

A WORTHWHILE WALK

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NOTES FOR TEACHING

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**
- not just a coincidence mentioned first, but an indication of its importance (see also Ps 133, Jn.17:20-23, Rom.12:4-5)
- **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)

- **various significant characteristics** given by Paul in just 2 verses (Eph.4)

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 1st 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