

# The General Electric Power Company Series

Galatians | **Ephesians** | Philippians | Colossians

Lesson #10 – Ephesians 4

## Main Idea

Like so many of the chapters we have discussed in both Galatians and Ephesians, Ephesians 4 continues the tradition of addressing significant theological points with an emphasis on application. Once we trust Christ and are regenerated with the power and indwelling of the Holy Spirit, we have two choices: to *live for Christ* or to *not live for Christ*. Although all of us exist somewhere between these two extremes, the evidence of the Fruit of the Spirit from Galatians 5 (i.e., love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control) is the true indication of where we stand. A further indication of *which side we are on* in the spiritual continuum is our ability to overcome sin. If sin is preventing you and me from being who Christ has called us to be, we are living in the flesh.

Here is the challenge to all of us: look at every aspect of our lives, especially those specific areas in our own lives where we struggle deeply with sin. How committed are we to changing? This is a continual process through our entire lives. It never stops, although it may change. **Surround yourself with people who challenge themselves to live for Christ and are willing to challenge you on a regular basis.**

## Overview of Chapter 4

Verses 1–6      Living a life worthy of our calling  
Verses 7–16     Christ's apportioning of grace and distribution of gifts  
Verses 17–32    Living as children of light

## Questions for Consideration

1. In reading verse 1, what does it mean to live a life **worthy of our calling**? How would you assess your life relative to Paul's admonition for us to live our lives worthy of the calling we have received?
2. Read verses 2 through 5. Why are these admonitions so important? Give examples from your own life when you have seen Believers working hard to maintain unity within the body and when you have not.
3. Read verses 7 through 13. What does it mean in verse 7 when it says that *grace has been given as Christ apportioned it*? **Does this mean that as Believers we have varying degrees of grace?** Consider 2 Corinthians 12:7-10.
4. In verse 13 Paul speaks of our becoming mature and *attaining to the whole measure of the fullness of Christ*. What aspects of a Christian individual's life would you consider as mature? What are those traits you consider as immature? If possible, use some Biblical passages in developing your answer.
5. Verses 14 through 16 address what happens to the Church (and even members within the church) when Believers start acting like Believers. List some of the concepts that you pull from these verses.
6. The main idea in verses 17-32 primarily centers on *living as Believers* – walking the walk (and not just talking about it). At the end of the day, why does it really matter if we live for Christ?

**Homework:** Read Ephesians 5. Consider what it means to live the life of a spirit-filled Believer.



## Ephesians 4 (New International Version 1984, ©1984)

### Unity in the Body of Christ

<sup>1</sup> As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. <sup>2</sup> Be completely humble and gentle; be patient, bearing with one another in love. <sup>3</sup> Make every effort to keep the unity of the Spirit through the bond of peace. <sup>4</sup> There is one body and one Spirit—just as you were called to one hope when you were called— <sup>5</sup> one Lord, one faith, one baptism; <sup>6</sup> one God and Father of all, who is over all and through all and in all.

<sup>7</sup> But to each one of us grace has been given as Christ apportioned it. <sup>8</sup> This is why it<sup>[a]</sup> says:

“When he ascended on high, he led captives in his train and gave gifts to men.”<sup>[b]</sup>

<sup>9</sup> (What does “he ascended” mean except that he also descended to the lower, earthly regions<sup>[c]</sup>? <sup>10</sup> He who descended is the very one who ascended higher than all the heavens, in order to fill the whole universe.) <sup>11</sup> It was he who gave some to be apostles, some to be prophets, some to be evangelists, and some to be pastors and teachers, <sup>12</sup> to prepare God’s people for works of service, so that the body of Christ may be built up <sup>13</sup> until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.

<sup>14</sup> Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of men in their deceitful scheming. <sup>15</sup> Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ. <sup>16</sup> From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

### Living as Children of Light

<sup>17</sup> So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. <sup>18</sup> They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. <sup>19</sup> Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, with a continual lust for more.

<sup>20</sup> You, however, did not come to know Christ that way. <sup>21</sup> Surely you heard of him and were taught in him in accordance with the truth that is in Jesus. <sup>22</sup> You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; <sup>23</sup> to be made new in the attitude of your minds; <sup>24</sup> and to put on the new self, created to be like God in true righteousness and holiness.

<sup>25</sup> Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. <sup>26</sup> “In your anger do not sin”<sup>[d]</sup>: Do not let the sun go down while you are still angry, <sup>27</sup> and do not give the devil a foothold. <sup>28</sup> He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need.

<sup>29</sup> Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. <sup>30</sup> And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. <sup>31</sup> Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. <sup>32</sup> Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

#### Footnotes:

- a. Ephesians 4:8 Or God
- b. Ephesians 4:8 Psalm 68:18
- c. Ephesians 4:9 Or the depths of the earth
- d. Ephesians 4:26 Psalm 4:4

