

Studies in Ephesians
Chapter 4

“Therefore...”

NEW! Study Guide Included
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Best-selling author of *The Normal Christian Life*

SIT  *The Process
of
Christian Maturity*
WALK 
STAND 

1. **Sit** (1:20 / 2:6)
2. **Walk** (4:1)
3. **Stand** (6:3)

1 - Characteristics of our Walk (1-3)

Humility

Meekness

Longsuffering

Love

Peace

2 - Characteristics of our Unity (4-6)

One Body

One Spirit

One Hope

One Master

One Faith

One Immersion

One God and Father

Over all

Through all

In all

3 - God's Officers (11-13)

Ambassadors

Prophets

Evangelists

Shepherds / Teachers

4 - Characteristics of the Spiritually Immature (14)

Tossed around by the “waves”

Carried about by every “wind” of teaching...

...by Human cunning...

... by Craftiness in deceitful schemes (2Cor.11:3)

5 - Characteristics of the “Gentile” Mind (17-20)

Futility of thought

Darkened understanding

Alienated from God due to ignorance and ...

... hardness of heart

Callousness

Given to sensuality

Greedy to practice impurity

6 - Identity of the Disciple (21-24)

Has put off the “old man”

Renewed in the spirit of their minds

Has put on the “new man”

True righteousness

Holiness

7 - Practices of the Disciple (25-32)

Speaks the truth

Controls his anger

Gives the enemy no opportunities

Works honestly in order to share

Does not speak corruptly

Builds up others with his speech

Does not grieve the holy spirit of God

Puts away all bitterness...

Wrath...

Anger...

Clamor...

Slander, and...

Malice.

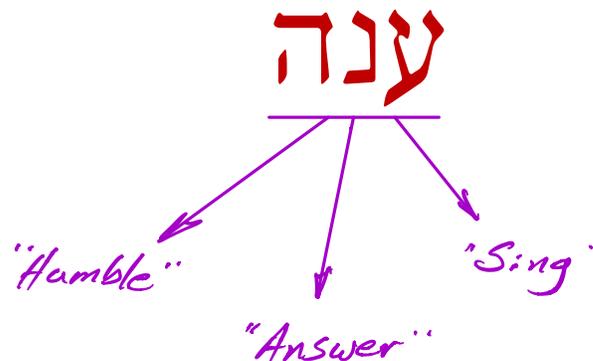
Are kind to one another

Tenderhearted

Forgiving one another

Characteristics of our Walk

- **Humility** (ταπεινοφροσυνη)
 - No Greek word for humility *as we know it*
 - There was no dignity attached to this word in Greek culture
 - Not considered a virtue in Greek culture
 - Awareness of his own unworthiness
- **Meekness** (πραυτης)
 - Has every instinct and passion under control
 - Never moved to anger by personal wrongs or insults



- **Longsuffering** (μακραθυμια)

- Means patience with others
- Never gives up before reaching the goal
- Bears insult and injury without complaint
- Used frequently of God Himself (Rom.2:4 / 1Tim.1:16)

אֵלֹהִים אֲרֵךְ אַפַּיִם

- **Love** (αγαπη)

- NOT an emotion. An action of the will.
- Unbreakable love that seeks the good of another.

אָבִי אֵלֹהִים = "Father" (av)
אֵלֹהִים (alahim)
יְהוָה ← God's NAME

- **Peace** (εἰρήνη)

- To be in agreement / harmony
- Freedom from anxiety

