

Walking in Unity (Ephesians 4)

June 15, 2025



- The book of Ephesians is comparable to Joshua: The Church's walk in the world is similar to Israel's walk in the promised land
- Paul's body was in prison but his spirit was more free than ever.
- Jesus is calling His Church to unity through putting on the new man in obedience to Holy Spirit in a humble manner.

Read Ephesians 4:1-32

- Aristotle defined bitterness as "the resentful spirit that refuses reconciliation"
- What truth do you need to accept and put on?
- If there is not peace in your walk with Jesus, then it is you that needs to change...not any other person!
- In order to put on the new man in the Spirit, you must put off the ways of the old man.

Questions:

1. *Read Ephesians 4:1-3; Galatians 5:22-23; I Corinthians 13; I Peter 5:6.*

- What does it mean to walk WITH humility? Grace? Gentleness? Patience?
- How do these traits establish or prepare you to **maintain the unity of the Spirit in the bond of peace**?
- What does it mean to be unified in the Spirit? What does unity in the Church look like?
- From Ephesians 3, what is the purpose of the Church?

2. *Read Ephesians 4:4-10.*

- There are SEVEN one's listed in these verses; what is the significance of seven in Scripture? Why is it necessary to list out all seven?
- How would the list be affected if it was only 6?
- Which one would you leave out if you were to condense the list?
- How does this list provide focus and fortitude for the Church?
- How does Jesus' descension (His going to the fullness of death/burial/paradise) complete His ascension?

3. *Read Ephesians 4:11-16.*

- What is the function of each office that Jesus provided (11)?
- What is their overall purpose (12)? What is the extent of the purpose (13)?
- What are the extremes of the position of believers (14-15)?
- How do we know when we have it correct (16)?
- Now put all of these parts together and describe how that works at Journey Church (or any church).

4. *Read Ephesians 4:17-24; Galatians 5:19-21; Mark 7:20-23; Colossians 3:5-6; John 8:44; II Corinthians 5:17.*

- Describe what it is like to walk in darkness/sin.
- Why is it easy for us to go back to sinful habits?
- Why is it important to understand the impact they have on our growth and our testimony?
- What are some of the characteristics of darkness that needs to be put off?

5. *Read Ephesians 4:25-32; John 4:10-14; Romans 12:1-2; I Peter 1:14-16; Philippians 4:6-7; Galatians 2:20.*

- List out the things that should describe the health and habits of a believer living like Jesus.
- What should the life following Jesus look like?
- If we take up our cross and follow Jesus, shouldn't our lives look like His?
- How would your life be different if you walked and talked like Jesus?

6.

- What areas in your life are preventing you from walking in unity with other believers?
- It is easy to notice how others need to change (the speck of dust), but we cannot see our own flaws (the 2x4).
- Bitterness, unforgiveness, hate, jealousy, envy, strife, immorality have NO place in the maintenance of unity in the Spirit.
- Spirit. To hold on to any of these areas is SIN and prevents peace in the BODY of CHRIST (THE CHURCH).
- Are you willing to confess and repent today?