



MESSAGE

STUDY GUIDE

GROUP MATERIAL

SONGS

Community Group Material:

Ask one person to pray at the beginning of your meeting.

Check-in

Check in with each other about how everyone is doing.

Bible Reading: Ephesians 4:1-6

Sermon Summary:

A Worthy Walk

After three chapters of Paul opening our eyes to see how God has blessed us in Christ and who we now are in Christ, he begins in chapter four to make everything very, very practical. He talks about us walking or living a life that matches who we are in Christ. He calls it a walk worthy of our calling!

That walk begins with an inner attitude that comes from God, but is directed towards others. It's a walk with all humility, all gentleness, with patience and a walk that bears with one another.

The walk is further described as being based on the oneness of the trinity. He himself enjoys a wonderful life of community. Based on that oneness we see that there is one body, one Spirit, one hope, one Lord, one faith, one baptism, and one God and Father of all. Why are we walking in unity? Because the life within us from God is one.

By the power of the Spirit we live a worthy life full of God's virtues and unity.

Discussion:

1. In Ephesians 4:1 Paul says “I urge you to walk in a manner worthy of the calling which you have been called.” Based upon chapters 1-3, how would you describe our calling?
2. Walk is used 7 times in the book of Ephesians (Eph. 2:2, 10; 4:1, 17; 5:2, 8, 15). Walk simply means our life, our living or lifestyle. How would you contrast the walks in 2:1-3 and 2:10?
3. How would you define a worthy walk? (hint: balanced) How has Paul balanced out chapters 1-3 and 4-6 of Ephesians?
4. Ephesus was a multi-ethnic, racial, cultural and social city. Undoubtedly the church there was no different. What challenges do you imagine the church members encountered due to the great diversity of its members?
5. Discuss the virtues that Paul presents in 4:2. How are they helpful to us at CIT with our rich diversity?
6. Discuss together how we “keep” the unity of the spirit.
7. Paul lists 7 ones in verses 4-6. What is his reason for this? What is he illustrating?
8. What has been your experience of the unity that all Christians?

End with Prayer.

- Pray for our enlarging of receiving different kinds of people.
- Pray for any needs of people in your group.