

**Ending Ephesians!
The Call & Conduct of the Worthy Walk!
Eph 4:1-3**

I. Introduction: The Calamity of the Church

A. Last Sunday Night – Committed to preach on the Church and Unity! - a VERY FITTING close to Ephesians!

B. Key Verse on the Life of the early church:

Ac 2:46 Day by day continuing with one mind in the temple, and breaking bread from house to house, they were taking their meals together with gladness and sincerity of heart,

1. Day-by-Day! What a life!
2. Day-by-Day – IN the Temple
3. Day-by-Day – “breaking bread” = Daily Communion!
 - a) House-to-house – everyone hosted!
4. Day-by-Day – taking their meals together
5. All of this – “with gladness and sincerity of heart”!

C. The early church was SPECIAL!

1. Exciting / Powerful
2. Evangelistic / Productive
3. Faithful / Christ-focused
4. Biblically-based = Apostles teaching

D. Church started on Pentecost with 3000 New Christians!

1. 2 months later > 20K Christians!
2. Explosive Work of the Holy Spirit!

E. And, the early years were full of the ministry of the Apostles – with Signs and wonders Validating / certifying that this was indeed, the Church of Jesus Christ!

1. But to all those who came from Judaism
2. Who came from the CORRUPT System of the Scribes, Pharisees and Sadducees

3. To all of them SOMETHING was VERY DIFFERENT about the Church that the Jews never had
4. SOMETHING empowering that would make the church ALL THAT MUCH BETTER!
5. What was that? A: the INDWELLING HOLY SPIRIT!
6. Jesus told the Disciples at the last supper that they would do FAR MORE than He had done in ministry – “[far greater works](#)”
 - a) Not greater in Kind
 - b) Greater in QUANTITY
 - c) How? The Indwelling Holy Spirit in ALL BELIEVERS (Not just in kings and prophets).
7. IF I were in the church at that time, I would’ve believed that the Body of Christ was going to be something like Heaven on Earth
 - a) No more like the history of Jews with Continuing failure like Israel
 - b) With the Indwelling Holy Spirit
 - c) With God Himself having lived on earth and His Disciples left behind to teach
 - d) The Church would have to be the closest thing to heaven that you could get on earth!

F. Of course, there was much persecution FROM OUTSIDE - i.e. the Jews!

G. But, the church grew and grew – soon to be in the ENTIRE ROMAN EMPIRE!

H. BEFORE the 1st Century ended – less than 70 years after Christ – the WHOLE KNOWN WORLD KNEW of the Church!

I. BUT – Even in the EXCITEMENT of those early years, God SOBERED them all!

[Ac 2:42](#) They were continually devoting themselves to the apostles’ teaching...

1. What were the Apostles teaching?
2. A: The same things they were writing in the Books of the New Testament
3. In the same 70 years – the 1st Century, the WHOLE NT was WRITTEN!

J. What did the Holy Spirit Show the Apostles in their writings of the NT?

1. He showed them the FUTURE of the CHURCH!
2. And what is the FUTURE they Saw?
3. A: A dark, gloomy, future for the Church!
4. Why? Because the Church would be like Israel
 - a) = Mostly a failure / Mostly Crippled, Deficient / Defective, - Defectors from
 - (1)God's Way
 - (2)the faith
 - (3)the truth
 - (4)From Jesus Christ Himself!
 - b) NOT the WHOLE Church – but most!
 - c) Using the language of the Old Testament –would be a “remnant” / a Nucleus / Core that remained faithful
 - d) BUT Not the Majority
 - e) In fact – It got to the point where we now Divide the Church into TWO Groups!
 - (1)Visible Church / Invisible Church
 - (2)Those Churches / People THAT PROFESS Christianity BUT ARE NOT
 - (3)Those Churches / People that are TRUE Christians!
 - (a)Even amongst these “TRUE” Churches the picture is SAD
 - (b)Doctrine is WEAK
 - (c)Therefore Christian witness is WEAK and filled with error

K. And HOW do we see the Church FAILING in so many ways and places?

1. A: FROM THE INSIDE-OUT!

[Jud 1:17](#) But you, beloved, ought to remember the words that were spoken beforehand by the apostles of our Lord Jesus Christ, [18](#) that they were saying to you, “In the last time there will be mockers, following after their own ungodly lusts.” [19](#) These are the ones who cause divisions, worldly-minded, devoid of the Spirit.

2. Jude had just called these people “[hidden reefs in their love feasts!](#)” (Jude 12)

- a) = People IN THEIR CHURCH that They had COMMUNION WITH / SHARED MEALS WITH!
- b) They will CAUSE DIVISIONS!
- c) Remember – Jude is writing to REAL CHRISTIANS in the 1st Century!
- d) Jude only wrote ONE LETTER and what is it focused on? WARNING of FALSE TEACHERS / APOSTATES in the Church! - 25 verses of graphic warning!
- e) Of Course, what’s the problem here?
 - (1) You’ve got a visible church with professing believers
 - (2) BUT that visible church has those who profess BUT ARE NOT CHRISTIAN!
 - (3) And when they teach FALSELY – we call them FALSE TEACHERS
 - (4) When they SIMPLY TURN away from the FAITH (that they never really believed) we call them APOSTATES
 - (5) We have enough problems of division in the church NOT TO MENTION INFILTRATION by the ENEMY!

L. Think about Paul and his letters!

1. Our letter – Ephesians – Problems IN the Church between Jew and Gentile based on Historic problems
 - a) Same problem was going on in Rome
 - b) In fact – most churches had this problem

2. Or he Judaizers!

- a) Breaking down churches by teaching you had to become a Jew first, then a Christian!
- b) Paul to referred to them as DOGS in Phil 3:2!

[Php 3:2](#) Beware of the dogs, beware of the evil workers, beware of the false circumcision;

3. How about the Corinthians?

[1 Co 1:10](#) Now I exhort you, brethren, by the name of our Lord Jesus Christ, that you all agree and that there be no divisions among you, but that you be made complete in the same mind and in the same judgment. [11](#) For I have been informed concerning you, my brethren, by Chloe's *people*, that there are quarrels among you. [12](#) Now I mean this, that each one of you is saying, "I am of Paul," and "I of Apollos," and "I of Cephas," and "I of Christ." [13](#) Has Christ been divided? Paul was not crucified for you, was he? Or were you baptized in the name of Paul?

- a) SERIOUS Lack of UNITY = DIVISIONS!
- b) ONLY 10 verses INTO the FIRST Letter he wrote them and he's EXHORTING THEM to UNITY!
- c) And – he calls out the problem SPECIFICALLY!

4. How about Galatia – They had abandoned the God!

[Ga 1:6](#) I am amazed that you are so quickly deserting Him who called you by the grace of Christ, for a different gospel; [7](#) which is *really* not another; only there are some who are disturbing you and want to distort the gospel of Christ.

5. Now you can understand Paul's excitement over Thessalonica!

[1 Th 1:6](#) You also became imitators of us and of the Lord, having received the word in much tribulation with the joy of

the Holy Spirit, 7 so that you became an example to all the believers in Macedonia and in Achaia. 8 For the word of the Lord has sounded forth from you, not only in Macedonia and Achaia, but also in every place your faith toward God has gone forth, so that we have no need to say anything. 9 For they themselves report about us what kind of a reception we had with you, and how you turned to God from idols to serve a living and true God,

1 Th 3:6 But now that Timothy has come to us from you, and has brought us good news of your faith and love, and that you always think kindly of us, longing to see us just as we also long to see you, 7 for this reason, brethren, in all our distress and affliction we were comforted about you through your faith; 8 for now we *really* live, if you stand firm in the Lord. 9 For what thanks can we render to God for you in return for all the joy with which we rejoice before our God on your account,

- a) What's ALL this praise for?
- b) SIMPLY LIVING in UNITY, WALKING WORTHY, BEING an EXAMPLE to OTHERS
- c) = Praise for BEING a BASIC, OBEDIENT, FAITHFUL CHRISTIAN!
- d) Do you think there was unity in that Church? → YOU BET!
 (1) Perfect? NO (ch 5: some "unruly")
 (2) Unity? YES!
 (3) Their OVERALL TESTIMONY at that TIME was what God wants of His Church!
- e) That's why Paul was so excited!

M. How about James and His letter?

Jas 4:1 What is the source of quarrels and conflicts among you? Is not the source your pleasures that wage war in your members? 2 You lust and do not have; so you commit murder. You are envious and cannot obtain; so you fight and quarrel. You do not have because you do not ask. 3 You ask and do

not receive, because you ask with wrong motives, so that you may spend *it* on your pleasures.

1. Ouch! DIVISION!

N. So, whether Jude, Paul, James or the others – DIS-UNITY / DIVISION were a big ISSUE

1. They were ALL writing in first 50 years of the Church!

2. Do you know what is sad? IT ONLY GOT WORSE!

O. As the 1st Century came to a close, the Apostle John was given letters for SEVEN Churches from our LORD! (Rev 2-3)

1. First – To the Church at Ephesus

Re 2:4 'But I have *this* against you, that you have left your first love.

a) THEY had ABANDONED JESUS CHRIST!

b) That's the Church we're studying the letter to!

c) THREE CHAPTERS of what God has done for them through Christ!

d) They had ABANDONED Him!

2. Second – Smyrna – they were OK! Yes! (Now the score is 1 to 1)

3. Third, the Church at Pergamum

Re 2:14 'But I have a few things against you, because you have there some who hold the teaching of Balaam, who kept teaching Balak to put a stumbling block before the sons of Israel, to eat things sacrificed to idols and to commit *acts of immorality*. 15 'So you also have some who in the same way hold the teaching of the Nicolaitans.

a) Ouch! Idolatry / heresy, immorality!

b) The score is 2-1, in favor of the fallen churches

4. Fourth, the Church at Thyatira

Re 2:20 'But I have *this* against you, that you tolerate the woman Jezebel, who calls herself a prophetess, and she teaches and leads My bond-servants astray so that they

commit *acts of immorality* and eat things sacrificed to idols. 21 'I gave her time to repent, and she does not want to repent of her immorality. 22 'Behold, I will throw her on a bed *of sickness*, and those who commit adultery with her into great tribulation, unless they repent of her deeds. 23 'And I will kill her children with pestilence, and all the churches will know that I am He who searches the minds and hearts; and I will give to each one of you according to your deeds.

a) Some at Thyatira are SO BAD that the Lord THREATENS to KILL THEM!

b) The score is 3-1 in favor of the fallen

5. Fifth, Sardis –

a) "You have a name this is alive, but you are dead"

b) = A church KILLED by DEFECTION from THE TRUTH!

c) Score – 4-1 in favor of the fallen...

6. Sixth, Philadelphia!

a) STANDING FIRM in the Lord!

b) They have a CROWN COMING!

c) Score – 4-2 in favor of the fallen

7. Seventh and finally – Laodicea

a) This isn't going to end on a good note!

Re 3:20 'Behold, I stand at the door and knock; if anyone hears My voice and opens the door, I will come in to him and will dine with him, and he with Me.

(1) This verse has nothing to do with evangelism!

(2) Christ is STANDING at the DOOR to a CHURCH that PROFESSES HIS NAME

(3) AND there are NO BELIEVERS in there – So no one has answered the door to let Him in!

b) This church made him so sick that He was going to "spit them out of His mouth – vomit them!

c) Final score 5-2 in favor of the fallen!

P. In Seminary, I had to take a FULL YEAR of HISTORICAL THEOLOGY!

1. So, I learned the history of Christianity in the generations following this early church of the Apostles
2. Do you know what you see? THE STORY GETS WORSE and WORSE.
3. Yes, there are bright spots like the REFORMATION
4. BUT over and over, you keep asking “where are the FAITHFUL CHURCHES?”
5. Where is the WITNESS of CHRIST to a DARK WORLD?

Q. If you FILTER the books by all of the PROBLEMS and PROPHECY of FUTURE DOOM...

1. BY Problems like all the ones we just saw OR
2. BY prophecies Like Paul to Timothy

[2 Ti 4:3](#) For the time will come when they will not endure sound doctrine; but *wanting* to have their ears tickled, they will accumulate for themselves teachers in accordance to their own desires, [4](#) and will turn away their ears from the truth and will turn aside to myths.
3. We are GIVEN to WHAT is REALLY BEHIND all this!

[Eph 6:10](#) Finally, be strong in the Lord and in the strength of His might. [11](#) Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil. [12](#) For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual *forces* of wickedness in the heavenly *places*. [13](#) Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm.
4. Bottom Line: Satan wants to DESTROY the CHURCH like he wants to DESTROY ISRAEL! THIS IS WAR!
5. When You PUT ALL of THIS UGLINESS TOGETHER
6. Can you see WHY PAUL BEGS / PLEADS with the

Ephesians to walk the worthy walk?

II. The Call to a Worthy Walk (4:1)

Eph 4:1 Therefore I, the prisoner of the Lord, implore you to walk in a manner worthy of the calling with which you have been called,

A. Therefore

1. = Based on ALL that God has done for you THROUGH CHRIST, Your MUST...
2. Paul's standard flow of Doctrine then Duty / Position then Practice,

B. I, the prisoner of the Lord,

1. SECOND time Paul has told us he is a prisoner!
2. SO – why repeat it here? Just a few verses later?
 - a) Paul is saying – I am going to BEG you TO WALK WORTHY
 - b) And – I KNOW THAT'S NOT EASY!
 - c) I'm doing this AS A PRISONER- worst of circumstances AND I'm NOT ASKING you TO DO ANYTHING MORE DIFFICULT than I'm doing!
 - d) Use me as an example of the WORST CASE / MOST DIFFICULT CASE to DO all of this!
 - e) AND – Know that you MUST WALK WORTHY REGARDLESS of the COST (it cost Paul his life!).
3. POINT: Paul's APPEAL is ROOTED in HIS OWN WORST-CASE CIRCUMSTANCES!
 - a) Therefore – CIRCUMSTANCES CANNOT be AN EXCUSE for NON-COMPLIANCE!
 - b) Say that again – Your circumstances are NOT a REASON to NOT COMPLY with PAUL'S TEACHING!
 - c) HIS COMPLIANCE is NOT based ON CIRCUMSTANCES!
 - (1)What is behavior based on? THEREFORE!
 - (2)His life of obedience is BASED on WHAT

CHRIST did FOR HIM!
 (3)He LIVES by the POWER of GOD as HE
 YIELDS to the HOLY SPIRIT!

C. implore you

1. = BEG, PLEAD with YOU
2. Do we have to do this or not? Is this a command?
3. Everything that follows is commands – so YES!!

D. to walk in a manner worthy of the calling with which you have been called,

1. to walk in a manner worthy
 - a) = DAILY CONDUCT! YOUR LIFE LIVED!
 - b) = “LIVE” in a manner worthy
 - c) = WHOLE THEME / FOCUS / MESSAGE of the NEXT THREE CHAPTERS!
 - d) “walk”= METAPHOR for your CONDUCT! Your LIFE!
 - e) “manner worthy” = “EQUAL WEIGHT”
 - f) = BALANCING the SCALES!
 - g) Paul: LIVE a LIFE that BALANCES the SCALES!
 - (1)What SCALES?
 - (2)WELL - One side of the SCALES –Your WALK
 - (a)YOUR PRACTICE!
 - (b)Your DAILY CONDUCT
 - (3)What’s on the other side of the scales? v.1...
2. of the calling with which you have been called,
 - a) What have you been “called” to?
 - b) First, God is the one calling, right?
 - c) What has He called you to?
Eph 1:4 just as He chose us in Him before the foundation of the world, that we would be holy and blameless before Him. In love
 - (1)What is the RESULT of God’s CHOOSING?

(2)A: “that we would be holy and blameless before Him”

d) SO - “[the calling with which you have been called](#)” = CHRIST-LIKENESS! GLORIFICATION!

e) Other side of the SCALES = CHRIST-LIKENESS!

f) TODAY = Your POSITION in CHRIST

(1)MAKE YOUR PRACTICE = CHRIST-LIKES
SO THAT THE SCALES ARE BALANCED!

(2)Make your PRACTICE = your POSITION!

(3)= Christ-likeness!

3. Eph 4:1 IS AN AMAZING REQUEST!

E. Paul is BEGGING US!

1. BASED on WHAT God has DONE for US “in CHRIST” = EVERY SPIRITUAL BLESSING!

2. THAT – We should LIVE Christ-like LIVES!

a) IN EVERY STEP of OUR WALK

b) At every POINT of our PRACTICE

c) In each DECISION of our DUTY! -BE LIKE GOD!

III. The Conduct of a Worthy Walk

[Eph 4:2](#) with all humility and gentleness, with patience, showing tolerance for one another in love, [3](#) being diligent to preserve the unity of the Spirit in the bond of peace.

A. Notice the Grammatical Structure!

1. FOUR Phrases in v.2-3 ALL ACTING as COMMANDS

a) [2](#) with all humility and gentleness,

b) [with](#) patience,

c) v.2... [showing](#) tolerance for one another in love,

d) [3](#) being diligent to preserve the unity of the Spirit in the bond of peace.

2. There’s a PROGRESSION!

a) Humility is OVER-ARCHING

- (1) Humility leads to gentleness leads to patience
leads to tolerance...
- b) AND the PURPOSE of ALL of this is the final phrase
“3 being diligent to preserve the unity of the Spirit in
the bond of peace.”
- c) Also notice the PROGRESSION FROM INTERNAL
TO EXTERNAL!
- (1) SO IMPORTANT: Our ACTIONS COME
FROM our ATTITUDES!
- (2) This is WHY HUMILITY is THE VITAL
BEGINNING! Begin inside!

B. “with all humility”

1. “humility” = “to think low” = lowliness of mind
 - a) “low” = unimportant, useless, physically low
 - b) = to think of yourself as low, unimportant, etc.
2. Notice it is “ALL humility”! = IN EVERYTHING!
 - a) Attitudes / Actions
 - b) Every situation, relationship, decision, thought, etc!
3. KEEP a CONSTANT FOCUS on GOD and therefore
NEVER FOCUSED on SELF
 - a) Submit to HIS SOVEREIGNTY
 - b) Submit to HIS WILL
 - c) He’s God and YOU’RE not!
4. Don’t LET PRIDE SLIP INTO THE CHURCH!
 - a) DIVISION will COME IF YOU FOCUS on SELF and
not on CHRIST!
 - b) = self-worship = idolatry – DOESN’T LEAVE ROOM
FOR ANYONE ELSE
 - (1) Unity will FAIL
 - (2) DIVISION will OCCUR
5. ONLY WAY to START your worthy Walk is with HUMILITY!
 - a) “no longer live for [yourself] but for God!” = a humble

life! = 2 Cor 5:15 →

C. “and gentleness”

1. BUILD ON Humility!
2. Serve ONE ANOTHER as a Nursing mother would!
 - a) = softness, carefulness, kindness, tenderness!
3. BUT – IN ADDITION -
4. Keep Your POWER UNDER the WILLING CONTROL of God.
 - a) =SUBMITTING WILLINGLY TO GOD
 - b) SAVE your POWER to DEAL with SIN – but do so in a GODLY MANNER

D. with patience, showing tolerance for one another in love

1. with patience = Long-tempered / Long suffering = enduring negative circumstances without crumbling, grumbling or stumbling!
2. = Enduring SIN for long periods of time WITHOUT SINNING in RETURN!
3. As Peter said – Letting Love COVER a multitude of sins!
4. showing tolerance for one another in love
 - a) EXPANDING on “patience”
5. “showing tolerance” = literally= “hold oneself back”
6. From whom do you hold yourself back?
 - a) A: “one another” = OTHER CHRISTIANS!
7. HOW do you hold yourself back? A: “in love”!
8. EXERCISE PATIENCE = hold yourself back from other Christians in love – to preserve unity!
9. You are GOING TO REACH the POINT where SOMEONE has SINNED against you and YOU WANT TO GO AFTER THEM!
10. Instead of GOING after THEM YOU LOVE THEM!
 - a) “love” = GIVING, SACRIFICIAL LOVE!

E. Paul: I’m BEGGING you TO WALK WORTHY FOR the SAKE of UNITY

1. → **Patience, Forbearing Love / Tolerating Love ARE CRITICAL to PRESERVING UNITY in the CHURCH!**
2. = DON'T LET SIN DIVIDE YOU!
3. Don't sweat the little stuff – AND MOST EVERYTHING IS LITTLE STUFF!
4. ACCEPT the REALITY of a SINFUL, FALLEN WORLD – EVEN in the CHURCH!
5. We're NOT PERFECT until eternity!
6. UNITY is MORE IMPORTANT!

IV. Preserving Unity!

A. Finally, Paul reaches the climax of his great plea

B. What began as a call to WALK WORTHY

[Eph 4:1](#) Therefore I, the prisoner of the Lord, implore you to walk in a manner worthy of the calling with which you have been called,

C. EXPANDED into a PROGRESSION of NECESSARY ATTITUDES & ACTIONS = A Worthy WALK

[Eph 4:2](#) with all humility and gentleness, with patience, showing tolerance for one another in love,

1. Most all of these FRUIT of the SPIRIT ATTAINED by WALKING in OBEDIENCE!

D. BUT – for what Purpose? What is the “END” that Paul is trying to ACHIEVE with these MEANS?

E. Look at V.3!

[Eph 4:3](#) being diligent to preserve the unity of the Spirit in the bond of peace.

1. This is the pinnacle / the peak of the PLEA from Paul
2. WITHOUT those previous attitudes and actions THERE WOULD BE NO HOPE of PRESERVING UNITY!

F. V.3 Participle is DIFFICULT to put EXACTLY into ENGLISH!

1. “[being diligent](#)” = has its foundation in URGENCY, HASTE

- EVEN a SENSE of CRISIS to accomplish!
- 2. = WITH URGENCY and HASTE – WORK AT IT!
- 3. Paul used the verb with Timothy:
 - [2 Ti 2:15](#) Be diligent to present yourself approved to God as a workman who does not need to be ashamed, accurately handling the word of truth.
 - a) Timothy be in a hurry to be approved!
- 4. Paul also uses it often to “make every effort” in travels
 - [2 Ti 4:9](#) Make every effort to come to me soon;
- 5. “[being diligent](#)” = WITH URGENCY and HARD EFFORT maintain unity NOW!
- 6. This is command!
 - a) DO IT,
 - b) DO IT NOW
 - c) DO IT WITH HASTE and HARD WORK!
 - d) It is of UTMOST IMPORTANCE!

G. to preserve the unity of the Spirit

- 1. PRESERVE NOT CREATE!
- 2. It is the unity “OF THE SPIRIT” – NOT something we CREATED!
- 3. “[preserve](#)” = to keep by guarding / exercising watchful care / Hold firmly / Don’t lose!
- 4. Remember
 - a) The ACHIEVEMENT of UNITY was accomplished BY CHRIST at the CROSS!
 - [Eph 2:14](#) For He Himself is our peace, who made both *groups into one* and broke down the barrier of the dividing wall, 15 by abolishing in His flesh the enmity, *which is the Law of commandments contained in ordinances*, so that in Himself He might make the two into one new man, *thus establishing peace*,
 - (1) Christ made the ONE NEW MAN

- b) The AGENT of UNITY is the Holy Spirit
 - (1) He Brings each of us INTO the Body of Christ at our salvation!
- c) AND – with the AGENT of UNITY we have the ABILITY to MAINTAIN UNITY
 - (1) We are NOW FREE to OBEY, right?
 - (2) God can CALL us TO preserve unity and expect us to DO IT!

5. Then all of this is done...

H. in the bond of peace

1. Bond is a literally the word for “ligament”
2. = holds it all together
3. = the ENVIRONMENT in which UNITY is PRESERVED!
 - a) = Everything you do should be ACCOMPANIED by the Question: Is this going to keep PEACE in the Body of Christ?
 - b) If everything you do PROMOTES an ENVIRONMENT of PEACE, YOU WILL BE PRESERVING UNITY!
4. And do you know what peace is?
5. A: It is ANOTHER FRUIT of THE SPIRIT!
6. Paul told the Colossians – “let the Peace of Christ rule (be the empire) in your hearts”
 - a) Remember again – Peace is Christ’s peace
 - b) In fact – Eph 2:14 “He Himself is our peace...15...(end) thus establishing peace”

V. Conclusion

- A. UNITY is ACCOMPLISHED ONE CHRISTIAN at A TIME!**
- B. IT STARTS and ENDS with YOU!**
- C. God has ALREADY DONE HIS PART!**
- D. Christ has ALREADY DONE HIS PART!**
- E. ???Are you willing to RESPOND as God has CALLED**

***YOU and MAKE HASTE and HARD WORK to
PRESERVE the UNITY they have GIVEN US?***