

EPHESIANS: Walk Worthy Text: Ephesians 4:1-6

We are to walk as He walked

Introduction:

—Bill Turner 2/26

1. **EXAMPLE: A man went to an airport in full military uniform...**
 - a. People thanked him for his service. Someone paid for his meal. A child even saluted him.
 - b. But there was something off... His boots were not regulation.
 - c. His medals did not match his service. And finally a military service member began asking him some questions. It was revealed he was never in the military.
 - d. The room went quiet. Respect for his service turned to shame for his stolen valor.
 - e. People shook their heads and walked away.
 - f. He wants all the privileges of the uniform w/o meeting any of the standards of the uniform
2. **This can happen in all aspects of life — it even happens in Christianity...**
 - a. There are people who want all the privileges of being a Christian...
 - b. They want Grace without repentance / Forgiveness without Real Faith
 - c. There are Counterfeit Gospels that Provide this for them.
 - d. A False Form of Self-Righteousness that Feeds their Vanity but it Cannot Save
3. **The Truth Will Set You Free...**
 - a. The Truth, like surgery, hurts, but it also heals.
 - b. The word of God is a two edged sword... it pierces deep between soul and spirit
 - c. a discerner of the thoughts and intents of the heart.
 - d. No one is hidden from the sight of God (Hebrews 4:12)
4. **Ephesians 4:1 We are to Walk Worthy of the Calling...**
 - a. This is a key theme throughout the NT: (Eph 4:1; Col 1:10; 1 Thes. 2:12)
 - b. In Our Former Life—We were not walking with God... (Ephesians 2:1–3)
 - c. We are called from Death to Life (Ephesians 2:4-7)
 - d. But Now We are called out of Darkness Into His Light (1 Peter 2:9)

Paul writes from Prison and it is a reminder that what he writes is so serious that it is worth dying for!

I. HOW TO WALK WORTHY OF THE CALLING

FIVE essential qualities necessary to Walk Worthy in Spiritual Maturity...

These attributes are despised by the world because they do not appeal to SELF
They are qualities of the SPIRIT — and they are all attributes of our God.
So don't let the world poison your mind against these Character Qualities

(1) IN HUMILITY (v.1-2) —[lowliness NKJ]

1. **We live in a Fallen World that Honors Arrogance—NOT Humility.**
 - a) **The First Sin was Pride**— and every sin committed is an extension of that pride.
 - b) It brought a curse on the world that we see on the News Every Minute of Every Day!
 - c) The World Wants you to believe that Humility is Bad and Pride is Good...
 - d) But Pride Doesn't Care About Truth—it only cares about Power
 - e) A person without humility is a grenade with the pin already pulled (1 Tim. 6:4–5)

2. Humility involves self-awareness.

- a) Being honest w/ our weakness, our selfishness, our failures in work, in our relationships and in our faith.
- b) 'It is the virtue by which a man becomes conscious of his own unworthiness, in consequence of the truest knowledge of himself.' (Bernard of Clairvaux 11th Century)

3. Humility involves Christ-awareness... He Humbled Himself For Us!

- a) He left the glory of heaven to be born in poverty in a borrowed manger.
- b) He had no property or possessions except the cloths on His back.
- c) He died on a cross as a criminal and was buried in a borrowed grace.
- d) He became poor so you could be rich. He humbled Himself so you could be lifted up

4. If Jesus humbled Himself — then so should we (1 John 2:5-6)

(2) IN GENTLENESS (v.2) —[Meekness ESV]

1. This is a person with a Gentle Spirit...

- a) The wisdom of the world thinks of meekness as weakness...
- b) The Wisdom from God is the opposite of the world (James 3:17)

2. Meekness is not weakness— Meekness is strength under control.

- a) **EXAMPLE: An Angry Person appears strong, but they are actually weak** because they have no control over themselves or their emotions...

(Proverbs 25:28) Whoever has no rule over his own spirit is like a city broken down, without walls.

3. ARISTOTLE: "Anybody can become angry — that is easy, but to be angry with the right person and to the right degree and at the right time and for the right purpose, and in the right way — that is not within everybody's power and is not easy."

4. JESUS showed a humble gentleness...

- a) "I am gentle and lowly in heart: and ye shall find rest unto your souls." (Mt 11:29)
- b) The night He was arrested he said He had the power to call 12 legions of angels
- c) but He submitted to the will of the Father... and He died alone for you and me.

5. WE Are Called to have this Gentle Spirit...

- a) **In our witness to others (1 Peter 3:15 ESV)** (with gentleness & respect)

- b) **In our Example to Others (1 Peter 3:4)**

(1) A Husband can be won over by their wife who has a gentle and quiet spirit

(3) IN LONGSUFFERING (v.2) —[Patience ESV]

1. Some Christians are NOT patient or long-suffering... They are uptight

- a) They get agitated very easily over the faults of others
- b) They forget they have their own faults and everybody can see them
- c) They want Grace from God – but they don't Give Grace to Others

2. Long-suffering is characteristic of a generous and forgiving heart.

- a) Not a Critical and Condemning Spirit (**Romans 15:1, 3, 5**)

3. Jesus had incredible long-suffering and patience through what He endured

4. God is long-suffering with us (2 Peter 3:9)

5. We are called to have Patience as well (1 Thess. 5:14–15)

Chrysostom defined it as: *the spirit that has the power to take revenge, but never does.*

(4) IN LOVE (v.2-3)

1. 'Bearing with one another in love'

- a) The opposite of a critical spirit or a contentious 'fault-finding' person.
- b) **(1 Corinthians 13:4–8a)**

2. God saved us and adopted us to be brothers and sisters in His family.

- a) There is no hierarchy among us... we are brothers and sisters!
- b) We are the children of God! I am your brother in Christ.

3. Endeavoring Unity and Peace

- a) Endeavor: Be Diligent, Do your very best... To Keep Unity and Peace

4. The world does not have Unity or Peace... (John 16:33)

- a) godless ideologies like Marxism, Critical Race Theory, Feminist theory, Trans-Gender Theory, Liberation Theology, Woke Ideology, all divide people by class, race, gender, status...
- b) Only the True Gospel can bring unity between God and man and between people and families and societies.
- c) We are called to unite in Christ—But not peace at any cost or unity in error...

(5) IN TRUTH (v.4-6)

1. There is no unity in the world... because the world rejects the Truth

- a) The Darkness Hates the Light
- b) So Many people Love Themselves More than they Love the Truth

2. The Truth Will Set You Free

- a) The Truth, like surgery, hurts, but it also heals.

3. Truth is Transcendent

- a) "Truth is not something we create; it is something to which we must surrender. The mind was made for truth as the lung was made for air; to breath in the fumes of subjective 'sincerity' instead of objective reality is to suffocate the soul." (Garrigou Lagrange, 1877-1964)

4. We are called to walk in the light of Truth (3 John 2–4)

CONCLUSION:

1. We are to walk worthy for Christ because of He died for us! (Is 53:3-6)

Was he scourged?	—It was so that "through his stripes we might be healed."
Was he condemned, though innocent?	—It was that we might be acquitted, though guilty.
Did he wear a crown of thorns?	—It was that we might wear the crown of glory.
Was he stripped of his clothes?	—It was that we might be clothed in a robe of righteousness.
Was he mocked and reviled?	—It was that we might be honored and blessed.
Was he convicted as a criminal?	—It was that we might be declared innocent & justified from all sin.
Was he declared unable to save himself?	—It was that he could save us from an eternity in hell
Did he die a horrible death by crucifixion?	—It was that we might have eternal life in glory. ¹

2. Therefore—We are to walk as He walked (1 John 2:6)

We go to the Cross when we are crucified with Him / Buried in Baptism / Raised to new life!

¹ Adapted from John Ryle