

# A Body Builder Walking Worthy

Eph. 4:1-16 (ESV)

The Believer's Position in Christ Series

On July 20, 2014, by Philip Pinto @ Village Bible Church

## I. <sup>1</sup> walk worthy of the calling

### A. <sup>2</sup> with

- i. all humility and gentleness,
- ii. with patience, bearing with one another in love,
- iii. Parallel to the Fruits of the Spirit (Gal. 5:22-23)

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control

### B. <sup>3</sup> eager to maintain the **unity of the Spirit** in the bond of peace.

- i. <sup>4</sup> There is one body and one Spirit--just as you were called to the one hope that belongs to your call—<sup>5</sup> one Lord, one faith, one baptism, <sup>6</sup> one God and Father of all, who is over all and through all and in all.
- ii. See John 17
- iii. Unity (being one) reflects the unity (being one) of the Trinity

### C. <sup>7</sup> **Grace** was given to each one of us according to the measure of Christ's gift.

- i. He gave gifts to men (v. 8-11).
  1. "He led a host of captives" (v.8 - ESV).
    - a. More literal – "He led captivity captive" (KJV)

- b. Captivity = of the sin that held *us* captive.
2. Descent (v.9)
- a. ESV “descended into the lower regions, the earth”
  - b. KJV “descended into the lower parts of the earth”
  - c. See Phil. 2:5-11, John 1:1
- ii. He gave the apostles, the prophets, the evangelists, the shepherds and teachers,
- a. <sup>12</sup> to equip the saints for the work of ministry,
  - b. for building up the body of Christ,
2. <sup>13</sup> The unity of the faith and of the knowledge of the Son of God
- a. to mature manhood,
  - b. to the measure of the stature of the fullness of Christ,
  - c. **we are to grow up in** every way into him who is the head, into Christ, from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love. (v. 14-16)