

Walking the Walk
Part 1: Starting the Walk
Ephesians 4:1-2

1. Heed the Call

¹As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received.
Ephesians 4:1

In light of the fact that the Lord has...

- “blessed us in the heavenly realms with every spiritual blessing in Christ” (1:3)
- chosen un “in him before the creation of the world to be holy and blameless” (1:4)
- “predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will” (1:5)
- “made us alive with Christ even when we were dead in transgressions” (2:5)
- “created [us] in Christ Jesus to do good works, which God prepared in advance for us to do” (2:10)
- “strengthened [us] with power through His Spirit in the inner man” (3:16)
- “rooted and established [us] in love, ¹⁸[that we] may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ” (3:18)
- then we must live our lives in a **worthy way**.

2. Have the Characteristics (v. 2)

- **Humility:** (Gr. *tapeinophrosunē*) Neither the Greeks nor the Romans had a word for humility. Paul was probably the first person to introduce this compound Greek word that literally means “to think with lowliness.” Living for Christ—and exalting Him as Lord—begins with humility. God can do nothing with us or through us unless we are humble. The opposite is pride.
- **Gentleness:** (Gr. *praotēs*) or meekness means to put our strength under Christ’s control. Gentleness has nothing to do with weakness or timidity, but carries the idea of tamed strength. The opposite is vengeance or **rage**.
- **Patience:** (Gr. *makrothumia*) or long-tempered means to endure negative circumstances without blowing your top. To live with patience means that we accept God’s sovereignty and plan no matter what.
- **Bearing with others in love:** (Gr. *anechomai*). To endure or tolerate. We would say, “to put up with somebody because of Christ’s love.” Before we can even think about sharing God’s love outside the church, we must demonstrate *agapē* love to one another; even those who rub you the **wrong way**.

