

# Ephesians 4:1-19

## The Walk and the Three Unities

### The Walk Doctrinally

**1 The knowledge of it and the attitude. OUR calling. Paul the Prisoner.**

A 4:1 The Prisoner of the Lord. Beseech.  
 B 4:1 Walk worthy. Positive  
 Humility of mind, meekness, long suffering, in love

**2 First step in walk, treasure, guard, observe the Unity the Spirit made. Christ's descent.**

C 3-6 UNITY of the SPIRIT. Keep, sevenfold.  
 7 Each one given, measure, gift of Christ.  
 8-12 Gifts, perfecting (adjusting) of saints, edifying of Body.

**3 First goal in the walk by Grace and Gifts. Knowledge. Mature man, fullness**

C 13-14 UNITY of the FAITH. Knowledge of Son. Sevenfold.  
 13-14 Full grown man  
 Fullness of Christ

**4 The unified walk. Personal growth. Nourishment and building of the Body**

C 15-16 (Unity) of the BODY. Fitly joined. Sevenfold.  
 15 Truth in love, growth. The Head, measure.  
 16 Edify itself in Love

**5. The walk in ignorance of those alienated from the life of God.**

A 4:17-19. I say in the Lord. Testify.  
 B 17 Walk. Negative.  
 18-19 Not as other Gentiles, vanity of mind, darkness of heart.

(4:20 onwards, the practical advice begins, put off, put on)

Unity of the Spirit. Eph.4:4-6.

One Body, One Spirit, One Hope  
 One Lord  
 One Faith, One Baptism, One God and Father

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| One Body.          | Eph.1:23, 2:16, 4:12, 16, 5:23, 28, 30.                          |
| One Spirit.        | Eph.2:18.  |
| One Hope.          | Eph. 1:12, 18, 2:12.   |
| One Lord.          | Eph.1:9-10. 15, 2:21, 3:11, 5:8, 6:8.                            |
| One Faith.         | Eph.1:15, 2:8, 3:12, 17, 4:13, Col.1:23, 1Tim.1:4, 4:6, 2Tim.4:7 |
| One Baptism        | Col.2:12   |
| One God and Father | Eph.1:2-3, :17   |