

EPHESIANS

# As One

Ephesians 4:1-6





# Ephesians 4:1-6

## EPHESIANS

**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, **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. **4** There is one body and one Spirit, just as also you were called in one hope of your calling; **5** one Lord, one faith, one baptism, **6** one God and Father of all who is over all and through all and in all.



**TURNING  
POINT**

# Ephesians 4:1

## EPHESIANS

**“Therefore** I, the prisoner of the Lord, implore you to walk in a manner worthy of the calling with which you have been called”

**The following truths and exhortations are based upon what Paul has established in the previous chapters.**

# Ephesians 4:1

## EPHESIANS

“Therefore **I, the prisoner of the Lord**, implore you to walk in a manner worthy of the calling with which you have been called”

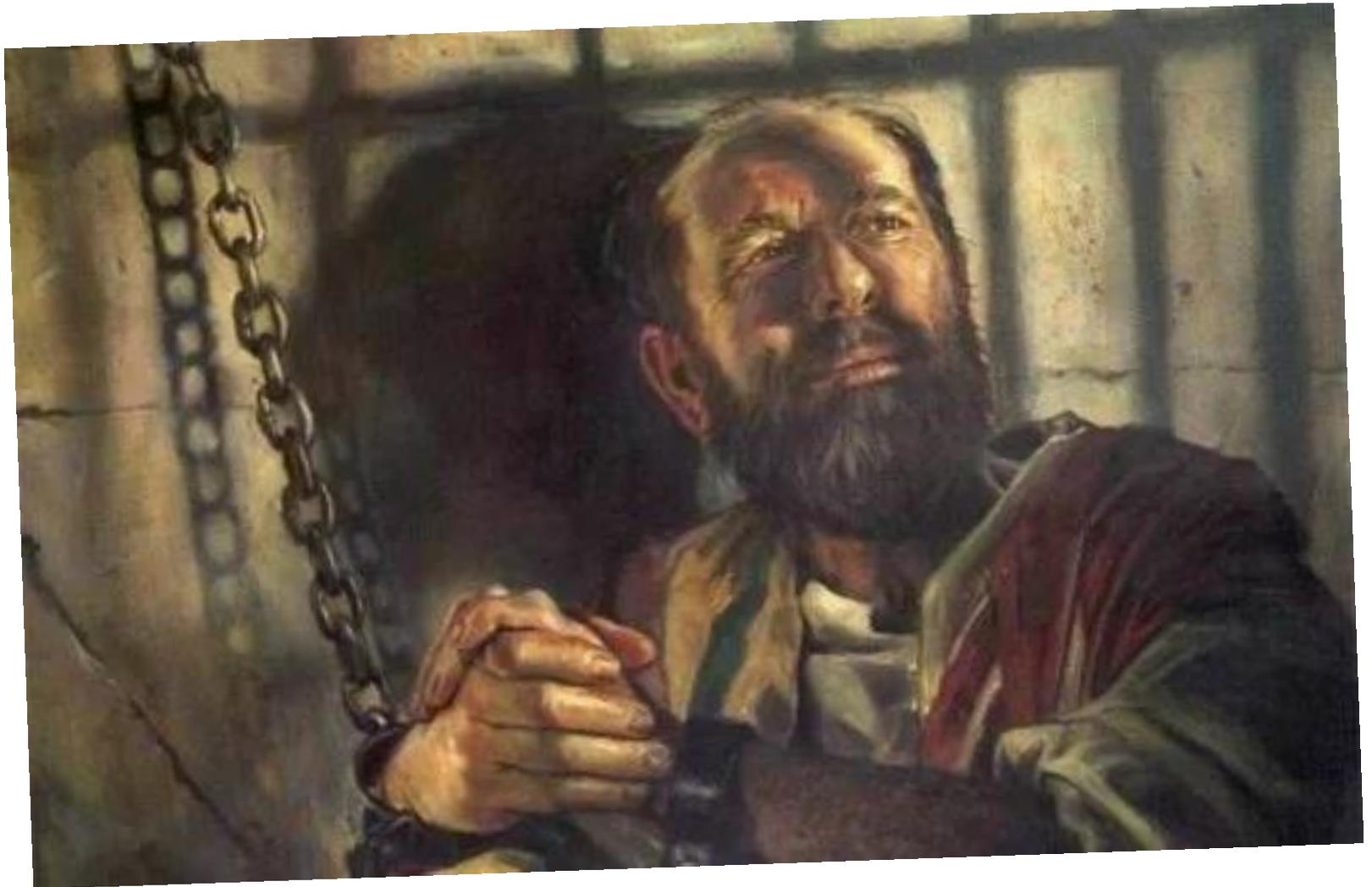
This is the 2<sup>nd</sup> time Paul has referred to himself in this way (2:1, “prisoner of Christ Jesus”)

**Look at:**

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# 2 Corinthians

1:3-7



# “Walk” (*peripateō*)

## EPHESIANS

4:1

“walk...worthy of the calling”

4:17

“walk no longer just as the Gentiles...walk”

5:2

“walk in love”

5:8

“walk as children of Light”

5:15

“walk, not as unwise men but as wise”

# What Does It Mean... EPHESIANS

To “Walk *Worthy?*”

The Greek word translated “worthy” is *axios*, which has its root in mathematics, meaning “being in balance”.



**In Other Words:**

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Because of the amazing theological realities to which you have been called (Chapters 1-3), your walk should display an equally amazing life change in thought and practice.

## Why Address This?

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Because for us, and for those in Paul's day, we often have a million dollar salvation and a five cent response.

# Ephesians 4:1

## EPHESIANS

“Therefore I, the prisoner of the Lord,  
implore you to walk in a manner worthy  
of **the calling with which you  
have been called**”

To What Calling is Paul Referring?

# “calling” (*klēsis*)

## EPHESIANS

- Romans 11:29 – “for the gifts and the **calling** of God are irrevocable”
- 2 Timothy 1:9 – “who has saved us and called us with a holy **calling**, not according to our works, but according to His own purpose and grace which was granted us in Christ Jesus from all eternity”
- Hebrews 3:1 – “Therefore, holy brethren, partakers of a heavenly **calling**, consider Jesus, the Apostle and High Priest of our confession”



# Ephesians 4:2

## EPHESIANS

“with all humility and gentleness,  
with patience, showing tolerance  
for one another in love”

Paul gives us four virtues that  
contribute to unity in the church.

# Four Virtues

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1. Humility (Lowliness)
2. Gentleness (Meekness)
3. Patience (Longsuffering)
4. Tolerance (Forbearing)

## 1. Humility (Lowliness)

- *tapeinophrosynē*

- Like Jesus, we are not to strive for supremacy or power; we are to defer and serve others.

**This is  
Somewhat  
Revolutionary**

**The Greco-  
Roman  
society  
despised  
humility and  
thought it a  
slave-like  
quality.**



# Why is the Christian Humble?

- Two necessary realizations:
  1. Knowledge of Self
  2. Knowledge of Christ
- R.C. Trench, Archbishop of Dublin once said:

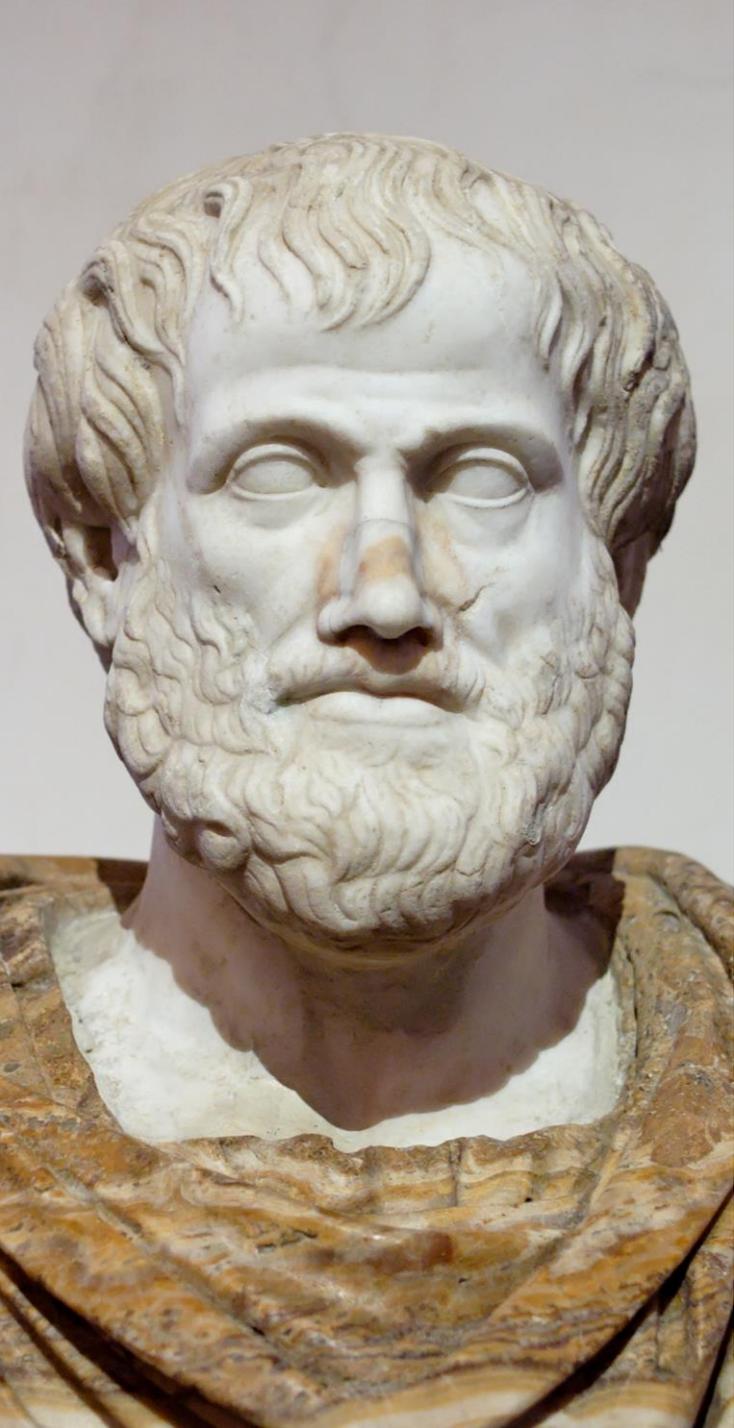
“Humility comes from the constant sense of our own creatureliness.”

# And Paul Pairs it with: EPHESIANS

## 2. Gentleness (Meekness)

- *praotēs*

- The opposite of pride; a gentle person is one whose emotions are under control.



- Aristotle defined *praotēs* as the mid-point between being too angry and never being angry at all.
- **One who is always angry at the right time and never angry at the wrong time.**
- To put that in another way, one who is stirred by indignation at the wrongs and the sufferings of others, but is never moved to anger by any personal wrongs and insults.

In Matthew 11:29

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Jesus describes Himself with both words:

“Take My yoke upon you and learn from Me, for I am gentle (*praotēs*) and humble (*tapeinophrosynē*) in heart, and you will find rest for your souls.”

## 3. Patience (Longsuffering)

- *makrothymia*

- Barclay defines patience as, “the spirit which bears insult and injury without bitterness and without complaint. It is the spirit which bears the sheer foolishness of men without irritation.”



Question:

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How Patient

**IS**

The Lord

With You?

Consider Paul

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Turn to  
1 Timothy  
1:12-16

## 4. Tolerance (Forbearing)

- *anechō*

- Same idea in Colossians 3:13

- “*bearing* with one another, and forgiving each other...”

**TOLERANCE**

**I DO NOT THINK THAT WORD  
MEANS WHAT YOU THINK IT  
MEANS**

But We Are To Do This: EPHESIANS

“In love”

ἀγάπη  
*agapē*

# Philippians 2:1-4

## EPHESIANS

**1** Therefore if there is any encouragement in Christ, if there is any consolation of love, if there is any fellowship of the Spirit, if any affection and compassion, **2** make my joy complete by being of the same mind, maintaining the same love, united in spirit, intent on one purpose. **3** Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; **4** do not merely look out for your own personal interests, but also for the interests of others.

# This Is About:

# EPHESIANS

Relationships in the church.

- Peter says it well in 1 Peter 4:8 –

“Above all, keep fervent in your love for one another, because love covers a multitude of sins.”

# For What Reason?

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Ephesians 4:3 –

“being diligent to preserve the  
unity of the Spirit in the bond of  
peace.”

Humility + Gentleness + Patience  
+ Tolerance = Peace

# Ephesians 4:4-6

## EPHESIANS

**4** There is one body and one Spirit, just as also you were called in one hope of your calling; **5** one Lord, one faith, one baptism, **6** one God and Father of all who is over all and through all and in all.

**Powerful Truth:**

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The foundation of  
the unity of the new  
family of God lies in  
eternally changeless  
facts.

# Seven Times “One”

## EPHESIANS

1. “one body” (*en sōma*)
2. “one Spirit” (*en pneuma*)
3. “one hope” (*mia elpis*)
4. “one Lord” (*heis kyrios*)
5. “one faith” (*mia pistis*)
6. “one baptism” (*en baptisma*)
7. “one God” (*heis Theos*)

## The Gang's All Here!

**1. Father:** “one God” (v. 6)

**2. Son:** “one Lord” (v. 5)

**3. Spirit:** “one Spirit” (v. 4)

# From Chapters 1-3

## EPHESIANS

1. The Father “blessed us,” “chose us,” “predestined us,” “made us alive,” “raised us up,” and “seated us...in heavenly places.”
2. Through the Son we have “adoption as sons,” “redemption through His blood,” and “forgiveness of our trespasses.”
3. The Spirit has “sealed” us “as a pledge of our inheritance,” making us “God’s own possession, giving us access...to the Father,” and built us “together into a dwelling of God.”

# 1. “one body”

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Who is the “one body?”

The church, the universal body of believers  
in the present age.

- Remember Ephesians 1:22-23?

“And He put all things in subjection under  
His feet, and gave Him as head over all  
things to the church, which is His  
body, the fullness of Him who fills all in  
all.”

28 There is neither Jew nor Greek, there is neither slave nor free man, there is neither male nor female; for you are all one in Christ Jesus.

## 2. “one hope”

## EPHESIANS

What is the “one hope?”

It is a hope for the future promised by God and found only through Christ.

- Recall that Paul said of the Gentiles in 2:12 –  
“remember that you were at that time separate from Christ, excluded from the commonwealth of Israel, and strangers to the covenants of promise, *having no hope* and without God in the world.”

# 1 Peter 1:3-5

## EPHESIANS

**3** Blessed be the God and Father of our Lord Jesus Christ, who according to His great mercy has caused us to be born again to **a living hope** through the resurrection of Jesus Christ from the dead, **4** to obtain an inheritance which is imperishable and undefiled and will not fade away, reserved in heaven for you, **5** who are protected by the power of God through faith for a salvation ready to be revealed in the last time.

# Hope is Guaranteed

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Ephesians 1:13 –

“In Him, you also, after listening to the message of truth, the gospel of your salvation—having also believed, **you were sealed in Him with the Holy Spirit of promise”**

### 3. “one faith”

## EPHESIANS

What is the “one faith?”

It is the gift of faith; faith in Christ; saving faith

Galatians 2:20 –

“I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me.

## 4. “one baptism”

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What is the “one baptism?”

Three popular options:

1. Water Baptism
2. Spirit Baptism
3. Baptism into Christ’s Death  
(Metaphorical)

## F.F. Bruce explains:

## EPHESIANS

“It is beside the point to ask whether it is baptism in water or the baptism of the Spirit: it is Christian baptism – baptism ‘into the name of the Lord Jesus’ (Acts 8:16; 19:5; cf. 1 Cor. 1:13-15) – which indeed involved the application of water...but...was closely associated with the gift of the Spirit.”



BAPTISM



Ephesians 4:6

EPHESIANS

6 one God and Father  
of all who is over  
all and through all  
and in all.

# Deuteronomy 6:4

## EPHESIANS

“Hear, O Israel! The Lord is our God,  
the Lord is one!”

**He has always been One.**

And He has always been “over all and  
through all and in all.”



Turn to  
John  
17:20-23

In Closing:

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Our  
Unity in Christ  
Is  
Eternal  
And  
Unbreakable

**John Stott said:**

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“The unity of the church is as indestructible as the unity of God himself. It is no more possible to split the church than it is possible to split the Godhead.”



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