



EPHESIANS 4:1-6

“LIVE WORTHY”

OCTOBER 12, 2025

SUMMARY

Fresh off the men's hiking trip, Pastor Nathan felt that when doing challenging things like backpacking, walking with purpose, grace, and unity makes all the difference. This is no different in our walk of faith.

Continuing our Ephesians series, Paul challenges us, as people who have spent several weeks learning about the glorious inheritance that is ours in Christ, to walk in a manner worthy of our calling. Our calling is to be a body of people unified around the Lord, one faith, and baptism.

Pastor Nathan shared that this is no easy task in a broken and sin-filled world, but he urged us from the text, as those who are indwelt with the Spirit and power of God, to:

- Walk with purpose—living a life worthy of our calling as followers of Jesus.
- Walk with grace—living with humility, gentleness, patience, and forbearance.
- Walk in unity—being bound together by the love, unity, and supremacy of God.

When we join God in walking with Him in these ways, we can experience joy, resilience, and camaraderie as we walk the pilgrim path of faith.

Practically, Pastor Nathan asked us to reflect on who we are in Christ and what we truly long for in our walk with God. Do we meditate on the truths of who we are so that we long to be one together, walking in unity and purpose? If not, let's return to walking in a manner worthy of our calling to be a visible representation of God's unity to a dead and dying world.

Together let's unpack the text and apply it to our lives.

DISCUSSION

Expand Our Awareness

- How does understanding the purpose of a difficult task impact your effort and engagement in doing it?
- What role do your emotions/desires play in perseverance toward challenging tasks?
- What helps someone who is losing heart in their task renew their strength and commitment to it?



This document can be used for either personal or group reflection.

Group facilitator: Please feel empowered to use only the questions that are helpful for the context of your group.

Extract the Truth

Read the text: Ephesians 4:1-6

- What jumped out to you from the text?

Paul does not suggest; he urges his readers to walk in a manner worthy of their calling.

- What do you think Paul meant by “walk in a manner worthy of your calling,” and why does he think it is so crucial that he urges them to do so?

Paul knows this life will be hard, so he invites them to walk with humility, gentleness, patience, and forbearance.

- How do these qualities impact our how we live as Christian's, and why are they essential to walk in a manner worthy of our calling?

Paul wants us to see that our calling is to be unified as one body, as God is one. That means we need to unify around the truths and behaviors Paul lists that hold us together.

- What do you notice about the list, and why do we need them to walk in unity?

Experience Transformation

Pastor Nathan explained that to walk with purpose, we first need to understand and desire our calling.

- In your own words, how would you summarize our calling as Christ followers, and how do you feel about it?

Second, Pastor Nathan said we must walk with grace—demonstrating humility, gentleness, patience, and forbearance.

- Which of these do you need the most right now, and how would it help your walk?

Lastly, Pastor Nathan said we need to walk in Unity, coming together around essential truths and the indwelling of the Holy Spirit.

- When we do so we become a visible representation of God to the world. How can we as Faith church better unify around the one true God to be a light to our community?

Pray



**PREPARE FOR
NEXT WEEK:**

Ephesians 4:7-16