

Read Ephesians 4. 1-13

Paul, addressing the Christians in Ephesus, urges them to live a life “worthy of [their] calling” (Eph. 4.1).

- What does it look like for you to live a life “worthy of our calling”?

Paul characterises such life by five qualities: humility, gentleness, patience, mutual forbearance and love (v2-3). For Paul, a life of character, integrity and godly behaviour (gentleness, patience, love, etc.) is more important than success, security, money and personal achievements.

- Out of the five qualities mentioned here above, which one do you need most (might be more than one) and why?

Paul notes that Christians are placed by God into a body of believers, a church, to grow and participate in the life of His Spirit.

“There is one body [of believers] and one Spirit . . . one Lord, one faith, one baptism, one God and Father of us all who is sovereign over all and working through all and living in all.”

Unity is not something we must create, but something we must recognize, celebrate and preserve. It arises from the unity of God himself who is Father, Son and Spirit (one Spirit, one Lord, One God and Father).

Since, we belong to God the Father and to each other through faith in Jesus and the work of the Holy Spirit, unity in the local body of Christ (the local church) is no luxury. It is at the heart of what it means to express God’s nature, God’s purposes and God’s being.

- What can you do to help and celebrate the unity of the church (locally and further afield)?

Finally, unity does not mean lifeless or colourless uniformity. We are not an exact replica of every other, as if we had all been mass-produced in some celestial factory. Christian unity is enriched by the diversity of our gifts (v7-12).

- Write on a piece of paper what gift(s), abilities, skills you see in each other, then share your findings with each other.

Prayer: help me to play my part in your church. Show me how I can equip and build others. Help me to know, discern and do your will in my life.