

A worthy life

From reading in Ephesians

Before worship

Greetings

- Happy B/D to Dustin
- Happy anniversary (tomorrow) to Jason and April

Communion instructions

- Communion elements in the pew where you're sitting
- We will take them together after the message
- Return trash to the plastic bag, and throw it away

Encouragement from Missy

- Allow her to read

Introduction

- Reading Ephesians
- Tom has brought a series of promises
- Want to encapsulate some of the teaching we've been reading through

What we are called to do (4:1)

Eph 4:1 (NIV) (1) *As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received.*

Prisoner

- Prisoner of the Lord - Paul is in prison
- Life doesn't always turn out as you might think
- Using his energy to build the body

Called

- This is our calling church - live a life worthy of the calling
- Note we weren't called b/c we were worthy
- Here today to celebrate communion - Jesus died for our sins!
- We didn't deserve it / can't earn it, **aren't worthy!**
- But - because of what he's done - we should ... *live up to that!*

What does that look like? (4:2-3)

Eph 4:2-3 (NIV) (2) *Be completely humble and gentle; be patient, bearing with one another in love. (3) Make every effort to keep the unity of the Spirit through the bond of peace.*

- To live a life worthy - we must live in love and unity with one another
- Patient, putting up with one another
- Humble
- Gentle
- Putting up with each other!
- The goal: Preserving unity
- **Thought:** see how the enemy is destroying the unity in America? *We cannot allow that in the church*
- *We must make every effort!*
- **John 13:34-35 (NIV)** (34) *"A new command I give you: Love one another. As I have loved you, so you must love one another. (35) By this all men will know that you are my disciples, if you love one another."*

How is it possible

It isn't in our own strength. We need the following

Be born again (4:4-6)

Eph 4:4-6 (NIV) (4) *There is one body and one Spirit--just as you were called to one hope when you were called-- (5) one Lord, one faith, one baptism; (6) one God and Father of all, who is over all and through all and in all.*

- This is the key - this passage is written to believers
- We must be born again
- The point of the message - how to live worthy, born again lives

- See:
 - **One Body** - we are either Christians (part of His body) or unbelievers. The body isn't divided based on race, political affiliation, etc. We are trying to find common ground - on the wrong things!
 - **One Spirit** - we have been led to Christ by the Spirit, and born again through the Spirit
 - **One Hope** - resurrection life through Jesus Christ
 - **One Lord** - we will all stand before Jesus and give account. *How well did you love?*
 - **One Faith** - that Jesus paid it all!
 - **One Baptism** - water baptism - public identification with the death, burial and resurrection of Jesus
 - **One God and Father of all** - one God. Only one!
- The more time we spend pursuing the Spirit, the closer we will draw.
- The enemy has drawn the body away from the Lord - and therefore away from one another!

Know His love (3:17b-19)

Eph 3:17-19 *(17) so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, (18) may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, (19) and to know this love that surpasses knowledge--that you may be filled to the measure of all the fullness of God.*

- I love studying Paul's prayers
- This one is my favorite!
- The key to living a worthy life is love. The key to living in love is knowing God's love!
- Then we will be filled
- Again today, at this table, we are reminded of that love!

Through the Spirit's power (3:16-17a, 4:11-13)

Strengthened by His power

Eph 3:16-17 *I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, (17) so that Christ may dwell in your hearts through faith.*

- We need the power of the Holy Spirit to live a worthy life
- Established in our faith
- This is under attack now!

Equipped through his gifts

Eph 4:11-13 *(11) It was he who gave some to be apostles, some to be prophets, some to be evangelists, and some to be pastors and teachers, (12) to prepare God's people for works of service, so that the body of Christ may be built up (13) until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.*

- The Spirit gives gifts to the body to build up the body
- We are to be prepared and built up
- The goal again is unity
- We must receive the Spirit through the ministry of others
- We are called to minister to others from what the Spirit gives us!

Choosing the Spirit daily (4:22-24)

Eph 4:22-24 *(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.*

- This is our part - get rid of the old nature

- Be made new in our attitude (by the Spirit)
- Put on the Holy Spirit's life!

Throw off

- Get rid of
- Put away
- Cast aside
- **Note:** We are the ones who are responsible for this
- When we see those things in our lives we have to take action
- That old nature ... *sinful nature and your former way of life, which is corrupted by lust and deception* is corrupted
- It will lead us to destruction (see **Gal 6:7-9 (NIV)** (7) *Do not be deceived: God cannot be mocked. A man reaps what he sows. (8) The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life. (9) Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.*)

Be renewed

- Our attitudes and thoughts must be renewed
- Meditate in the word
- Spend time memorizing it
- Our minds must be changed

Put on

- Daily choose to manifest the Spirit
- Not living for our flesh

Closing

- See how the Gentiles live **Eph 4:17-19 (NIV)** (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, with a continual lust for more.*
- We are called to live in the light - in contrast to them
- Light drives out darkness

Communion

1 Cor 11:23-26 (NIV) (23) *For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, (24) and when he had given thanks, he broke it and said, "This is my body, which is for you; do this in remembrance of me." (25) In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me." (26) For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes.*