

**WHITFIELD PARISH**  
St James' Church † St Luke's Church

**LIFE Group Notes w/b Sunday 11 January 2009**

*"A life worthy of the calling"*  
Ephesians 4 v.1-6

Many people view Ephesians as a theologically advanced letter but one particular Bible teacher, Don Williams, has described it as a 'Christian basics course'. Whatever your view, Ephesians is rich in teaching about who we are, as Christians, in Christ. A lot of time is given over to the practical side of living the Christian life in view of this.

In the short section we are going to look at in this study, Paul spends time teaching on the quality of relationships Christians can have with believers and non-believers alike. I think you will agree he 'sets the bar high'.

**Read Ephesians 4 v.1-6**

1. Looking at v.1, what is the significance of Paul being a prisoner?
2. What is "a life worthy of the calling" (v.1)? How would you recognise such a life?
3. What is 'complete' humility and gentleness (v.2)? Is it possible to take practical steps to attain this?

4. Looking at v.2, what does it mean in practical terms to bear "with one another in love" in the context of the local church?
5. What do v.2-3 say to us about resolving disagreements in the local church? What might that mean in practical terms?
6. What is "the unity of the Spirit" (v.3)? Why is it vital?
7. What is Paul saying about the reason for unity in v.4-6?
8. One commentator said of v.3-6: "*Unity does not just happen, we have to work at it*". How can we do this?