

A WORTHWHILE WALK

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SHEETS FOR DISCUSSION GROUPS

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

COURSE PLAN

TITLE: **A Worthwhile Walk**

(based on the 55 instructions in Ephesians 4 to 6)

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

- 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 1st 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 2nd 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?**
- **what is its definition?**

④ (continued)

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

1. **'of the Spirit'?**

2. **'to keep'?**

3. **'make every effort'?**

4. **'bond of peace'?**

5. **what about verse 2?**

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