Ephesians 4:1-7 From Principle to Practice

Vs.1- "therefore"- this word marks the transition from doctrine to duty
(Paul spent the 1st half of this book reminding his readers of the grace that's been revealed, the new life in a believer, and one's divine calling)
-"prisoner"- Paul isn't seeking sympathy but declares acceptance of his current situation
(Paul uses this term to also remind them that a faithful walk could be costly)
-"walk"- this term refers to a daily activity and conduct (a manner of life)
-"worthy"- this is living to match one's position in Christ
-"vocation"- (klesis) an invitation
*Paul is saying- "since grace has been revealed and you have a new life in Jesus, your life should reflect that"

Vs.2- "lowliness"-(tapeinophrosune) having a humble opinion of oneself, modesty
-"meekness"-(prautes) a mild disposition, gentleness of spirit
-"longsuffering"-(makrothumia) patience, a slowness to avenge wrong doings
Truth- longsuffering is an outgrowth of lowliness and patience
-"forbearing one another"- to hold each other up, to strengthen or to encourage rather than to tear down
-"love"- this is what is needed in order to forbear one another
Truth- when one shows none of these characteristics, it means there's no love in them

Vs.3- "Endeavoring"- (spoudazo) to be diligent, to give a persistent effort
-"of the Spirit"- this means that it is given to us by Him
(this unity is that of affection, confidence, and love)
Truth- factions and cliques within a body of believers are NOT of God
-"bond of peace"- this peace with God leads to peace with one another
(this is the unifying bond that holds it all together- Prov.16:7, Gal.5:22, Eph.2:14)

Vs.4- this is Paul giving practical realities of unity (unity means a singleness)
-"one body"- this church is a living organism composed of living members ("quickened"-2:1)
*the body has many members but only one head- Christ (Col.1:18)
-"one Spirit"- the Holy Spirit is the life and breath of the body ("Spirit"-(pneuma) wind, breath, or spirit)
(the Holy Spirit is an instrument in the regeneration of each member and He maintains that vital connection of each member to other members and the connection to the Head)
-"called in one hope"- the meaning of Paul's words here is that no matter if one is a Jew or Gentile, that are invited and saved by the same grace and given the same hope

Vs.5- "one Lord"- (kurios) the possessor and disposer of all things, the owner
(a term given to a master in which servants salute and revere)
*James Hudson Taylor- "If He is not Lord of all, then He's not Lord at all"
-"one faith"- salvation is the single persuasion that Jesus is the Messiah and Savior and that His death met the demands of God's justice and mankind is pardoned through His sacrifice
-"one baptism"- this is referring to the baptism of the Holy Spirit as He immerses each new believer into the body of Christ (I Cor.12:12-13)

Vs.6-"one God and Father of all"- this is the most basic doctrine of all Scripture
*it does not indicate universalism, but the mere fact that God is the One True God FOR all
-"above all"- this speaks of His sovereign power and absolute Authority
-"through all"- (dia) used of time (it implies to the truth of God being eternal- no beginning and no end)
-"in you all"- His indwelling presence inside each believer
Truth- He is sovereign, eternal, and dwells in His people (His body and His temple-2:12-22)

Vs.7- Paul now begins to move from the unity of believers to the uniqueness of each believer
-"grace"- grace is the reason anything is given to us by God
Truth- He is the God of grace because He is the One Who freely gives
-"according to the measure"- each believer has a unique spiritual gift that God individually portions out according to His Will and design
*What Paul is saying- If God has given the gift to preach, He will supply the amount of grace needed
(same with teaching, singing, evangelism, prayer, encouraging, etc.)