

OHBC Six-Day Bible Study
Ephesians 4
Walking Worthy of Our Calling

Introduction

The first three chapters of Ephesians emphasize what God has accomplished for His people through Jesus Christ. We were spiritually dead, but God made us alive with Christ. We were separated from God and one another, but Christ reconciled us through the cross. We were strangers to God's promises, but by grace we have been brought into His household. Beginning in chapter 4, Paul turns from what Christians believe to how Christians should live.

The Christian life is not an attempt to earn God's acceptance. It is the grateful response of those who have already been accepted through Christ. Because God has called us, saved us, and united us to His Son, we must walk in humility, pursue the unity of the church, use our gifts to serve others, grow toward spiritual maturity, turn away from our former way of life, and imitate the gracious character of our Savior.

Monday — Walk Worthy of Your Calling

Reading: Ephesians 4:1-3

Focus Verse:

"I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called." — Ephesians 4:1 (ESV)

Study Question:

What does Paul mean by "the calling to which you have been called," and how do humility, gentleness, patience, and love demonstrate a life worthy of that calling?

Personal Application:

Consider how you treat the people closest to you. Is your conduct marked by humility, gentleness, patience, and a willingness to bear with others in love? Ask God to reveal one attitude or behavior that does not reflect your calling in Christ, and seek His grace to change it.

Scriptural Prayer

Today, pray through Ephesians 4:1-3 asking God to help you to walk in this manner.

Gather ~ Praise ~ Pray ~ Grow ~ Serve

Tuesday — Guard the Unity Christ Has Given

Reading: Ephesians 4:4–10

Focus Verse:

“There is one body and one Spirit—just as you were called to the one hope that belongs to your call.” — Ephesians 4:4 (ESV)

Study Question:

According to verses 4–6, which truths form the foundation of Christian unity? Why is the church’s unity grounded in God’s work rather than in shared personalities, ages, preferences, or backgrounds?

Personal Application:

Think about your relationships within the church. Are you helping preserve unity, or are your words, preferences, or expectations creating unnecessary division? Pray for someone in the congregation who is different from you, and look for a practical way to encourage that person.

Scriptural Prayer

Today, Ephesians 4:4-6 praying for unity in the church

Wednesday — Equipped to Serve

Reading: Ephesians 4:11–13

Focus Verse:

“To equip the saints for the work of ministry, for building up the body of Christ.” — Ephesians 4:12 (ESV)

Study Question:

What purpose does Jesus give pastors and teachers in the church? According to this passage, who is responsible for doing the work of ministry?

Personal Application:

Ministry is not reserved for pastors, teachers, or younger believers. Every Christian has a place in Christ’s church. Identify one way you can use your time, experience, abilities, or spiritual gifts to strengthen another believer this week.

Scriptural Prayer

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Today, pray through Ephesians 4:12

Thursday — Growing into Spiritual Maturity

Reading: Ephesians 4:14–16

Focus Verse:

“Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ.”
— Ephesians 4:15 (ESV)

Study Question:

How does sound doctrine protect Christians from being “tossed to and fro” by false teaching? Why must truth and love remain together as the church grows?

Personal Application:

Examine the voices that influence your thinking. Are your beliefs being shaped primarily by Scripture or by personalities, traditions, social media, and cultural opinions? Commit to testing every teaching by God’s Word while speaking biblical truth with genuine love.

Scriptural Prayer

Today, pray through Ephesians 4:14

Friday — Put Off the Old Self

Reading: Ephesians 4:17–24

Focus Verse:

“And to put on the new self, created after the likeness of God in true righteousness and holiness.” —
Ephesians 4:24 (ESV)

Study Question:

What contrasts does Paul draw between the former life of unbelief and the new life found in Christ? What does it mean to “put off” the old self and “put on” the new self?

Personal Application:

Identify one habit, attitude, or pattern of thinking from your former way of life that must be put away.

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Then identify the Christlike quality that should replace it. Depend upon the Holy Spirit to renew your mind through Scripture and produce true righteousness in your life.

Scriptural Prayer

Today, pray through Ephesians 4:17–24

Saturday — Live as a Gospel-Shaped Community

Reading: Ephesians 4:25–32

Focus Verse:

“Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.” —
Ephesians 4:32 (ESV)

Study Question:

What sinful behaviors does Paul command believers to put away, and what godly behaviors must replace them? How does God’s forgiveness in Christ become the pattern and motivation for forgiving others?

Personal Application:

Consider whether you are holding bitterness, resentment, or anger against anyone. Remember that God did not forgive you because you deserved it; He forgave you through the sacrifice of Jesus. Ask Him for grace to speak honestly, reject bitterness, extend forgiveness, and pursue reconciliation where possible.

Scriptural Prayer

Today, pray through Ephesians 4:32

Weekly Theme

**Because God has called us and made us new in Christ,
we must walk together in unity, maturity, holiness, and love.**

Ephesians 4 teaches that gospel doctrine must produce gospel-shaped living. Christians do not obey in order to become God’s children; we obey because, through Jesus, God has already adopted us into His family. Jesus died to forgive our sins, rose to give us new life, and ascended to provide His church with everything necessary for spiritual growth.

Therefore, every member of the church matters. Whether young or old, newly converted or mature in the faith, each believer is called to protect the church’s unity, grow in biblical truth, serve the body,

Oak Hill Baptist Church
21 September - 26 September 2026

reject the old way of life, and display the kindness and forgiveness of Jesus. A worthy walk is not a perfect walk, but it is a life of continual repentance, faith, growth, and grateful obedience to the Savior who called us.

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