

## **Ephesians 4: 1-16**

### **Walking Worthy of our Calling by maintaining unity & maturing in Christ**

#### **Recap**

#### **1. Paul urges the believers to walk worthy of their calling by maintaining the unity of the Spirit (v1-6)**

a. Maintaining the unity of the Spirit

b. Maintaining this unity practically through exercising the four virtues

#### **2. Christ has given us gifts to equip and build up the body in maturity (v7-v16)**

a. Christ has given us grace and gifts (v7-11)

b. These gifts are given to build up the body in maturity (v12-16)

#### **Conclusion**

#### **Think/Reflect**

1. How am I exercising these four virtues and walking worthy of my calling so as to maintain unity in Christ?
2. How am I doing my part to edify the body of Christ and help it grow?
3. For those who are involved in teaching the word, does our teaching build up the learners to serve? How can we ensure that it does?