

Seated In Heavenly Places

A study in the book of Ephesians

Lesson Four

“Walk Worthy”

Paul has spent the last three chapters telling us of all the riches that we possess in Christ and the spiritual position He secured for us in heavenly places in Christ Jesus. All that God has done for us has been given to us as a gift of God’s grace, and now Paul calls us to **respond** to this grace by “walking worthy” of it.

We already know that this is not something we can do by our own power, but only by His power working in us. It is clear, however, that we have a “choice” in the matter of how we respond. The power of God is at our disposal..... 2 Peter 1:3 tells us that *“His divine power has given us all things pertaining to life and godliness.”* But whether or not we choose to access this power is up to us, and Paul now beseeches us to do so. Prayerfully read Ephesians 4:1-16.

1. Paul once again reminds us of what how much it has cost him to make these things known to us, and his desire to see us respond to the amazing things God has done for us. Write out Paul’s request in verse 1 below.
2. “Walking” is often used throughout Scripture pertaining to how we are to “behave” or “conduct ourselves.” But how can we “walk worthy” of something we are so unworthy of? The key is found back in Ephesians 2:10. Record that verse below.
3. What a great reminder for us as we look back at this verse and remember **Whose workmanship** we are, and **HIS** plan and purpose to begin this work in us, so that we might **“WALK”** in the good works He has prepared. Look up following Scriptures and share what they add to the truth of Ephesians 2:10:

6. The next characteristic he adds is “**gentleness.**” We understand that the opposite of gentleness is harshness. But what do these other Scriptures say to us about being gentle? Look up the following and **share your thoughts.** **What points stand out most to you** as you read each of these verses?

2 Timothy 2:24:

Titus 3:2:

James 3:17:

7. Continuing in Ephesians 4:2, our “walk” in humility and gentleness is to be coupled with **longsuffering**, or **patience**. Reading the rest of the verse, what description does Paul give us for patience and longsuffering? Write down his description below.

John Chrysostom (c. AD 347–407), an early church father and archbishop of Constantinople, defined **longsuffering** as the spirit that has the power to take revenge, but never does. It is characteristic of a forgiving, generous heart.

8. This is so important as we look at the next characteristic of a worthy walk, found in Ephesians 4:3. What is it? Write the verse out below.
9. One of the definitions found in Webster’s Dictionary for the word **ENDEAVOR** is: “**to work with set purpose and serious determined effort.**” I think Paul’s use of the word “**endeavoring,**” when it comes to keeping unity and peace, shows that it often doesn’t come easy for us. We must **purpose** to do so with **determined effort** on our part. In verses
10. 4 through 6, Paul gives us the reason why this unity is so important. List his reasons below.

Verse 4:

Verse 5:

Verse 6:

11. Paul has just declared to us the things we all have in common as believers in Christ. Now he focuses on our differences. What does he state in Ephesians 4:7 & 8 that make us *different* from one another? (For further clarification, see also 1 Corinthians 12:7-11.)

12. What partial list of these gifts does he give to us in Ephesians 4:11?

13. For what purpose does verse 12 tell us that these gifts have been given?

Looking back at verses 8 through 10, Paul quotes **Psalm 68:18** under inspiration of the Holy Spirit to clarify that the distributing of the gifts of the Holy Spirit to believers was part of the work Christ accomplished for us on the cross. Verses 9 and 10 make it clear that Paul is referring to Christ's death (descending into the lower parts of the earth) and His resurrection and ascension (the One who ascended far above all the heavens). Verse 8 reveals to us "when" it was these gifts were given (when He ascended on high).

14. Look up John 7:39 and John 16:7. What do these verses reveal to us concerning the Holy spirit, whom Christ promised to send us?

John 7:39:

John 16:7:

15. When do we see the first evidence of these gifts given to believers? Look up Acts 1:4 and 2:1-4.

16. Back to Ephesians chapter 4, there are a number of desired goals that Paul points out that the “equipping of the saints” will accomplish. The first goal is found in the **first part** of verse 13. What is it?
17. Continuing in verse 13, what result is stated in the **last half** of the verse that our unity in the faith and our knowledge of Christ will accomplish?
18. Another word that can be used here in place of “perfect” is “mature.” Paul’s desire is that we all come into the “full stature” of Christ. In other words, that we “grow up” into spiritual adulthood. In verse 14, Paul gives us a detailed description of what it means to be “mature.” What does he say?
19. Look up 1 Corinthians 3:1 and 14:20. What further insight do you gain from these verses? Share your thoughts.
20. What evidence do we see in the **first part** of verse 15 that shows this maturity has taken place? What actions reveal our growth?
21. Speaking truth is something we sometimes shy away from for fear of offending someone. But speaking truth is vitally important. How does verse 15 tell us that we should speak the truth?

22. Jesus says in **John 8:32** that we “will know the **truth** and the **truth** will set us free.” In **John 14:6**, Jesus tells us that He is “the Way, the **TRUTH** and the Life.” In **John 14:17**, Jesus calls the Holy Spirit “the **Spirit of TRUTH...**” What else does He say about the **Spirit of Truth** in John 14:17?

a. What else do the following verses tell us that the Spirit of Truth will do for us?

John 15:26:

John 16:13:

b. In contrast, what do we learn from John 8:44?

Truth is important. However, the “manner” in which we speak truth is also vitally important. Warren Wiersbe once stated, “**Truth without love is brutality, and love without truth is hypocrisy.**”

23. What does the **last part** of verse 15 tell us Paul’s ultimate desire is for us?

24. As we end this lesson, we see Paul circling us back around to the subject of unity in verse 16. Our walking worthy in the Lord not only **benefits us**, but even **more so**, it **benefits the whole body of Christ**. How does Paul describe these benefits in this verse? Write down the verse below.

25. What ministered most to your heart as you went through Lesson Four?

“Some people think of the church as a pyramid, with the pastor at the top. Others think of the church as a bus driven by the pastor, who takes his passive passengers where they should go. God wants us to see the church as a body, where every part does its share.” (David Guzik)

This study was written and prepared by Shawn Van Hook 2021