

ONE: Walking Worthy of Your Calling

Ephesians 4:1-6 (NKJV)

Key Thoughts

1. **Walk worthy is a partnership.** The call to walk worthy of your calling is not all on you. It is our job to walk, and it is God's job to make us worthy, and neither happens apart from Him.
2. **The walk runs on God's power.** "Walk" pictures a steady, continuous, intentional journey, sustained not by self-effort but by the Dynamis, Kratos, and Energeia of God already at work in us.
3. **Worthy means "of equal weight" with Christ.** Worthy is not "good enough"; it is being conformed to the image of God's Son (Romans 8:29), a deep, organic transformation God Himself is working in us.
4. **Unity is guarded, not assumed.** Keeping the unity of the Spirit is strenuous, diligent work ("making every effort"), because unity is always under threat and must be protected in the bond of peace.
5. **We are one because God is one.** One body, one Spirit, one hope, one Lord, one faith, one baptism, one God: our unity mirrors the Godhead and testifies to a watching world that the Father sent the Son.

Discussion Questions

1. Paul says it is our job to walk but God's job to make us worthy (Ephesians 4:1). Where have you been carrying a "be good enough" pressure that God never asked you to carry alone?
2. The manuscript describes walking as a steady, continuous journey, not a sprint. What makes you want to stop and rest spiritually, and what does it look like to keep walking in the Spirit (Galatians 5:16) instead?
3. "Worthy" means "of equal weight," being conformed to the image of Christ (Romans 8:29). How does seeing your worth as God-given rather than self-earned change the way you approach Him this week?
4. Verse 2 lists lowliness, gentleness, longsuffering, and bearing with one another. Which is hardest for you, and why? (Remember: gentleness is strength under control, and longsuffering is patience with people, not just circumstances.)
5. Paul commands us to make every effort to keep the unity of the Spirit (Ephesians 4:3). Thinking of the vacuum cleaner and grandfather clock stories, where do believers break fellowship over things that are not worth it, and where might you be tempted to do the same?
6. Jesus prayed that we would be one so the world would know the Father sent Him (John 17:20-23). What is one concrete way you can guard unity in this church family this week?

Applications

1. **Trade striving for partnering.** Name one area where you have been trying to walk worthy by sheer willpower. This week, begin each day asking God to activate His power in you there, then take the next obedient step in His strength.
2. **Pick the hard quality and practice it.** Choose the one quality from verse 2 you find hardest (humility, gentleness, longsuffering, or bearing with someone). Identify one specific relationship and practice it there at least once before Sunday.
3. **Guard unity on purpose.** Think of one believer you have friction with, or one “vacuum cleaner” issue you have treated as a hill to die on. Take one concrete step toward peace this week: a conversation, an apology, a prayer, or letting it go.

Closing Prayer

Father, thank You for calling us, and for not leaving the walk up to us alone. We confess the pride that measures ourselves against everyone but You, and the impatience that gives up on the people You have placed beside us. By Your Spirit, activate Your power in us, so that we walk worthy of our calling, clothed in humility, gentleness, and longsuffering. Make us eager to guard the unity of the Spirit in the bond of peace, that a watching world would see one body, one Lord, one faith, and know that You sent Your Son. Conform us to the image of Christ, and let our oneness put Your love on display. In Jesus' name, amen.