



April 3, 2016
Celebration | 9:00 am
Elevation | 11:45 am
Pastor David Mitchell

The Walk that Makes Life Better Together Ephesians 4:1-6

When you have a worthy goal in life: to walk in a manner worthy of my calling. Ephesians 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.”

- Walk =
- Worthy =

When you live with these three attitudes toward others:
Ephesians 4:2 (see *Digging Deeper* on back for details)

- Humility rather than pride. Philippians 2:1-9
- Gentleness rather than anger. Numbers 12:1-15
- Patience rather than unforgiveness. I Timothy 1:15-16

When you live by the most important principle in life: tolerant love. Ephesians 4:2-3
“...showing tolerance for one another in love, being diligent to preserve the unity of the Spirit in the bond of peace.”

When you remember God’s foundation to live better together:
Ephesians 4:4-6

- **One body:** Because I am a member of God’s community
- **One Spirit:** Because I have God’s power
- **One hope:** Because God controls my future
- **One Lord:** Because God is the one I serve
- **One faith:** Because I live by God’s truth
- **One baptism:** Because I openly follow Christ
- **One God and Father of all who is over all, through all, and in all:** Because God is my Father who sovereignly watches over all my life

Digging Deeper:

Today we continue with our study from the book of Ephesians. The first three chapters lay a solid doctrinal and theological foundation for our Christian life. The last three chapters describe how a Christian will now live because of what God has done for us.

LifeGroup Discussion:

Paul begins Ephesians 4 by writing about our “calling.” What would you say is your calling in life?

In Ephesians 4:1, Paul challenges us to **“walk in a manner worthy of the calling with which you have been called.”** For background, read Ephesians 1:4. Who called or “chose” you? Why did He call us, or, how are we to live in light of His choice of us?

Ephesians 4:2 describes the following three attitudes as we live our life for the Lord:

Humility. Philippians 2:1-8 helps us understand the qualities of a humble life. The following list comes from Philippians 2. Where do you see each of these qualities in Philippians 2? Based on these concepts, how well are you living a life of humility? Proud people do not live by the following principles:

- I work toward unity and peace with others.
- I do not consider my desires as most important.
- I regard other people as more important than myself.
- I seek to find out about the interests of others before my own interests.
- I am willing to let go of my own needs and rights for the sake of others.
- I am willing to sacrificially obey God to show His love to others.

Gentleness. The Greek term for gentleness is used of domesticated animals that are always under control. More specifically, the gentle person is one who controls their anger, especially when offended or slighted. Numbers 12:1-15 reveals some traits of a gentle person like Moses. He was attacked by his sister Miriam and brother Aaron. They questioned his leadership. His response to this attack reveals a gentle spirit. Where do you see the following traits of gentleness in this story? How would you respond to such attacks?

- My gentleness will be tested when people question and undermine my position and ability.
- I do not respond in anger or revenge when I am offended or undermined by family or friends.
- I have faith that God is controlling my circumstances when I am treated unfairly.
- I patiently wait for God to intervene and help correct a wrong when undermined or offended by family or friends.
- I live in peaceful confidence that I am in the place and position God has called me to so I am not threatened by the verbal attacks of others.
- I do not seek revenge or attempt to get even when verbally offended.
- I will pray for God to help and show mercy to those that have verbally attacked or undermined me.
- I remain open to reconciliation with those that attack or undermine my position and ability.

Patience. The Greek word is made of *macro* which means long, and *thumos* which is anger. I take a long time before I would get angry. One leader describes it as one having the power to take revenge but never does. It is the spirit that refuses to retaliate.

God perfectly displays this patience with us when we sin. What does Paul say about God’s patience for us when we sin in 1 Timothy 1:15-16? How does Moses also demonstrate that patience in the preceding passage of Numbers 12? How do you reflect a patient attitude? Where are you being tested in this?

Next Steps:

1. **Join the conversation at the Alpha Course and explore some of life’s big questions about life, faith, the Bible and Jesus, over a relaxed time of dinner, learning and group discussion.** The Alpha course meets Wednesdays, April 6– May 25 from 6:30– 8:30 pm in the Lobby. For more info, please visit calvarylife.org/alpha
2. **Join a LifeGroup to learn how to live better together.** LifeGroups are ongoing small group communities that gather together throughout the week to connect in a smaller setting, grow together in our faith, and reach out together to our community. Learn more at calvarylife.org/lifegroups
3. **Attend the new Wednesday night series, Couple Talk, to build healthy communication in your relationships.** Couple Talk meets Wednesdays, April 6–27 at 7:00 pm in the Chapel. You will learn - and use - practical tools to manage disagreements, handle strong emotions, and repair your relationship when it’s been ruptured. As a result, you’ll have better communication, feel closer to each other, and be able to resolve conflict faster! Find out more at calvarylife.org/marriage



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