

WALKING WITH JESUS A STUDY IN DISCIPLESHIP



— *Who we are in Christ as his people*



— *What we do in Christ as his disciples*

EPHESIANS 4

14 Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming.

15 Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.

16 From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

17 So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. 18 They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. 19 Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, and they are full of greed.

20 That, however, is not the way of life you learned 21 when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. 22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; 23 to be made new in the attitude of your minds; 24 and to put on the new self, created to be like God in true righteousness and holiness.

25 Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. 26 “In your anger do not sin”: Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold. 28 Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. 30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. 31 Get rid of all bitterness, rage and anger, brawling and slander,

9

— *Speak the truth in love (v. 15)*

31

— *Growing into a mature body (v. 15)*

10

— *Do not live in futile thinking (v. 17)*

11

— *Put off the old self to be made new-minded (vv. 22-23)*

12

— *Put on the new self of righteousness and holiness (v. 24)*

13

— *Put off falsehood, speaking truth (v. 25)*

14

— *Guard against anger (v. 26)*

15

— *Don't give the devil a foothold (v. 27)*

16

— *Don't steal, but work honestly (v. 28)*

17

— *Speak wholesomely, building others up (v. 29)*

18

— *Don't grieve the Spirit (v. 30)*

19

— *Get rid of bitterness, rage, slander, malice (v. 31)*

along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

EPHESIANS 5

1 Follow God's example, therefore, as dearly loved children 2 and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

3 But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people. 4 Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving. 5 For of this you can be sure: No immoral, impure or greedy person—such a person is an idolater—has any inheritance in the kingdom of Christ and of God. 6 Let no one deceive you with empty words, for because of such things God's wrath comes on those who are disobedient. 7 Therefore do not be partners with them.

8 For you were once darkness, but now you are light in the Lord. Live as children of light 9 (for the fruit of the light consists in all goodness, righteousness and truth) 10 and find out what pleases the Lord.

11 Have nothing to do with the fruitless deeds of darkness, but rather expose them. 12 It is shameful even to mention what the disobedient do in secret. 13 But everything exposed by the light becomes visible—and everything that is illuminated becomes a light. 14 This is why it is said:

“Wake up, sleeper,
rise from the dead,
and Christ will shine on you.”

15 Be very careful, then, how you live—not as unwise but as wise, 16 making the most of every opportunity, because the days are evil. 17 Therefore do not be foolish, but understand what the Lord's will is. 18 Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit, 19 speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, 20 always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

20—Be kind, compassionate, and forgiving (v. 32)

32—Forgiven (v. 32)

33—Dearly loved children (v. 1)

21—Follow God's example of love, in the way of Christ (vv. 1-2)

33—God's holy people (v. 3)

22—Steer clear of sexual immorality, impurity, greed, obscenity, foolish talk, coarse joking (vv. 3-4)

23—Be verbally thankful (v. 4)

24—Don't partner with the disobedient (vv. 6-7)

34—Light in the Lord (v. 8)

25—Find out what pleases God (vv. 10, 17)

26—Avoid fruitless deeds, even expose them (v. 11)

27—Live wisely, maximizing opportunities (v. 15)

28—Don't get drunk on wine, but be filled with the Spirit (v. 18)

29—Speak with psalms, hymns, and songs from the Spirit (v. 19)

30—Give thanks for everything (v. 20)

“Paul doesn't see these hymns and songs as simply decorative, a pleasant aural embroidery around Christian faith and practice. Singing, whether aloud or in your heart, was, he thought, an excellent way of actually practicing the faith. If you don't want your garden to grow weeds, one of the best ways is to keep it well stocked with strong, sturdy flowers and shrubs. If you don't want your mind and heart to go wandering off into the realms of darkness, one of the best ways is to keep them well stocked with wise and thankful themes, so that words of comfort, guidance and good judgment come bubbling up unbidden from the memory and the subconscious.” -N.T. Wright