

# Walk Worthy

## Ephesians 4:1–3 (NKJV)

In order for our lives to reflect our calling in Christ, **we must never forget who we are.**

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### 1. Remember Who You Are in Christ

Because of Christ:

- We have been **blessed with every spiritual blessing** (1:3)
- God **chose us in Him** (1:4)
- We have been **adopted as His children** (1:5)
- We are **accepted in the Beloved** (1:6)
- We have **redemption through His blood** (1:7)
- We have **forgiveness of sins** (1:7)
- God has **made known His will to us** (1:9)
- We have **obtained an inheritance** (1:11)
- We are **sealed with the Holy Spirit** (1:13)

And that is just chapter one.

Paul continues:

- We were **dead in sin but made alive in Christ** (2:1)
- God loved us with **great love** (2:4)
- We have been **raised with Christ** (2:6)
- We are seated in **heavenly places with Him** (2:6)
- Our lives will display **the riches of His grace** (2:7)
- We are **saved by grace through faith** (2:8)
- We were **created for good works** (2:10)

And it keeps going:

- We have been **brought near by the blood of Christ** (2:13)
- Christ is **our peace** (2:14)
- We have **access to the Father through the Spirit** (2:18)
- We are **members of the household of God** (2:19)
- We are **the dwelling place of God by the Spirit** (2:22)

**Next Step #1: Orient your motivation toward Jesus.**

**Next Step #2: Remind yourself often who you are in Christ.**

## **2. Let Your Identity Shape Your Character**

*(Ephesians 4:2)*

**Humility**

**Gentleness**

**Patience**

**Love**

## **3. Protect the Unity Christ Has Given**

**Next Step #3: Assume first that the problem may be you.**

**Next Step #4: Recall how God has treated you.**

## **Discussion Questions**

1. Why do you think Paul spends the first three chapters of Ephesians focusing on identity before discussing behavior?
2. Which truth about who we are in Christ from Ephesians 1–2 encourages you the most right now? Why?
3. Which of the qualities in Ephesians 4:2 (humility, gentleness, patience, love) is most challenging for you to practice?
4. How can remembering how God has treated us help us respond better in difficult relationships?
5. What is one practical way you can “walk worthy of your calling” this week?