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## **Ephesians Bible study**

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# Study of Ephesians Chapter 4

## EPHESIANS 4

### Walking Worthy of Your Calling

#### Introduction

Ephesians 4 marks an important transition in Paul's letter. The first three chapters focus strongly on what Yahweh has accomplished for us through Yeshua—our identity, redemption, reconciliation, inheritance, and position in Him. Chapter 4 begins to ask an important question: **If this is who we are in Yeshua, how should we now live?**

Paul calls believers to maturity. Our faith is not intended to remain merely something we believe; it should increasingly transform the way we think, speak, respond, forgive, relate to others, handle conflict, and walk together as the Body of Messiah.

Ephesians 4 therefore gives us a beautiful picture of spiritual maturity: **walk worthy of your calling, protect unity, grow into maturity, put away the old self, renew your mind, put on the new self, speak truth, deal with anger correctly, guard your words, do not grieve the Ruach HaKodesh, and choose forgiveness.**

#### 1. WALK WORTHY OF YOUR CALLING

##### Key Scripture — Ephesians 4:1–2

“So I, the prisoner for the Lord, appeal to you to live a life worthy of the calling to which you have been called [that is, to live a life that exhibits godly character, moral courage, personal integrity, and mature behavior—a life that expresses gratitude to God for your salvation], with all humility [forsaking self-righteousness], and gentleness [maintaining self-control], with patience, bearing with one another in [unselfish] love.” — AMP

Our calling is not only about what Yahweh has called us **to do**; it is also about who He is calling us **to become**. Paul immediately connects calling with character.

Humility, gentleness, patience, self-control, and love are signs of maturity. Spiritual gifting without spiritual character does not represent the fullness of maturity Yahweh desires.

The question therefore becomes not simply, “*What is my calling?*” but also, “**Is my character being prepared to carry my calling?**”

##### Supporting Scripture — Colossians 1:10

“So that you will walk in a manner worthy of the Lord [displaying admirable character, moral courage, and personal integrity], to [fully] please Him in all things, bearing fruit in every good work and steadily growing in the knowledge of God [with deeper faith, clearer insight and fervent love for His precepts].” — AMP

### **Reflection Questions**

1. What does it mean for me personally to walk worthy of my calling?
2. Is my character growing alongside my spiritual knowledge and gifting?
3. Where is Yahweh asking me to grow in humility, gentleness, patience, or love?
4. Am I more concerned about discovering my calling or becoming prepared to carry it?

## **2. PROTECT THE UNITY OF THE SPIRIT**

### **Key Scripture — Ephesians 4:3**

“Being diligent to preserve the unity of the Spirit in the bond of peace.” — AMP

Paul does not tell believers to create unity; he tells them to **preserve it**.

Unity is precious and must therefore be guarded. Pride, competition, offense, jealousy, gossip, unresolved conflict, and the need to be right can damage relationships within the Body.

Notice also that unity is connected to **peace**. Mature believers learn how to disagree without destroying relationship.

### **Supporting Scripture — Psalm 133:1**

“Behold, how good and how pleasant it is for brothers to dwell together in unity!” — AMP

### **Supporting Scripture — Romans 12:18**

“If possible, as far as it depends on you, live at peace with everyone.” — AMP

### **Reflection Questions**

1. Am I protecting unity or unintentionally contributing to division?
2. How do I respond when someone disagrees with me?
3. Are there offenses I am holding onto?
4. What could I personally do to become a greater carrier of peace?

### **3. ONE BODY, ONE SPIRIT, ONE HOPE**

#### **Key Scripture — Ephesians 4:4–6**

“There is one body [of believers] and one Spirit—just as you were called to one hope when called [to salvation]—one Lord, one faith, one baptism, one God and Father of us all who is [sovereign] over all and [working] through all and [living] in all.” — AMP

Our unity is rooted in something greater than personality, culture, denomination, background, or preference. We belong to **one Body under one Lord**.

Yahweh's Kingdom is larger than our individual ministry, congregation, tradition, or personal understanding.

Spiritual maturity allows us to recognize the work of Yahweh in others without needing everyone to look exactly like us.

#### **Supporting Scripture — 1 Corinthians 12:12**

“For just as the body is one and yet has many parts, and all the parts, though many, form [only] one body, so it is with Christ.” — AMP

#### **Reflection Questions**

1. Do I see myself as part of the greater Body of Messiah?
2. Can I honour believers whose expression of faith looks different from mine?
3. Is there competition in my heart?
4. How can I contribute to unity within the Body?

### **4. GRACE AND GIFTS HAVE BEEN GIVEN TO EACH PERSON**

#### **Key Scripture — Ephesians 4:7**

“Yet grace [God's undeserved favor] was given to each one of us [not indiscriminately, but in different ways] in proportion to the measure of Christ's [rich and abundant] gift.” — AMP

Every believer carries something valuable.

We are not called to compare our assignment with someone else's. Yahweh distributes gifts according to His purposes.

Comparison can cause us either to feel inferior or to become proud. Both distract us from faithfully stewarding what Yahweh has placed within us.

#### **Supporting Scripture — 1 Peter 4:10**

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“Just as each one of you has received a special gift [a spiritual talent, an ability graciously given by God], employ it in serving one another as [is appropriate for] good stewards of God's multi-faceted grace.” — AMP

### **Reflection Questions**

1. What gifts has Yahweh entrusted to me?
2. Am I developing them?
3. Do I compare myself with others?
4. How can I use what Yahweh has given me to serve others?

## **5. THE FIVEFOLD MINISTRY EQUIPS THE SAINTS**

### **Key Scripture — Ephesians 4:11–12**

“And [His gifts to the church were varied and] He Himself appointed some as apostles [special messengers, representatives], some as prophets [who speak a new message from God to the people], some as evangelists [who spread the good news of salvation], and some as pastors and teachers [to shepherd and guide and instruct], [and He did this] to fully equip and perfect the saints (God's people) for works of service, to build up the body of Christ.” — AMP

Leadership is not intended to make believers permanently dependent upon leaders. Biblical leadership **equips people to serve and mature**.

A healthy ministry should help believers understand Scripture, recognize their calling, develop their gifts, grow in character, and increasingly walk responsibly with Yahweh.

### **Supporting Scripture — 2 Timothy 3:16–17**

“All Scripture is God-breathed [given by divine inspiration] and is profitable for instruction, for conviction [of sin], for correction [of error and restoration to obedience], for training in righteousness [learning to live in conformity to God's will, both publicly and privately—behaving honorably with personal integrity and moral courage]; so that the man of God may be complete and proficient, outfitted and thoroughly equipped for every good work.” — AMP

### **Reflection Questions**

1. Am I growing toward maturity or remaining dependent upon others spiritually?
2. Am I allowing Scripture to train and correct me?
3. What area of service might Yahweh be developing within me?
4. Am I using my gifts to build others up?

## 6. GROWING INTO SPIRITUAL MATURITY

### Key Scripture — Ephesians 4:13

“Until we all reach oneness in the faith and in the knowledge of the Son of God, [growing spiritually] to become a mature believer, reaching to the measure of the fullness of Christ [manifesting His spiritual completeness and exercising our spiritual gifts in unity].” — AMP

Yahweh's goal is **maturity**.

Maturity is not measured merely by how many Scriptures we know, how long we have been believers, or how spiritually gifted we are.

The ultimate measurement is increasingly becoming **like Yeshua**.

### Supporting Scripture — Romans 8:29

“For those whom He foreknew [and loved and chose beforehand], He also predestined to be conformed to the image of His Son.” — AMP

### Reflection Questions

1. Where have I grown spiritually during the past year?
2. Where am I still responding from immaturity?
3. Is Yeshua becoming increasingly visible through my character?
4. What area might Yahweh currently be maturing?

## 7. NO LONGER TOSSED AROUND BY EVERY TEACHING

### Key Scripture — Ephesians 4:14

“So that we are no longer children [spiritually immature], tossed back and forth [like ships on a stormy sea] and carried about by every wind of [shifting] doctrine, by the cunning and trickery of [unscrupulous] men, by the deceitful scheming of people ready to do anything [for personal profit].” — AMP

Spiritual maturity requires **discernment**.

We should not accept something merely because it sounds spiritual, emotional, impressive, prophetic, or popular.

Everything must ultimately be tested against Scripture.

### Supporting Scripture — 1 Thessalonians 5:21

“But test all things carefully [so you can recognize what is good]. Hold firmly to that which is good.” — AMP

### Supporting Scripture — 1 John 4:1

“Beloved, do not believe every spirit [speaking through a self-proclaimed prophet]; instead test the spirits to see whether they are from God.” — AMP

### Reflection Questions

1. Do I test what I hear against Scripture?
2. Can I distinguish biblical truth from someone's interpretation?
3. Am I easily influenced by confident or impressive speakers?
4. How can I intentionally train my discernment?

## 8. SPEAK THE TRUTH IN LOVE

### Key Scripture — Ephesians 4:15

“But speaking the truth in love [in all things—both our speech and our lives expressing His truth], let us grow up in all things into Him [following His example] who is the Head—Christ.” — AMP

Truth without love can become harshness. Love without truth can become compromise.

Yeshua demonstrates both **truth and grace**.

Spiritual maturity teaches us not merely *what* to say but **how, when, and why to say it**.

### Supporting Scripture — Proverbs 15:1

“A soft and gentle and thoughtful answer turns away wrath, but harsh and painful and careless words stir up anger.” — AMP

### Reflection Questions

1. Do I use truth to restore or to prove that I am right?
2. Can I speak difficult truth gently?
3. Do my words reflect the character of Yeshua?
4. Is there a conversation where I need both courage and love?

## 9. PUT OFF THE OLD SELF

### Key Scripture — Ephesians 4:22–24

“That, regarding your previous way of life, you put off your old self [completely discard your former nature], which is being corrupted through deceitful desires, and be continually renewed in the spirit of your mind [having a fresh, untarnished mental and spiritual attitude], and put on the new self [the regenerated and renewed nature], created in God's image, [godlike] in the righteousness and holiness of the truth.” — AMP

Transformation involves both **putting off and putting on**.

We cannot simply remove unhealthy patterns; they must increasingly be replaced with truth and new patterns consistent with our identity in Yeshua.

### Supporting Scripture — Romans 12:2

“And do not be conformed to this world [any longer with its superficial values and customs], but be transformed and progressively changed [as you mature spiritually] by the renewing of your mind.” — AMP

### Reflection Questions

1. What belongs to my “old self” that I continue carrying?
2. What lies about myself need replacing with Yahweh's truth?
3. What thought pattern is Yahweh currently renewing?
4. What does my new identity in Yeshua say about this area?

## 10. DEAL WITH ANGER WITHOUT ALLOWING IT TO CONTROL YOU

### Key Scripture — Ephesians 4:26–27

“Be angry [at sin—at immorality, at injustice, at ungodly behavior], yet do not sin; do not let your anger [cause you shame, nor allow it to] last until the sun goes down. And do not give the devil an opportunity [to lead you into sin by holding a grudge, or nurturing anger, or harboring resentment, or cultivating bitterness].” — AMP

The Scripture does not say we will never experience anger. Rather, it teaches us what to **do with anger**.

Unprocessed anger can develop into resentment, bitterness, retaliation, and destructive behaviour. Mature believers learn to bring anger before Yahweh rather than allowing anger to become their master.

### Supporting Scripture — James 1:19–20

“Everyone must be quick to hear, slow to speak and slow to anger; for the anger of man does not produce the righteousness of God.” — AMP

## Reflection Questions

1. How do I normally respond when I become angry?
2. Do I suppress anger, explode, withdraw, or process it constructively?
3. Is there resentment I am still carrying?
4. What would surrendering this anger to Yahweh look like?

## 11. LET YOUR WORDS GIVE GRACE

### Key Scripture — Ephesians 4:29

“Do not let unwholesome [foul, profane, worthless, vulgar] words ever come out of your mouth, but only such speech as is good for building up others, according to the need and the occasion, so that it will be a blessing to those who hear [you speak].” — AMP

Our words reveal much about what is happening within our hearts.

Paul gives us a powerful question for communication: **Will what I am about to say build up the person who hears it?**

Not every true thought needs to be spoken. Wisdom considers the person, timing, need, and purpose.

### Supporting Scripture — Proverbs 18:21

“Death and life are in the power of the tongue, and those who love it and indulge it will eat its fruit and bear the consequences of their words.” — AMP

## Reflection Questions

1. Do my words generally build people up?
2. What happens to my speech when I am angry or hurt?
3. Do I speak differently about people when they are not present?
4. How can my words become instruments of grace?

## 12. DO NOT GRIEVE THE RUACH HAKODESH

### Key Scripture — Ephesians 4:30

“And do not grieve the Holy Spirit of God [but seek to please Him], by whom you were sealed and marked [branded as God's own] for the day of redemption.” — AMP

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This verse reveals the deeply relational nature of our walk with the Ruach HaKodesh.

We are not merely following principles. We are living in relationship with Him.

Our attitudes, words, relationships, and behaviour matter because we belong to Yahweh.

### **Supporting Scripture — Galatians 5:25**

“If we [claim to] live by the [Holy] Spirit, we must also walk by the Spirit [with personal integrity, godly character, and moral courage—our conduct empowered by the Holy Spirit].” — AMP

### **Reflection Questions**

1. Am I sensitive to the conviction of the Ruach HaKodesh?
2. Do I respond when He corrects me?
3. Are there areas where I repeatedly ignore His conviction?
4. What would greater sensitivity to His presence look like in everyday life?

## **13. REMOVE BITTERNESS FROM THE HEART**

### **Key Scripture — Ephesians 4:31**

“Let all bitterness and wrath and anger and clamor [perpetual animosity, resentment, strife, fault-finding] and slander be put away from you, along with every kind of malice [all spitefulness, verbal abuse, malevolence].” — AMP

Paul identifies a progression that can develop when wounds remain unresolved. Hurt can become anger; anger can become resentment; resentment can develop into bitterness; bitterness can eventually influence our words, relationships, and perception.

Yahweh does not ask us to deny what happened. He invites us to bring our wounds into His presence so that they no longer control our future.

### **Supporting Scripture — Hebrews 12:15**

“See to it that no one falls short of God's grace; that no root of resentment springs up and causes trouble, and by it many be defiled.” — AMP

### **Reflection Questions**

1. Is there bitterness hidden within my heart?
2. Whose name immediately produces a strong emotional reaction in me?

3. Have I confused forgiveness with saying that what happened was acceptable?
4. What would need to be brought honestly before Abba?

## 14. CHOOSE KINDNESS, COMPASSION AND FORGIVENESS

### Key Scripture — Ephesians 4:32

“Be kind and helpful to one another, tender-hearted [compassionate, understanding], forgiving one another [readily and freely], just as God in Christ also forgave you.” — AMP

Ephesians 4 finishes with a beautiful contrast.

Paul moves from bitterness, anger, resentment, and malicious speech to **kindness, compassion, and forgiveness**.

Forgiveness does not mean denying what happened, removing necessary boundaries, automatically restoring trust, or declaring harmful behaviour acceptable. Forgiveness means releasing personal vengeance and placing judgment into Yahweh's hands.

We forgive because we ourselves have received extraordinary forgiveness through Yeshua.

### Supporting Scripture — Colossians 3:13

“Bearing graciously with one another, and willingly forgiving each other if one has a cause for complaint against another; just as the Lord has forgiven you, so should you forgive.” — AMP

### Reflection Questions

1. Is there someone I still need to forgive?
  2. What makes forgiveness difficult for me?
  3. Do I need to establish a boundary while still choosing forgiveness?
  4. How does remembering what Yeshua has forgiven in my own life change my perspective?
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