

Ephesians 4:1–6 | “Walk the Walk”  
*Preached on August 3, 2025 by Pastor Matt Brown*

You can turn in your Bibles to Ephesians 4, verses 1–6 this morning, as we begin a new chapter of the book of Ephesians today. *[pauseeee]*

A common phrase that we say is to “walk the walk,” which is kind of a weird sounding phrase, if you think about it.

It isn’t even a complete sentence, yet it makes perfect sense to us. *[pause]*

We say that people should “walk the walk” all the time. *[pauseeee]*

If someone said that they were a fitness guru, but never worked out or ate right, we would say, “They need to walk the walk, not just talk the talk.” *[pause]*

If someone said that they loved dogs, yet didn’t have any dogs, and tried to avoid your dog when they came into your home, you’d question whether they were really a dog-lover. *[pause]*

Or if someone was all about saving the environment, but never recycled, used plastic bags at the grocery store, and more, you’d think that something was “off”. *[pauseeee]*

Likewise, if someone says that they are a pastor, we expect them to live like they are a pastor, and not be the rudest, meanest person you’ve ever met. *[pause]*

If someone was a police officer, we’d expect them to live by the law, and not always be skirting the law and telling you how to do it easier. *[pause]*

It’s just like how you probably wouldn’t trust a dentist with mangled teeth, or a doctor who smoked. *[pauseeee]*

We all know how important it is to “walk the walk,” that is, to line up how we live with our beliefs and our words.

So also, in our passage this morning, Paul calls us to “walk the walk” of the Christian life. *[pause]*

We are not to be hypocrites.

We are not to live differently than what we are, but we are to live in line with what Christ has done in our lives.

And so Paul will teach and remind us that we ought to ‘walk the walk’ of our high calling. *[pause]*

Listen to what he says. *[READ]*

*This morning, I’ll give you the main point up front as that’s what Paul does here, and it’s this...*

## Walk in a manner worthy of your calling!

“What does that even mean?” you might be asking yourself, and let me explain by working through verse 1. *[pause]*

When Paul uses the word “urge” here, it means to give a strong appeal or to exhort someone to do something.

So this is no emotionless, apathetic call to act, where it’s like, “If you guys want to, that would be great.”

Rather, it’s a strong appeal and exhortation to walk worthy of their calling. *[pauseeee]*

This teaches us that this is an important instruction, and should not be disregarded.

This is not an instruction that you should be indifferent to, but an instruction that you should earnestly heed. *[pauseeeee]*

Too often, American Christians can be indifferent to the teachings of Scripture in regards to how they ought to live.

But that ought not be—this is God’s Word, and this is God’s apostle calling us to live a certain way, but will we do it? *[pauseeeee]*

Speaking of living a certain way, that’s really what ‘to walk’ here means.

The Bible often uses the term ‘walk’ to speak of one’s way of life. *[pause]*

So the way you “walk” is the way that you conduct your life, it’s your lifestyle, your way of life.

Therefore, this isn’t speaking about *one* action that you do on *one* day, but the overall way that you live. *[pauseeee]*

You see, the Bible is concerned with how we live.

It doesn’t merely give high-up, vague, abstract ideas, but it brings it down to *today*. *[pause]*

It is concerned with how you live on a day-to-day basis, how you speak, how you act, what you do. *[pauseeee]*

For those whose faith doesn’t touch how you live, you have ignored the Bible’s clear and plain teaching.

Christianity isn’t about putting on a show, it’s not about mere rituals and going through the motions, but it ought to transform how we live *today*. *[pause]*

Whether we are in a church building, at the workplace, at the grocery store, or at home—God’s Word ought to be reflected in our living, thinking, speaking, and doing. *[pauseeee]*

Does the Bible direct how you live your life on a daily basis, or is there some sort of disconnect there? *[pauseeee]*

So we are urged to walk, that is, we are exhorted to live a certain way, but what is it?...

We are “to walk in a manner worthy of the calling to which you have been called.” *[pauseeee]*

To walk in a manner worthy of something is to live in a way that is appropriate, proper, and fitting to your high status. *[pause]*

I’ll dive deeper into this a little later, but for now, know that there is conduct and a way of life that is expected of us and that is befitting for us as Christians. *[pauseeee]*

God truly cares about how we live, and so we should strive after living in a way that He desires and that pleases Him. *[pause]*

We are certainly saved, forgiven, and justified in Christ, but that doesn’t mean we should just sit back and say, “OK, I’m good. I’m going to cruise until Heaven now.” *[pause]*

We don’t say, “God doesn’t care about how I live, He just cares that I trusted in Jesus,” for that is neglecting what Scripture teaches. *[pauseeee]*

So the “what” of we are called to do is to live in a way that lines up with our calling, but now the question is “why?”

*Let’s go there next...why should we walk in a certain manner?...*

### **I. Why? You have a new identity!**

Motivations direct our actions—they are what lead us to do things. *[pause]*

We all do things for a reason, we aren’t robots responding to a command prompt...

People work at a job to pay the bills, or for some older people, to stay active. *[pause]*

People read to relax or to gain knowledge, or both.

So also, the Christian life is driven by motivations, but what *should be* our motivations to live in a way worthy of our calling? *[pause]*

First, a key is the word “therefore” at the beginning of verse 1...

To say “therefore” is to say, “Based on what I just said, so now do this.” *[pause]*

So Paul is grounding how we live our lives on all of the high theology that he just unpacked. *[pause]*

This reflects the truth that doctrine comes before practice, the declarative before the imperative.

We live for the Lord because of what the Lord has done for us. *[pauseeee]*

The Bible doesn't just jump right in, and say right off the bat, "Live this way," but it explains what God has done, and then says, "Based on the grace of God, so now live for Him!" *[pause]*

So we don't live holy lives in order to gain His favor, but we have His favor, and now we are to strive to live in light of it. *[pauseeee]*

I remember growing up, and not often hearing this connection.

It was all about the "do's and don't's" (which are important, for it's what we are talking about today), but those teachings weren't grounded in the work of Christ for us. *[pauseeee]*

So why should we walk in a manner worthy of our calling? Because of all that was said in Ephesians 1–3! *[pause]*

We have been blessed in Christ with every spiritual blessing!

We have been chosen, predestined in love, adopted, redeemed, and forgiven through the blood of Christ. *[pause]*

The riches of God's grace have been lavished upon us.

We have the Holy Spirit, an inheritance, and a sure hope. *[pause]*

We have been raised and seated with Christ in the heavenly places.

The immeasurable greatness of His power has been directed toward us who believe. *[pause]*

We were once dead, but He has made us alive!

We once were children of wrath, but now we are children of the Father. *[pauseeee]*

We are undeserving recipients of mercy, love, and grace, for we have been saved by grace through faith, and not by works.

Yet that's not all, for He has brought us near, who were once far off and without hope in this world.

And He not only brought us near, but brought us together to be one in Christ—He is our peace! *[pauseee]*

Members of the household of God, we are now together, and the dwelling place of God by the Spirit.

We can go to the Father, and receive strength.

And Christ dwells in our hearts, and we can know His deep love, which surpasses knowledge.  
[pause]

May God be praised and glorified for all that He has done for and in us! [pauseeee]

This is why we *live* for Him!

We live for Him, for how could we not, knowing everything that He has done for us in the past, what He gives us today, and what He will do for us in the future. [pauseeee]

We are glad receivers of great grace, so our hearts burst with praise and our feet walk in His ways.

We can't help but want to please our Father, who has done so much for us! [pauseeee]

Is that your motivation for living for the Lord? [pause]

Other motivations will fall short, time and time again. [pauseeee]

If you are only driven by guilt, then you won't *gladly* live for Him. [pause]

If you are driven by wanting to look good in front of others, then you won't *genuinely* live for Him, but the grace of God drives us to glad and genuine lives of godliness. [pauseeee]

So we live godly lives because of God's grace, that's why Paul says, "therefore," right here in verse 1, but this motivation is also found in the idea of our calling. [pause]

Paul says "to walk in a manner worthy of *the calling* to which you have been called." [pauseeee]

Now what is the "calling to which you have been called"?

Well 'to be called' is for someone to take the initiative to reach out to you for a purpose—they are calling out to you because they want you for some reason.

So 'to be called' is to be a recipient of an invitation, but it can have the meaning of being summoned by someone higher up than you, too. [pauseeee]

If you were summoned by the government to be a juror, then you have been called to be a juror.

So also, God takes the initiative to reach out to us with a gracious invitation to be His, but it's more than a mere invitation, for Romans tells us that...

"Those whom he predestined he also *called*, and those whom he *called* he also justified, and those whom he justified he also glorified."<sup>1</sup> [pause]

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<sup>1</sup> Romans 8:30.

So to be ‘a called one’ is to be one whom God has chosen to be His and so we respond in faith to His call and we become His. *[pauseeee]*

Every true Christian is a person called to be God’s. *[pause]*

We have been called by the will of God into a relationship with Him. *[pauseeee]*

Imagine the privilege and honor it would be if someone high up in the government said, “I want you for this task.”

Now just think how much more amazing it is to know that our calling is like God saying to you, “I want you to be mine.” *[pause]*

We have been summoned by God Himself to be one of His people—what an honor and privilege!

He has completely changed our identity, for we are His people, His children, the blessed in Christ.

So now we ought to walk in a manner worthy of that high calling! *[pauseeeee]*

Do you live as though you were called to be the Lord’s, and called to be a recipient of blessing, life, hope, and forgiveness? *[pause]*

The ones called to be God’s are called to be holy, so we live in a way that is fitting of one called.

Essentially, Paul is saying, “Be who you are! Live in light of your identity! Act like the child of God that you are!” *[pauseeee]*

Let’s say that you adopted a child who was 4 years old—it was truly official—they are considered your child.

But let’s say that they kept acting like you were a stranger for a couple years, wouldn’t you seek to change that? *[pause]*

You’d say...“You are my child now, I want you to live like you are my son...”

You can eat my food, you can sleep in the bed I provided, you can come to me with anything at any time, and I will love you no matter what.” *[pause]*

So also, God wants us to live like we are His, and that means that our lives should reflect being His. *[pauseeee]*

Many times those who profess Christ don’t think this way. *[pause]*

I’m afraid too many people live as though their faith was a mere to-do list item that needs to be checked off...

Like having to go to the grocery store, some people act like their faith is like that. *[pause]*

They know they ought to go church, and so they go, and then feel good about the mere act of getting it done. *[pause]*

“Now,” they think, “I can go on to the next thing,” but that’s not what our faith is to be!

Our lives have been radically changed, transformed, altered, and revamped by Christ. *[pause]*

We have a completely new identity, and so we must live in line with that new identity. *[pauseeee]*

We don’t seek to live differently based on the fact that everyone else is doing it, so we must fit in. *[pause]*

We don’t seek to live differently because it’s the cultural thing to do. *[pause]*

We don’t do it out of mere guilt or anything else like that.

We live differently because we have a completely new identity—we have been called by God Almighty and what an amazing calling that is! *[pauseeeee]*

What are your motivations for living for the Lord? *[pause]*

Is it just to look good in front of others?

Is it only because you feel guilty, if you don’t?

Is it just because you have always done so, or because it’s expected culturally or socially?  
*[pause]*

Or is it genuinely because you stand in awe, love, and gratitude for what God has done and what He has made you? *[pauseeeee]*

Based on our new identity and how God gives us all that we need, so therefore, live for Him.  
*[pauseeee]*

Now the question that remains is this—what does this manner worthy of the Lord look like?  
*[pause]*

*Certainly we know that it’s going to reflect our holy God, but how exactly can we live this out together?...*

## **II. How? With humility, love, and unity.**

We all like it when things get down to the *specifics*. *[pause]*

It’s nice to hear about some new product and generally what it can do, but eventually you want to know specifically what it can do. *[pause]*

When you get a new job, you hear all about the general duties that you will be doing, but once you start, you want to know what specifically you will be doing on a daily basis. *[pauseee]*

Isn't it encouraging to know that God doesn't leave things in generalities, but tells us specifically what living for Him looks like? *[pause]*

We are not left wondering, "What does it look like to walk in a manner worthy of my calling?" but we are told here. *[pauseee]*

We are to walk in a manner worthy, and verses 2–3 add how we do this...

"With all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace." *[pauseeee]*

A couple things to note before we get into the listed items...

First, if you look at what is said here, there is nothing super complex, but it's all very simple and straightforward. *[pause]*

Paul isn't calling us to all do flips, handstands, or some other crazy act that needs tons of skill to accomplish. *[pause]*

He isn't calling us to all know rocket science or be able to solve a rubik's cube in less than 30 seconds.

He's calling us to basic godliness. *[pause]*

Yet though these things are basic, simple and straightforward doesn't mean they are *easy*. *[pause]*

They may be simple to understand, yet they are hard to do. *[pause]*

Patience is uncomplicated, but it's difficult...

A child knows what patience is, so you don't have to spend years explaining what it means, but after a lifetime of striving to be patient, you will still feel like an impatient person in some ways. *[pauseeeee]*

Something else to note about this list is that they all relate to how we interact with and treat other people. *[pause]*

This is important because sometimes when we think of our godliness, we think only in terms of our godliness behind closed doors.

So we think, "Well I do my devotions every day. I pray many times a day," and things like that. *[pause]*

Now those things are very important to the Lord, and He talks about that aspect of our Christian life in many places.

But listen up: walking in a manner worthy of the Lord isn't *just* about your godliness behind closed doors, but a big part of it is seen in how you treat other people. *[pauseeee]*

You may do your devotions every day and pray regularly on your own, but if you treat other people horribly, you are not walking in a manner worthy of your calling. *[pauseeee]*

Not only does this list concern itself with how we relate with others, but specifically, how we relate to others *in the church*. *[pause]*

**God cares about how those in His church treat each other, and so we must see that as a big deal.**

For if we as a church were constantly bickering, impatient, unloving, and harsh with each other, then that would be a major problem. *[pauseeee]*

OK, let's look closer at what is listed here, and we don't have time to get into every single item in detail, so let's evaluate them as a whole. *[pause]*

We have here: humility, gentleness, patience, love, and peace. *[pauseeee]*

One thing to note is the *realism* of it all—it's things that we need everyday in the nitty gritty of life. *[pauseee]*

Paul is realist—he isn't so high up in the clouds that he has no idea what life is actually like.

**Rather, he knows that we will have to deal with difficult people, and really, we are all difficult at times.** *[pauseeee]*

We will *need* humility because we all start to drift to pride. *[pause]*

**We will need gentleness, for what others do will tempt us to lash out at them.** *[pause]*

We will need patience and to bear with one another in love, for people mess up, do something wrong, or can get on our nerves.

**And we will need unity and peace, for the tempting thing to do is to all want our own way and to divide.** *[pauseeee]*

So if you are going to be humble, gentle, patient, loving, and unified with others, then it will be clearly evidenced not merely when things are easy and perfect...

**But when times are tough, and people are difficult.** *[pause]*

If you say that you are walking in a manner worthy of your calling, don't show me when everything is going smoothly and quickly.

Show me when everything is not going according to plan and when people are being difficult.  
[pauseeee]

Something else that ties this list together is that they all take *putting others first*. [pause]

You cannot be all about yourself and do this list, in fact, you will do the opposite of this list, if you do that. [pause]

Selfishness and this list are complete opposites. [pause]

To have humility, you can't be prideful, but you have to "count others more significant than [yourself]."<sup>2</sup> [pause]

To practice gentleness, you can't treat people harshly in your anger because you want your own way. [pause]

To be patient, you can't put your timing as the end-all be-all, but be willing to wait on others.  
[pause]

To bear with one another is obvious as to how that's putting others before yourself, for you have to endure the weaknesses, quirks, and failures of other people. [pause]

In order to bear with one another, you cannot be quick to be offended, quick to be angry, or quick to get back.

Rather, bearing with one another shows someone who is willing to lay aside their desires, wants, and comfort in love for another person. [pauseee]

And to be unified, you can't put what you want ahead of everyone, but be willing to be at peace with others, even if it's not what you wanted. [pauseeee]

It's unity that Paul expands on and finishes out in verse 3–6. [pause]

We are to be eager, zealous, and make every effort to maintain the unity of the Spirit. [pause]

He says...

"There is one body and one Spirit—just as you were called to the one hope that belongs to your call—one Lord, one faith, one baptism, one God and Father of all, who is over all and through all and in all." [pauseeee]

We were called into one unified body, so we should seek to be one unified body.

Put another way: we are unified as one in Christ, so we should act like it! [pauseeee]

So how do we maintain the unity of the Spirit? We remind ourselves that we are one in Christ...

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<sup>2</sup> Philippians 2:3.

We are a part of one body, for we each have the same Spirit within us. *[pause]*

We all have the identical hope, one Lord who we are under, one faith, one baptism, and one Father over all. *[pause]*

We don't serve multiple gods, nor are there various hopes, baptisms, faiths, or any of that—we are all in this together under our one God. *[pause]*

We were made one, so as we focus on all of the “ones” of verses 4–6, we can maintain our unity. *[pause]*

Let's seek to always be in harmony with one another by focusing on what we are together in Christ, not on what is different among us in worldly terms. *[pauseeee]*

So humility, gentleness, patience, love, and peace—are those virtues that *you* are pursuing? *[pause]*

These are essential qualities of our calling as Christians, but do we see them as important and vital to the way we live? *[pauseeee]*

What about this—do you see someone with these characteristics as being too timid, passive, or a pushover?

If so, have you been more influenced by the world's thinking than the Word's teaching? *[pauseeee]*

We are to walk in a manner worthy of our calling. *[pause]*

We don't do this to gain God's favor, but we live this way out of love and gratitude for what God has done and has called us to. *[pause]*

We do this because of what Christ has done in our lives, and our new identity and blessings in Him.

His grace sets our hearts on fire for Him, and we seek to walk in His ways! *[pauseee]*

Does your life match this great calling of belonging to the holy God? *[pause]*

It's a high calling, so we should live in a way that fits with it.

But we don't strive in our own power, but we do so, knowing we have the power of God available to us through the Spirit within us.

So rely upon Him! *[pauseeeee]*

And what does this manner of life look like?

Humility, gentleness, patience, love, and peace — just like our Savior, who died for us, and then rose again. *[pauseeee]*

What manner of life are you living? What path are you walking? *[pause]*

Live in line with your calling!

For we are those who walk the way of our Savior in the power of the Spirit for the glory of God the Father.