

Midweek Study & Reflection

Worthy Calling

Read Ephesians 4:1; Romans 8:28;

1. How would you describe walking out your worthy calling? In what ways do you live your life to honor Christ?
2. How have you seen God use all things for good?

Walking in Spiritual Health and Growth

Read Ephesians 4:7-16

1. Looking at the list of spiritual gifts listed in verses 11-12, what gift do you think God has given you? How do you see the gift being used in your life?
2. What areas of your life do you see growing spiritually? Can you describe how you are moving from an “infant” stage of faith/relationship with God to a more mature stage?
3. What helps you grow your spiritual life?

Walking in New Life

Read 2 Corinthians 5:17; Ephesians 4:25-32

1. What changes have you had to make in order to walk in your new life?
2. What areas could you use help, prayer, and encouragement in to be further removed from your old life?

Prayer & Praise

This week make time to pray about your spiritual growth. Ask the Lord to show you areas of opportunity to use your gifts. Take time to praise God for His grace, patience and transformation in your life.

Worthy Calling

Immeasurably More – Ephesians 4

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Ephesians 4:1 (ESV)

I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called,

Romans 8:28 (NIV)

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

1. Walk in Unity.

Ephesians 4: 2-6 (ESV)

with all humility and gentleness, with patience, bearing with one another in love, ³ eager to maintain the unity of the Spirit in the bond of peace. ⁴ There is one body and one Spirit—just as you were called to the one hope that belongs to your call— ⁵ one Lord, one faith, one baptism, ⁶ one God and Father of all, who is over all and through all and in all.

Romans 12:5 (ESV)

so we, though many, are one body in Christ, and individually members one of another.

2. Walk in Spiritual Health and Growth.

Ephesians 4:7 (ESV)

But grace was given to each one of us according to the measure of Christ's gift.

Ephesians 4:11-12 (ESV)

¹¹ And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, ¹² to equip the saints for the work of ministry, for building up the body of Christ,

Ephesians 4:15-16 (ESV)

Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, ¹⁶ 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.

3. Walk Away from the Old Life.

Ephesians 4:17-19 (ESV)

Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. ¹⁸ They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. ¹⁹ They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity.

Ephesians 2: 1-2 (NIV)

As for you, you were dead in your transgressions and sins, ² in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient.

4. Walk in New Life.

2 Corinthians 5:17 (NIV)

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

Ephesians 4: 25-32 (ESV)

Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another.

²⁶ Be angry and do not sin...

²⁸ Let the thief no longer steal...

²⁹ Let no corrupting talk come out of your mouths,

³⁰ And do not grieve the Holy Spirit of God...

³¹ Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.

³² Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.