

SMALL GROUP BIBLE STUDY

EPHESIANS 4 (KJV) · AUGUST 27, 2026

1. STUDY TITLE

Walking Worthy: Unity and Renewal in Christ

2. FOCUS PASSAGE

Ephesians 4:1–32 (with a key focus on verses 1–6 and 32)

I therefore, the prisoner of the Lord, beseech you that ye walk worthy of the vocation wherewith ye are called, With all lowliness and meekness, with longsuffering, forbearing one another in love; Endeavouring to keep the unity of the Spirit in the bond of peace. There is one body, and one Spirit, even as ye are 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. Ephesians 4:1–6 (KJV)

3. BIG IDEA / MAIN POINT

Because God has united us in Christ through His sovereign grace, we are called to put off our old lifestyle, maintain the unity of the Spirit, and build up one another in holy love.

4. SESSION OVERVIEW (FOR THE LEADER)

- **Suggested time:** 60–90 minutes
- **Goal of the study:** To help group members connect the doctrine of our calling in Christ to daily relational unity, personal holiness, and active church life.
- **Special notes:** This is a rich, dense passage covering church unity, spiritual gifts, and practical Christian ethics. Feel free to pace the discussion and focus deeply on a few questions if time runs short, rather than rushing through every single prompt.

5. OPENING (10–12 MIN)

- **Leader Welcome:** "Welcome, everyone! It is so good to gather around God's Word tonight. Let's dive right in with a quick question to get us thinking."
- **Icebreaker Question:** "Think of a time you worked together on a team or in a group where everyone was completely unified and pulling in the same direction. What made that experience special?"

- **Opening Prayer:** "Father, thank You for bringing us together tonight. As we open Your Word, open our hearts by Your Holy Spirit. Help us to see the beauty of what You have done for us in Christ, and show us how to live it out in our daily lives. In Jesus' name, amen."

6. CONTEXT & SETTING THE SCENE (3–5 MIN)

In the first three chapters of Ephesians, the Apostle Paul unpacks the staggering doctrine of God's grace—explaining how dead sinners are made alive together with Christ, united into one new family, and sealed by the Holy Spirit. Here in chapter 4, Paul pivots from *doctrine* to *duty*, showing how our daily walk must match our divine calling. Writing from a Roman prison, he urges believers to guard the unity that God has already created. Let's read the passage together.

7. READ THE PASSAGE

1 I therefore, the prisoner of the Lord, beseech you that ye walk worthy of the vocation wherewith ye are called, 2 With all lowliness and meekness, with longsuffering, forbearing one another in love; 3 Endeavouring to keep the unity of the Spirit in the bond of peace. 4 There is one body, and one Spirit, even as ye are called in one hope of your calling; 5 One Lord, one faith, one baptism, 6 One God and Father of all, who is above all, and through all, and in you all. 7 But unto every one of us is given grace according to the measure of the gift of Christ. 8 Wherefore he saith, When he ascended up on high, he led captivity captive, and gave gifts unto men. 9 (Now that he ascended, what is it but that he also descended first into the lower parts of the earth? 10 He that descended is the same also that ascended up far above all heavens, that he might fill all things.) 11 And he gave some, apostles; and some, prophets; and some, evangelists; and some, pastors and teachers; 12 For the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ: 13 Till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fulness of Christ: 14 That we henceforth be no more children, tossed to and fro, and carried about with every wind of doctrine, by the sleight of men, and cunning craftiness, whereby they lie in wait to deceive; 15 But speaking the truth in love, may grow up into him in all things, which is the head, even Christ: 16 From whom the whole body fitly joined together and compacted by that which every joint supplieth, according to the effectual working in the measure of every part, maketh increase of the body unto the edifying of itself in love. 17 This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles walk, in the vanity of their mind, 18 Having the understanding darkened, being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart: 19 Who being past feeling have given themselves over unto lasciviousness, to work all uncleanness with greediness. 20 But ye have not so learned Christ; 21 If so be that ye have heard him, and have been taught by him, as the truth is in Jesus: 22 That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts; 23 And be renewed in the spirit of your mind; 24 And that ye put on the new man, which after God is created in righteousness and true holiness. 25 Wherefore putting away lying, speak every man truth with his neighbour: for we are members one of another. 26 Be ye angry, and sin not: let not the sun go down upon your

wrath: 27 Neither give place to the devil. 28 Let him that stole steal no more: but rather let him labour, working with his hands the thing which is good, that he may have to give to him that needeth. 29 Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers. 30 And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption. 31 Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: 32 And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you. Ephesians 4:1–32 (KJV)

8. OBSERVATION QUESTIONS (“WHAT DOES THE TEXT SAY?”)

1. According to verses 1–3, what specific attitudes and behaviors does Paul say should characterize our “walk”?
2. In verses 4–6, how many times is the word “one” repeated, and what foundational truths does Paul anchor this unity to?
3. According to verses 11–12, why did the ascended Christ give leadership gifts to the church?
4. In verses 17–19, how does Paul describe the mindset and lifestyle of those who do not know God?
5. According to verses 22–24, what is the imagery Paul uses regarding the “old man” and the “new man”?
6. Scan verses 25–32. What specific vices are we told to put away, and what virtues are we told to put on in their place?

9. INTERPRETATION QUESTIONS (“WHAT DOES THE TEXT MEAN?”)

1. Why does Paul connect our Christian behavior (v. 1) to “the vocation wherewith ye are called”? How does our *identity* in Christ drive our *ethics*?
2. Verse 3 tells us to “endeavouring to keep the unity of the Spirit.” Based on verses 4–6, is this unity something we *create*, or something we *preserve*? Why does that distinction matter?
3. How do Christ’s descent and ascension (verses 9–10) supply the basis for Him giving gifts to His church (verses 7–8)? How does this reflect the triumph of the gospel?
4. What does it mean in verse 15 to “speak the truth in love”? Why are truth and love incomplete without one another?
5. How does grieving the Holy Spirit (v. 30) relate to the corrupt speech and relational bitterness mentioned in verses 29 and 31?
6. Look closely at verse 32: “even as God for Christ’s sake hath forgiven you.” How is the cross of Christ both the *motivation* and the *measure* of our forgiveness toward others?

10. APPLICATION QUESTIONS (“HOW SHOULD THIS CHANGE US?”)

1. **[Personal]** Looking at the list of relational qualities in verse 2 (lowliness, meekness, longsuffering, forbearing in love), which one of these is hardest for you to practice in your everyday relationships? Why?
2. **[Personal]** Paul talks about putting off the “old man” and putting on the “new man” (v. 22–24). What is one old habit, thought pattern, or attitude that you sense the Holy Spirit prompting you to “put off” this week?
3. **[Group]** Verse 16 describes a healthy church as a body where “every joint supplieth” and every part works effectively. In what practical ways can you use your God-given grace or gifts to build up this local church body?
4. **[Group]** How can our small group cultivate an environment where “speaking the truth in love” (v. 15) is the norm rather than gossip, silence, or harsh criticism?
5. **[Gospel Reminder]** When we struggle with anger, bitterness, or harsh words (v. 26, 31), we often try to fix ourselves through sheer willpower. How does remembering that we are “sealed unto the day of redemption” (v. 30) and forgiven “for Christ’s sake” (v. 32) give us the grace and power we need to change?

This week I will...

Take a quiet moment to identify one relational friction or ungodly habit in my life, confess it to God, and extend grace or truth to someone in need of Christ’s love.

11. RESPONSE & CLOSING (10–15 MIN)

- **Reflective Prompt:** Take 30 seconds of silent reflection. Ask the Lord to show you one person in your life—at home, at work, or in this church—who needs you to extend the same forgiving grace that God showed you in Christ.
- **Prayer Requests:** Invite members to share any brief prayer needs, especially regarding relationships or areas where they desire spiritual renewal.
- **Closing Prayer:**
“Lord God, thank You for calling us out of darkness and into the glorious unity of Your body. We confess that we often fail to walk worthy of our calling; we harbor bitterness, speak unedifying words, and lean on our own strength. Thank You that our forgiveness does not depend on our perfection, but on Christ’s finished work on the cross. Pour out Your Spirit upon us, renew our minds, and make us a community marked by profound love, truth, and grace. In Jesus’ name we pray, amen.”

- **Take-Home Memory Verse:**

And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

Ephesians 4:32 (KJV)