church is “to walk in a manner worthy of the calling to which you have been called.” In other words, Paul tells us we are to live in such a way that displays our gratefulness for the riches of God’s grace that he has bestowed upon us. First, Paul mentions that our lives should be characterized by humility and gentleness (v. 2). All Christians, empowered by the Holy Spirit, are being conformed to the image of Christ, and Jesus’ ministry on earth was marked by his humility and gentleness (Philippians 2:5-11). Next, Paul tells the Church to act in patience with one another (v. 2). As Christ was the “lamb that is led to the slaughter,” who “opened not his mouth” (Isaiah 53:7), we are called to be long-suffering and even endure insults, disappointments, wrongs, and injuries for the sake of our brothers and sisters. The goal of this instruction—walking in a manner worthy of your calling through humility, gentleness, and patience—is to cultivate unity in Christ throughout the Church. With the gifts he has given us (vs. 7-8), each Christian participates in some measure in seeing that grace perpetuates in the Church. When Christ ascended to heaven and assumed his throne and rule over all things, he gave us—every believer—the gift of his Holy Spirit to carry out his will on earth. While we don’t all have the same gift, he has equipped every Christian with something; he made some to be apostles, prophets, evangelists, shepherds, or teachers—and while this is not an exhaustive list of his gifts to believers, Paul’s point is that every follower of Jesus, in some manner, participates in his kingdom work. Through this participation, we grow in Christ, and as we grow in Christ, we grow the whole body “so that it builds itself up in love” (v. 16).

### GROUP QUESTIONS

Share something that surprises, encourages, or troubles you from the sermon or your direct reading of Ephesians 4:1-16.

Where do you find that the Church is the most challenged in its objective to live in unity? According to Paul, how can the Church overcome its greatest challenges in aspects of living in unity?

Paul speaks of the Church receiving gifts from Christ; what gift do you believe the Lord has given you, and how are you exercising it for the good of the Church?

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.