

Ephesians 4 Summarized

Sentences

4:1-3, I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, with all lowliness and gentleness, with longsuffering, bearing with one another in love, endeavoring to keep the unity of the Spirit in the bond of peace.

4:4-6, *There is* one body and one Spirit, just as you were called in one hope of your calling; one Lord, one faith, one baptism; one God and Father of all, who *is* above all, and through all, and in you all.

4:7, but to each one of us grace was given according to the measure of Christ's gift.

4:8-10, therefore He says: "When He ascended on high, He led captivity captive, And gave gifts to men." (Now this, "He ascended" -- what does it mean but that He also first descended into the lower parts of the earth? He who descended is also the One who ascended far above all the heavens, that He might fill all things.)

4:11-16, and He Himself gave some *to be* apostles, some prophets, some evangelists, and some pastors and teachers, for the equipping of the saints for the work of ministry, for the edifying of the body of Christ, till we all come to the unity of the faith and of the knowledge of the Son of God, to a perfect man, to the measure of the stature of the fullness of Christ; that we should no longer be children, tossed to and fro and carried about with every wind of doctrine, by the trickery of men, in the cunning craftiness of deceitful plotting, but, speaking the truth in love, may grow up in all things into Him who is the head—Christ—from whom the whole body, joined and knit together by what every joint supplies, according to the effective working by which every part does its share, causes growth of the body for the edifying of itself in love.

4:17-19, this I say, therefore, and testify in the Lord, that you should no longer walk as the rest of the Gentiles walk, in the futility of their mind, having their understanding darkened, being alienated from the life of God, because of the ignorance that is in them, because of the blindness of their heart; who, being past feeling, have given themselves over to lewdness, to work all uncleanness with greediness.

4:20-24, but you have not so learned Christ, if indeed you have heard Him and have been taught by Him, as the truth is in Jesus: that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, and be renewed in the spirit of your mind, and that you put on the new man which was created according to God, in true righteousness and holiness.

4:25, therefore, putting away lying, "*Let each one of you speak truth with his neighbor,*" for we are members of one another.

4:26-27, "Be angry, and do not sin": do not let the sun go down on your wrath, nor give place to the devil.

4:28, let him who stole steal no longer, but rather let him labor, working with *his* hands what is good, that he may have something to give him who has need.

4:29, let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers.

4:30, and do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

Ephesians Chapter 4

4:31, let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.

4:32, and be kind to one another, tenderhearted, forgiving one another, just as God in Christ forgave you.

Paragraphs

4:1-6, [Since God has called you into His family by making you one with His Son—which makes you like Jesus in many crucial ways: you're God's child, you'll reign over creation, God's power works on your behalf, and God dwells in you which means His Spirit will guide, protect, and strengthen you as you fully experience Christ's love, all of which will leave you filled with God's fullness] you should walk worthy of that calling, i.e., your life should look like Jesus'—humble, gentle, longsuffering, loving, and unifying. Why? Because God is one and undivided and He is in you, which means you and He are [and should be] one in thought, speech, and action.

4:7-16, that's why Jesus gave each one of us a crucial role to play in His Body: He wants each one of us to grow up to be just like Him. He nourishes and matures us, enabling us to nourish and mature each other into Him. All of this protects us from Satan's doctrines which lead people astray.

4:17-24, [Since God is one and we're one with Him and He's given us an effective role to play in His Body which protects us from Satan's deceptive ways] we should no longer live in the numbing, indulging, and sinful ways we used to when our thinking was futile, dark, ignorant, blind, and alienated from the life of God. This is not the truth that Christ taught us. Here's the truth Christ taught us: we're no longer part of the corrupt Old Man. We're now part of and clothed with the New Man who was created and is driven by God's Spirit of righteousness and holiness.

4:25-32, [Since God is one and we're one with Him and He's given us an effective role to play in His Body and we're no longer part of Satan's corrupt Old Man but are now clothed with the holy and righteous New Man] having put away the lie, we must speak Christ's truth to each other, which means we mustn't hold on to our anger, give place to the Devil, steal, grieve the Holy Spirit, or speak in corrupt, bitter, angry, and malicious ways. Instead, our behavior must be Christlike: we should help those in need, speak in edifying ways, and be tenderhearted and forgiving.

Whole Chapter

[Since God has called you into His family by making you one with His Son—which makes you like Jesus in many crucial ways: you're God's child, you'll reign over creation, God's power works on your behalf, and God dwells in you which means His Spirit will guide, protect, and strengthen you as you fully experience Christ's love, all of which will leave you filled with God's fullness] your life should be godly, it should look like Jesus' because you and He are now one. That's why He gave you a crucial role to play in His Body to nourish and mature you into Himself. This will protect you from Satan's cunning and deceptive ways. Therefore, you shouldn't live like you used to when your thinking was blind and alienated from God's life. That's not you anymore; Christ has taught you the truth: you're no longer part of the corrupt Old Man; you're part of God's holy and righteous New Man. So, since you've put away Satan's lie, you must continually live Christ's truth: you must be like Him in every way, in how you deal with anger, in your fight against Satan, in your response to the needy, in your speech, and in your concern and forgiveness of others.