Ephesians 4:1-2 - 1 I, therefore, the prisoner of the Lord, entreat you to walk in a manner worthy of the calling with which you have been called, 2 with all humility and gentleness, with patience, showing forbearance to one another in love, 3 being diligent to preserve the unity of the Spirit in the bond of peace. NASB

A. I, therefore, the prisoner of the Lord, entreat you to walk in a manner worthy— Here the apostle shifts from doctrinal instruction about our position in Christ to clear instruction about our practice. He begins a series of very practical and precise exhortations to Christian living. Here it is to “walk in a manner worthy of your calling.” The term walk here means “live.” So here it is to “live in a worthy manner,” and that, equivalent to the “calling” you have received. This is a theme in Paul’s writings, that is to exhort Christians to holy living.

Philippians 1:27 - 27 Only conduct yourselves in a manner worthy of the gospel of Christ; so that whether I come and see you or remain absent, I may hear of you that you are standing firm in one spirit, with one mind striving together for the faith of the gospel; NASB

Colossians 1:10 -10 so that you may walk in a manner worthy of the Lord, to please Him in all respects, bearing fruit in every good work and increasing in the knowledge of God; NASB

B. of the calling with which you have been called - The term calling is a term used to speak of that part of salvation wherein God “calls” us. It is a unique expression identifying God as the caller and us as the responder. This term is used many places by Paul to describe the invitation of God to salvation. Calling in Ro 11:29; 1Co 1:22-26; Eph 1:18; 4:1,4; Php 3:14; 2Th 1:11; 2Ti 1:9; Heb 3:1; 2Pe 1:10. In each of these places the term is used to emphasize God’s sovereign grace in disposing this calling to those who believe. All who come to a saving knowledge of Christ come by the “calling of God,” thus the term “effectual calling.” The calling of God is effectual unto salvation. Calling is the invitation, regeneration is the means by which one is given the free gift of grace to repent and believe the Gospel. Thus, all those who are effectually called, are saved (Rom 8:30). This effectual calling can also be seen in John 6:44,64-65, Acts 13:48, 16:14, 1 Cor 2:12, 3:6-7, 2 Cor 4:6, Phil 1:29, Jer 24:7, Eze 36:26-27, 2 Tim 2:24-25.

Romans 8:28-30 - 28 And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose. 29 For whom He foreknew, He also predestined to become conformed to the image of His Son, that He might be the first-born among many brethren; 30 and whom He predestined, these He also called; and whom He called, these He also justified; and whom He justified, these He also glorified. NASB

C. with all humility and gentleness, with patience, showing forbearance to one another in love – Here are Christian virtues to be sought after and cherished. In these we see the perfect character of Christ, who was humble and gentle and patiently forbearing in love. What a beautiful expression to describe God’s character! But here now we Christians are to possess and exercise the very character of God. This would be living in a manner worthy of God, to live like Him and walk as He walked.

1 John 2:6 - the one who says he abides in Him ought himself to walk in the same manner as He walked. NASB

Here then is how we live. This is to be our attitude and character, and in this context, how we are to behave toward one another.

Humility – Lowliness of mind, bowed down, submissive, meek, esteeming others more highly than self. It does not demand undue self-depreciation but rather lowliness of self-estimation and freedom from vanity and self-exalting pride. Humility is the well spring from which all other virtues flow.

Gentleness – Mild disposition, tender and soft not strong, easiness, moderate.
Patience – Suffering without complaint, calmly enduring, not easily provoked, Showing forbearance in love – Exercising patience with others, enduring and bearing with, putting up with discomfort caused by others, this motivated by selfless concern

D. being diligent to preserve the unity of the Spirit in the bond of peace – Since God has reconciled us unto Himself and brought peace, and since Jew and Gentile are now one in Christ, we are to strive to keep that unity which we have already been afforded by the Spirit. We are to “be diligent” or “earnestly striving” to keep this unity. We have no need to create unity as we already posses it in Christ. We are to make every effort therefore to KEEP that unity which we already have, and this in the “bond of peace.” Since Christ is our peace (Eph 2:14), AND He lives in every Christian, then we are to live in that peace with one another which is already ours. We must therefore submit to one another to preserve this unity and peace.

Colossians 3:12-14 - 12 And so, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience; 13 bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you. 14 And beyond all these things put on love, which is the perfect bond of unity. NASB

Ephesians 4:4-5 - 4 There is one body and one Spirit, just as also you were called in one hope of your calling; 5 one Lord, one faith, one baptism, 6 one God and Father of all who is over all and through all and in all. NASB

A. Here Paul describes our unity pointing out the many facets of it. Each of these points of unity are shared by every true Christian. It is therefore these things which are our common bond of being united together in them.

one body - We are all members of the one body of Christ, united together by our salvation which was purchased by Christ. We are members together in the family of God.

one Spirit – We are all united by the indwelling presence of the Holy Spirit. Every true Christian is the temple of God and united with all other Christians having been born again by the Holy Spirit by whom we received the very nature and life of God in our souls.

one hope of your calling – We are all united by the hope which we have of our eternal existence in heaven with God, and the benefits of future grace which God will grant to us in facing all the trials and sufferings of this life. We are united together in the hope of our being transformed into the perfect likeness of Christ, progressively now and completely at the resurrection. We are all united in the hope of seeing God and receiving our eternal inheritance of the surpassing riches of His kingdom and grace.

one Lord – We are all united in our submission to the Lord Jesus as our Master and King. By His power, we voluntarily submit our wills to Him for obedience and recognize His commandments and good Word as authoritative and to be fully adhered to. Every true Christian has this witness in himself/herself – Jesus Christ is Lord!

one faith – We are all united in the belief of Christ’s deity and teachings, the teachings of the apostles, and also in the common conviction of agreement with the whole counsel of God expressed in His Word, the bible. The nature of this faith is the same in every true Christian.
**one baptism** – We are all united in the fact that we received Christ publicly by identifying with Him in His death, burial and resurrection in the ordinance of Baptism. Every true Christian has been publicly baptized to give profession of their faith.

B. one God and Father of all who is over all and through all and in all – Here our Christian **unity is illuminated in the object of our faith.** We worship and serve the ONE true and living God who alone is God, triune in nature, and Father to all who have been adopted into His family. This in contrast to the Ephesians former “many gods,” whose attention would have brought into disunity by many different objects of worship. But the Christians have unity in that they all behold the ONE who is **“over all”** (Sovereign and supreme), and **“through all”** (Omnipresent and Providential), and **“in all”** (indwelling every Christian).

> 2 Corinthians 6:16 - 16 Or what agreement has the temple of God with idols? For we are the temple of the living God; just as God said, "I will dwell in them and walk among them; And I will be their God, and they shall be My people. NASB