

WALK WORTHY

EPHESIANS 4:1-3

Text: Ephesians 4:1-3

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¹ I therefore, the prisoner of the Lord, beseech you that ye walk worthy of the vocation wherewith ye are called, ² With all lowliness and meekness, with longsuffering, forbearing one another in love; ³ Endeavouring to keep the unity of the Spirit in the bond of peace.

Introduction:

In the first three chapters we have seen the wealth of the believer, and now we come to the second half of the book dealing with our walk as a believer.

Here in verse one notice two words: therefore and beseech. The word “therefore” means after saying all this here is where it all hinges.

It is our privilege and responsibility to serve God after He has given so much to us.

Then we see the word “beseech”. It means to entreat; to supplicate; to implore; to ask or pray with urgency. The word “beseech” does not have the idea of being a

command but a pleading to do something with urgency.

It is our choice to either walk worthy or unworthy. We find Paul pleading for us to walk worthy and gives us some things how to accomplish this Christian walk.

Notice how we are to walk:

1. WE ARE TO WALK WITH LOWLINESS (VS. 2)

Ephesians 4:2

² ***With all lowliness*** and meekness, with longsuffering, forbearing one another in love;

The word lowliness is humility.

Romans 12:3

³ *For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith.*

Note what God says about pride:

James 4:6

⁶ *But he giveth more grace. Wherefore he saith, God resisteth the proud, but giveth grace unto the humble.*

Proverbs 6:16

¹⁶ *These six things doth the LORD hate: yea, seven are an abomination unto him:*

Proverbs 13:10

¹⁰ *Only by pride cometh contention: but with the well advised is wisdom.*

Proverbs 16:18

¹⁸ *Pride goeth before destruction, and an haughty spirit before a fall.*

- Nebuchadnezzar stated, “God is able to abase the proud.”
- Pride keeps people from getting saved.
- Pride keeps people from getting right with God.
- Pride keeps people from serving God with their whole heart.
- Pride caused Satan to fall.
- Pride caused Adam and Eve to sin in the garden.

Lowliness is used one other time in reference to the mind of Christ.

Philippians 2:1-5

¹ If there be therefore any consolation in Christ, if any comfort of love, if any fellowship of the Spirit, if any bowels and mercies, ² Fulfil ye my joy, that ye be likeminded, having the same love, being of one accord, of one mind. ³ Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves. ⁴ Look not every man on his own things, but every man also on the things of others. ⁵ Let this mind be in you, which was also in Christ Jesus:

Not only are we to walk with lowliness but also:

2. WE ARE TO WALK WITH MEEKNESS (VS. 2)

Ephesians 4:2

*² With all lowliness and **meekness**, with longsuffering, forbearing one another in love;*

Meekness is the natural expression of a lowly state of mind, opposed to boisterous self-assertion and rude striving with others; it genders a subdued manner and a peace-loving spirit that studies to give the soft answer that turns away wrath.

Remember – Meekness is not weakness, but rather it is power under control.

The Lord said of Himself:

Matthew 11:29

²⁹ Take my yoke upon you, and learn of me; **for I am meek** and lowly in heart: and ye shall find rest unto your souls.

The Lord was in no way weak.

When Christ went to the cross He exercised power under control.

Matthew 26:53

⁵³ Thinkest thou that I cannot now pray to my Father, and he shall presently give me more than twelve legions of angels?

Not only are we to walk with lowliness and meekness but also:

3. WE ARE TO WALK WITH LONGSUFFERING AND FORBEARANCE IN LOVE (VS. 2)

Ephesians 4:2

² With all lowliness and meekness, **with longsuffering**, forbearing one another in love;

Longsuffering means to endure without getting upset.

Forbearing means to put up with.

Not all of us are at the same point of our Christian growth. There are sometimes we need to put up with younger Christians so that they can grow.

Many Christians simply do not love one another.

1 Peter 1:22

²² Seeing ye have purified your souls in obeying the truth through the Spirit unto unfeigned love of the brethren, see that ye love one another with a pure heart fervently:

Our love for one another allows others to know that we are one of His disciples.

John 13:35

³⁵ By this shall all men know that ye are my disciples, if ye have love one to another.

Not only are we to walk with lowliness, meekness and with longsuffering and forbearance but also:

4. WE ARE TO WALK ENDEAVORING TO KEEP THE UNITY OF THE SPIRIT IN THE BOND OF PEACE (VS. 3)

Ephesians 4:3

³ Endeavouring to keep the unity of the Spirit in the bond of peace.

Endeavor means to put forth an effort with urgency; to exert physical strength or intellectual power to achieve a goal.

We have an obligation to help hold the unity of the Spirit of God wherever we are:

- In Our Marriage
- In Our Families
- In Our Church

Psalm 133:1

¹ Behold, how good and how pleasant it is for brethren to dwell together in unity!

It takes special endeavoring to work in every area of our life.

Note:

James 3:13-18

¹³ Who is a wise man and endued with knowledge among you? let him shew out of a good conversation his works with meekness of wisdom. ¹⁴ But if ye have bitter envying and strife in your hearts, glory not, and lie not against the truth. ¹⁵ This wisdom descendeth not from above, but is earthly, sensual, devilish. ¹⁶ For where envying and strife is, there is confusion and every

evil work. ¹⁷ But the wisdom that is from above is first pure, then peaceable, gentle, and easy to be intreated, full of mercy and good fruits, without partiality, and without hypocrisy. ¹⁸ And the fruit of righteousness is sown in peace of them that make peace.

James 4:1

¹ From whence come wars and fightings among you? come they not hence, even of your lusts that war in your members?

Someone once said, "If a man cannot get along with God, he won't be able to get along with anyone else."

Colossians 3:15

¹⁵ And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful.

The key to our walk is found in Galatians 5:16.

Galatians 5:16

¹⁶ This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.

Close:

Are we walking the worthy walk? Are we walking with God daily? Are we setting the example to others of how Christians are to walk?