

*Sermon Notes*  
*Themes from Ephesians*  
“Walk Worthy” – Ephesians 4:1-3

I. Introduction

A. Paul’s typical writing structure.

1. Doctrine then practical concerns.
  - a. Examples: Romans 1-11; 12:1-2  
Ephesians 1-3; 4:1-3

B. Paul’s crucial concept

1. Doctrinal input must be matched by practical output.

II. Exposition

A. Verse 1.

1. “Prisoner of the Lord”
  - a. Personal reference.
  - b. John MacArthur
2. “Walk”
  - a. Daily conduct
3. “Worthy”
  - a. To have worth equal to one’s position.
    1. I Tim. 5:17-18; Luke 10:6-7
  - b. D. Martin Lloyd Jones
    1. Note the balance between doctrine and practice
    2. Two traps for Christians

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- c. James Boice
4. “Calling”
  - a. Note the difference between vocation and calling.
    1. Ekklesia translated as “church” – literally means “called out.”

2. I Thess. 2:12; John 6:44; Eph. 1:4

b. Two parts to our calling.

1. Called out of darkness into light.
2. Called from death to life.

B. Verses 2-3

1. Outline of remainder of book

- a. Unity among believers; 4:4-16
- b. The godly life; 4:17 – 6:24

2. Characteristics of a worthy life

a. Humility, vs. 2.

1. Philippians 2:3
2. Watchman Nee

b. Gentleness, vs. 2.

1. Meekness should not be viewed as weakness.

c. Patience, vs. 2.

1. Accomplished mostly through suffering.
  - a. Romans 5:3; Hebrews 5:8

d. Love, vs. 2

1. Do not quit on relationships.

e. Unity of the Spirit, vs. 3

1. John 17:11, 21-23

III. Points for Reflection

- A. We have a high calling of honor, and it should not be viewed as a burden.
- B. Walking worthy means that our conduct must match our Biblical content.
- C. Humility means preferring someone over yourself.
- D. Patience is a virtue of the believer which we should all desire, but it comes about through long-suffering.
- E. All of this achieves Unity of the Spirit.