

# WORTHWHILE WALK

(developed by Michel Larribeau MTh)

based on the 55 instructions in Ephesians 4 to 6

## NOTES FOR DISCUSSION LEADERS

Aim: 'to learn how to walk worthy of the high calling'

## COURSE PLAN

TITLE: **Worthwhile Walk**

AIM: 'to learn how to walk worthy of the high calling'

*sample below for preview*

**SESSION 1** - **on the path of unity**

*for the rest of the course contact us*

**SESSION 2** - **on the path of maturity**

**SESSION 3** - **on the path of truth**

**SESSION 4** - **on the path of morality**

**SESSION 5** - **on the path of light**

**SESSION 6** - **on the path of submission**

**SESSION 7** - **on the path of strength**

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## SESSION 1 - on the path of unity

① Read the whole of Ephesians if time permits

② **to start** (note; questions in bold and [suggested answers in italics])

- in this letter it is evident that the writer, Paul, wants to give & encourage others to give glory to God

1. by telling Christians in the first three chapters what God has done for them (explanations) and what is prepared to do (prayers)

- **summary:**

\* **chapter 1:** vv.3 to 14 = spiritual blessings for those in Christ  
vv.15 to 23 = Paul's 1<sup>st</sup> prayer; thanksgiving & request  
(revelation & wisdom in knowing God)

\* **chapter 2:** things to remember = what we were & what we are now

\* **chapter 3:** God's grace to Paul = vv.1 to 13

Paul's 2<sup>nd</sup> prayer = to be strengthened with power (14-19)

\* conclusion 3:21 = 'to him be glory in the church and in Christ Jesus through all generations, for ever and ever'

2. by telling Christians how to live to bring glory to God in chapter 4 to 6 = 55 instructions, **urging** them 'to walk (live) in manner worthy of this calling (bringing glory) they have received' (4:1) [see 1 Cor.10:31]

\* these instructions can be divided in 7 different areas in which they can step in that would give glory to God:  
unity - maturity - truth - morality - light - submission - strength

③ Read Ephesians 4 verses 1 to 6

④ **UNITY**

- the first steps they are urged to keep on taking concern **unity**

- **is it just a coincidence it is mentioned first?**

[an indication of its importance (see also Ps 133, Jn.17:20-23, Rom.12:4-5)]

- **what is its definition?** [unity is several parts being linked together as to make a whole - a great illustration = human body, used by Paul in other letters; see Rom.12:4-5, 1 Cor.12:12, = many members, one body]

④ (continued)

- **what does Paul say about its various significant characteristics in Eph.4:2-3?**

1. 'of the Spirit'?

[ - something worth noting and needs our attention is the source of that unity

- it means 'produced by the Spirit' (Amplified Version) & implies that:

- . one of the important purposes of the sending and the receiving of the Spirit is to bring unity, to unite Christians together as one (not a minor task!!)
- . anyone being careless (attitudes/actions) toward unity is not led by the Spirit]

2. 'to keep'?

[ - Paul also says the unity is to be 'kept', 'preserved' or 'maintained'

- indicating that, though it is 'of the Spirit', not automatic for Christians to be united; the Holy Spirit needs their/our co-operation and participation]

3. 'make every effort'?

[ - not only not automatic but also not always easy

- 'being diligent', used in some versions, contains ideas of effort & perseverance

- the opposite of diligence is slackness, neglect, giving up

- so unity is not automatic, not easy, not for a short time]

4. 'bond of peace'?

[ - as mentioned unity is several parts being linked together as to make a whole

- at the end of v.3, the link, or the 'bond' as Paul puts it, between the Christians that he has in mind is **PEACE**

- although not specified, it is peace with one another, not just peace that each individual can have with God

- to know if there is unity in any group of Christians, we have to look if they are at peace with each other, **PEACE** is the revealing factor.

- what has been said about 'make every effort to keep the unity' applies to peace = not automatic, not easy always and not for a short time]

5. **what about verse 2?**

[ - the original starts with the word 'with' indicating to us what is needed/helpful to keep the unity / peace of the Spirit = participation for all

- maybe the 1<sup>st</sup> two, humility & gentleness needed in our actions to others; the other two, patience & tolerance needed in our reactions to others]

⑤ **to sum up: counting on the help of the Holy Spirit to ...**

- know that the Spirit wants & works for all Christians to be united, to be at peace with each other at all times

- to make sure we make every effort to grow in humility, gentleness, patience and tolerance, cooperating with the Holy Spirit

- understand that any failure in any of these areas requires repentance and/or reconciliation attempt from all concerned