

Ephesians 4:1 *I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called,*

The first three chapters of the book of Ephesians are doctrinal and speak of our position in Christ. It is through God's grace and what He has done for us that now we can respond by faith. Paul is now moving into the practical side in the last three chapters that discuss how to walk out the Christian life now that we have been empowered through His spirit in us. Grace is the root of salvation and faith is the fruit. Many people think it is their faith that makes God move but faith is simply our response to what God has already done.

We should now walk worthy since God has done His part and equipped us but how? When we are filled with the knowledge of God's will we are able to walk worthy of our calling and bear fruit for every good work (Col 1:9). We do not have a faith, finance, or joy problem. Every problem we have goes back to our knowledge. In the next chapter Paul admonishes us to not be ignorant concerning the Lord's will (Eph 5:17).

The Greek Word for beseech is *parakaleō* and means to beg, admonish, or exhort. The apostle Paul is emphasizing the importance of the response to all God has done on our behalf.

Ephesians 4:2 *with all lowliness and gentleness, with longsuffering, bearing with one another in love,*

Here again, Paul says how to walk worthy and it is with all lowliness and meekness. Another of Paul's greatest themes is love. The entire Bible is founded on love. There are different types of love mentioned in the Bible. In this verse the word love in Greek is *agape* and is referring to God's kind of love that puts another's wellbeing before their own. *Phileo* is another word used for love in the Greek and is based off feelings. In many of Paul's letters we can see him operating in *agape* love and putting others above his own desires. In the book of Philippians, the apostle Paul had a choice to stay or go and be with the Lord but he chooses to stay to advance the gospel (Phil 1:22-24). Jesus is the highest example of *agape* love. His desire to do His Father's will at the expense of His own life is something we should all aim towards (Jn 15:13).

Ephesians 4:3 *endeavoring to keep the unity of the Spirit in the bond of peace.*

The Greek word for endeavoring is *spoudazō* and means to be diligent or to exert one's self. Keeping unity is not passive and does not happen automatically. We must be diligent and intentional with keeping unity.

Ephesians 4:4 *There is one body and one Spirit, just as you were called in one hope of your calling;*

Paul just spoke about unity and list seven ways that the body of Christ is united. We were all baptized into one body which is the body of Christ (1 Cor 12:13). We should have more in common than not.

Ephesians 4:5 *one Lord, one faith, one baptism;*

There is only one Lord who is Jesus. Every person will confess Jesus as Lord at some point (Phil 2:11). The ones who confess Him as Lord during their life time on earth, receive salvation and all its benefits. Those that will confess Him as Lord after this life will be too late. We may as well confess Him as Lord now and reap the benefits.

This verse says there is one baptism but Hebrews 6:2 states that there are multiple baptisms. Paul here is speaking of the baptism of salvation which is where the Holy Spirit does the recreative work and baptizes

us into the body of Christ. There are multiple baptisms such as the baptism of the Holy Spirit (Jn 1:33) or water baptism. Some will say they are of the Baptist faith or the Catholic faith. This is not scriptural; we are all one in Christ.

Ephesians 4:6 *one God and Father of all, who is above all, and through all, and in you all.*

God is above all, through all, and here says *in* you all. Our unity should be seen to unbelievers and it is through God's supernatural power in us that empowers us walk in unity towards all.

Ephesians 4:7 *But to each one of us grace was given according to the measure of Christ's gift.*

We all have a saving grace available to us but there is a grace given within the body with different gifts. Within the church, God gives a grace and appoints some into offices for the equipping of the saints (Eph 4:11).

Grace is something that is given, not earned. In the previous chapter, Paul mentions the grace of God being given three separate times (Eph 3:2,7,8). Paul mentioning this four times in the last two chapters signifies the importance of comprehending that our walk with God and others is dependent upon understanding the Grace that was given to us.

Ephesians 4:8 *Therefore He says: "when He ascended on high, He led captivity captive, and gave gifts to men."*

Jesus rose from the dead victorious having borne the sins for the entire human race and now anyone who puts faith in Jesus has had their debt of sins paid for and are now forgiven.

What does it mean that He led captivity captive? Before Jesus rose from the dead, Old Testament saints could not go straight into the presence of God because the payment for sins had not yet been purchased. In the Old Testament, there was a place called sheol and there was a great gulf fixed between that separated the righteous from the unrighteous (Lk 16:19). When an Old Testament saint would die, they would go to sheol but into the side where the believers would go. The saints were still not in the presence of God, therefore in a sense they were still captive. Jesus renovated sheol and the only thing left now is hell.

Paradise no longer exists, the only thing left is Heaven.

Ephesians 4:9 *(Now this, "He ascended"—what does it mean but that He also first descended into the lower parts of the earth?*

To not believe that Jesus rose from the dead is to say He did not accomplish the payment for sins and that is the very bases of our foundation for salvation (Rom 10:9-10). If Jesus did not rise from the dead then our sins have not yet been paid for and we are still dead in our sins and children of the devil. To think that we have to do penance and beg for forgiveness is to say we are descending into the lower parts and Christ did not go to hell on our behalf; this makes Christ of none affect (Gal 5:2).

Ephesians 4:10 *He who descended is also the One who ascended far above all the heavens, that He might fill all things.*)

Jesus went to hell on our behalf. We were in debt to God and the wages of sin is death (Rom 6:23). God was not satisfied with us being separated from Him but we could not save ourselves so He sent Jesus.

Jesus became sin thus satisfying God's wrath (Is 54:11) and provides salvation to the whole world. It is those who put faith in Jesus rising from the dead victorious who are saved.

When Jesus rose from the dead and ascended to the Father, when we put faith in Jesus we too rise from the dead (our spirit man) and the old man before we were born again dies (Rom 6:6). In verses 17-32 of this chapter Paul writes how our walk should be now that we have been born again and been made alive.

Ephesians 4:11 And He Himself gave some *to be* apostles, some prophets, some evangelists, and some pastors and teachers,

The gifts spoken of that Jesus gave to the church that are mentioned in Ephesians 4:8 are listed in this verse as the fivefold ministry. These are ministry offices that the Lord appoints certain people to. The word some is the key word and we should not appoint ourselves to these positions. Apostles, prophets, evangelist, pastors and teachers are all listed as the fivefold ministry. Everyone is called to evangelize, and all can prophesy but not have the gift in the fivefold ministry of an evangelist or prophet. These ministry gifts were giving for the body of Christ.

We all have a grace and some have a grace in the fivefold ministry. It is important to not press beyond our measure and only do what God has assigned us to. All are born original and we should not try to become a copy.

Ephesians 4:12 *for the equipping of the saints for the work of ministry, for the edifying of the body of Christ,*

The reason the Lord gave these ministry gifts to the church are listed in this verse. First, for the equipping of the saints and secondly for the edifying of the body of Christ. These offices were to equip the saints not whoop them. Many leaders operating in these positions are preaching wrath and rejection from the Lord. Messages like that are not the gospel.

Ephesians 4:13 *till we all come to the unity of the faith and of the knowledge of the Son of God, to a perfect man, to the measure of the stature of the fullness of Christ;*

How long will we need to fivefold ministry? Until we all grow up.

Ephesians 4:14 *that we should no longer be children, tossed to and fro and carried about with every wind of doctrine, by the trickery of men, in the cunning craftiness of deceitful plotting,*

The Greek word children in this verse is nepios and is referring to an immature Christian. A child is extremely gullible and very naive. It is very easy to lure a child into doing something through deceiving them. The way a Christian is taken captive is through philosophy and vain deceit (Col 2:8). It is what the enemy did with Adam. To keep from being deceived we must be established in truth. God's word is truth (Jn 17:17) and that will keep us from being carried away by false doctrine, the trickery of men, and the cunning craftiness of deceitful plotting.

This same Greek word for children was also used in Galatians 4:1 and Hebrews 5:13. It is referring to someone who is not skillful in the word of righteousness and relates to God based off their works and not Jesus finished works.

Ephesians 4:15 *but, speaking the truth in love, may grow up in all things into Him who is the head—Christ—*

The life of Jesus was ministering to people by speaking the truth in love. It is love to tell someone the truth. A mature believer will not shy away from speaking the truth even at the expense of being persecuted. It is the goodness of God that leads man to repentance (Rom 2:4). Ministers today are using fear to convict and change people. This may have some effect but there is a side effect which is fear (1 Jn 4:18). Ministers today do not believe love is strong enough to draw people to the Lord. Jesus came to seek and save that which was lost (Lk 19:10) not push them away.

A person can speak the truth and it not be in love but you can never speak love and there not be truth because when you love someone you tell them the truth.

Eph 4:16 *from whom the whole body, joined and knit together by what every joint supplies, according to the effective working by which every part does its share, causes growth of the body for the edifying of itself in love.*

This is a beautiful picture of how the body of Christ has different functions but all work together as one. One part is not more important than another and all are necessary.

A clock as a whole has different working functions but many people do not see or notice the hand for the seconds. However, this part of the clock is just as vital as the hands that are more visible. Likewise, in the church there are those that are visible and those that are not, all are essential and important. No one person can fulfill all things.

Ephesians 4:17 *This I say, therefore, and testify in the Lord, that you should no longer walk as the rest of the Gentiles walk, in the futility of their mind,*

This entire chapter Paul is speaking of how a believer should live now that they have been empowered to do so. Paul is addressing those in Ephesus that are born again and stating that there should be a response that is evident that we are different than the world (Jn 15:19). The word walk in Greek is peripateo and means to live. Now that we are born again with the spirit of God in us, we should not be living like someone who is not born again.

Gentiles in this verse is referring to someone outside of covenant with God. This verse says that Gentiles walk or live in a certain manner; and it is in the vanity of their minds. The Greek word for vanity is mataiotēs and means something that is devoid of truth and appropriateness. Anytime our mind has moved off the word of God which is truth (Jn 17:17) and unto anything other we are in dangerous place.

Ephesians 4:18 *having their understanding darkened, being alienated from the life of God, because of the ignorance that is in them, because of the blindness of their heart;*

Anyone who has not been born again has been separated from God. A believer who is ignorant and blind is in their heart has the life of God but we hinder the flow of it from being released. The Greek word for alienated is apallotrioō and figuratively means to be a nonparticipant. We remove ourselves from participating in God's life in us when we live as a person who does not have a Covenant with God.

Every house has a power company that produces power to it. If a homeowner decided to not pay their bill the homeowner cut themselves off from the power flow. The moment the homeowner pays their bill the power will continue to flow. It is dependent on the homeowner not that power company on if the

homeowner will ever experience what has already been provided. Likewise, when we guard our hearts from ignorance and unbelief, we allow God's power to flow through us.

Ephesians 4:19 *who, being past feeling, have given themselves over to lewdness, to work all uncleanness with greediness.*

These people are led by and have given themselves over to feelings. As a believer, God gave us feelings and they are not bad but they should not dominate or rule our lives. Feelings are not our compass; the Word of God is.

A pilot may feel they are traveling straight but they may actually be going down if they are not ruled by their control system. If a pilot is led by what they feel they can potentially crash. Likewise, a believer will crash if they are not ruled by their control system which is the Word of God.

Ephesians 4:20 *But you have not so learned Christ,*

The Greek word for learned is *manthanō* and is referring to a person that increases in knowledge. Grace and peace is multiplied through the knowledge of a person, not a doctrine (2 Peter 1:2). The apostle Paul said, "I know in whom I believe" (2 Tim 1:12).

Grace will move you from religion to relationship, from doctrine to getting to know your daddy, and from principles and practices to the person of Jesus.

Ephesians 4:21 *if indeed you have heard Him and have been taught by Him, as the truth is in Jesus:*

This verse says we heard Him, have been taught by Him, and the truth is in Him. The entire Bible is centered toward Jesus. Our new man is identical to Jesus and it is important to see who we are now in Christ.

Ephesians 4:22 *that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts,*

We were all born into this world with a sin nature and death reigned upon all men because of Adam. Prior to receiving Jesus and being born again our old man released attributes that are listed in verse 25-31. We are to put off all these things because that old man is dead (Rom 6:3).

Putting off something is similar to taking off clothes. When we receive a new job and a promotion, we need to put off the former attire from the old workplace. We are no longer employed there anymore and likewise we are no longer employed with the kingdom of darkness; it's time we act like it.

Ephesians 4:23 *and be renewed in the spirit of your mind,*

After the old man died when we believed on Jesus, he left behind an unrenewed mind. We are a three-part being (1 Thess 5:23) and our spirits are perfect now but our old sin nature left residue from the old man and it is up to us to renew our mind now to who we are in Christ now that we are born again.

Victory for the Christian takes place when their soul starts to agree with who they are in the spirit. If we want transformation it comes from renewing our mind to what God has already done (Rom 12:2).

Ephesians 4:24 *and that you put on the new man which was created according to God, in true righteousness and holiness.*

The new man is who we are now that we are born again (2 Cor 5:17). If a person does not like how they are when they are born, they should get born again and receive a brand-new identity in Christ.

The new man is referring to our spirit man that is now identical to Jesus (1 Cor 6:17). We must treat our old man like an enemy and see ourselves as new creations in Christ Jesus. This verse says we were created righteous and holy. We gave Jesus our sin and He gave us His righteousness. This means the moment we received salvation my spirit man was born righteous and holy and now my actions are a byproduct of who I am in the spirit.

Most people think if they become holy enough or do just the right amount of good deeds, they become holy. No amount of holiness we produce could ever measure up to God's standard of perfection (Mt 5:48) so we get Jesus' righteousness imputed unto at the new birth. I act right because it is an overflow on my new identity. I am not trying to become someone; my actions are a byproduct of who I am.

I am not feeding my children and bathing them to become a mother. I am a mother; therefore I feed and bath them.

Ephesians 4:25 *Therefore, putting away lying, "let each one of you speak truth with his neighbor," for we are members of one another.*

Therefore, implies what Paul is about to write is contingent on the previous verses. Why should we put away lying? Paul just explained how our old man acted a certain way but now that we have become new creatures, lying is not a part of our new nature.

A believer should put away what the old man produces; lying and put on the new man that desires to speak truth.

Ephesians 4:26 *"be angry, and do not sin": do not let the sun go down on your wrath,*

Be angry and do not sin is a command and most take this verse and use it at a wedding ceremony to say that we should not go to bed angry. This very verse commands us to be angry. Paul is not saying it is okay to be angry during daylight but at night we need to repent. Paul is speaking of a righteous anger that even Jesus walked in. Righteous indignation is an anger over something God would get angry about. As Christians, we should get angry that babies are being aborted.

We should never let the sun go down on our wrath meaning we should not be passive against the works of the enemy and always stay vigilant as he walks around seeking whom he may devour (1 Peter 5:8).

When the sun goes down it is in a position on the earth where light cannot be seen. We need to always been in a position where our light is shining and advancing against the kingdom of darkness.

Ephesians 4:27 *nor give place to the devil.*

We should not let our wrath go down and give place to the enemy. The word place in Greek is topos and means opportunity. How do we give the enemy opportunity? By not putting on the new man and seeing our identity in Christ we continue to walk in our old man and produce lying, stealing, and corrupt words. Another way we give place to the devil is through believing lies. The only ability the enemy has is deception.

Ephesians 4:28 *Let him who stole steal no longer, but rather let him labor, working with his hands what is good, that he may have something to give him who has need.*

2 Thessalonians 3:10 says, "If anyone will not work, neither shall he eat". The old man not only lied but stole. If we are born again and stealing, we do not know that the old man is dead and that is not who we are anymore. Paul's heart was always to give to the poor or those in need (Gal 2:10).

We should put off what the old man did which was steal, and put on the new man which gives.

Ephesians 4:29 *Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers.*

Most Christians would agree that lying and stealing are bad but Paul also adds in corrupt speaking. The word corrupt in Greek is *sapros* and means worthless. How many times have we used our words to speak against others instead of edifying them? The book of Proverbs is packed with verses on how our mouth produces life or death (Prv 16:24, 18:21, 21:23). Our words should be used to edify others or build them up.

We should put off the old man that spoke evil and put on the new man that speaks to edify and build up.

Ephesians 4:30 *And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.*

How can we grieve the Holy Spirit? By not putting on the new man and walking in our old ways; lying, stealing, letting unwholesome words come out of our mouth.

God is never angry at us (Is 54:9-10) but we can grieve the Holy Spirit. It is similar to a parent that has a child and the child may do something that the parent knows is not producing victory in their life. The parent is not mad at the child nor pushes that child away but the parent does yearn for that child to walk in the light so that they can experience victory.

Eph 4:31 *Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.*

Again, these are all attributes that the old man produced. God would never command us to not do something without first empowering us with His ability to do so.

Ephesians 4:32 *And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.*

Part of the fruit that the new man produces if we walk in the spirit and our new identity is being kind to others, tender hearted, and forgiving one another.

It is important to note that we are now able to forgive others because Christ has forgiven us. We now have the love of God shed abroad in our heart to do so (Rom 5:5). Many ministers take Matthew 6:14 and quote Jesus and say if we do not forgive then we won't be forgiven. Jesus had not yet paid for the sin of the entire world and offer forgiveness of sin to mankind. Thus, Jesus was speaking under a different covenant to people who had not yet received forgiveness of sins. It is important to understand context and covenants when reading the Bible (2 Tim 2:15). To say that for us to be forgiven we must forgive is putting salvation in our own hands and is contingent on us. Salvation is a free gift based off what Jesus

has done and not what we do (2 Tim 1:9). Once we receive Jesus and see how much we have been forgiven of, we will have no problem forgiving others. Matthew 6:14 was pre-cross and this verse here from Paul is written post cross. We cannot give something we do not already possess but we are now equipped to forgive others.

The Father not only forgave our sins but He also forgot about them (Heb 10:17).