

## OVERVIEW OF EPHESIANS: BE WHAT YOU ARE

### Ephesians 4:1

#### I. Gospel GRAMMAR: 4:1

How do you live “worthy” of your calling in Christ??

Word is **AXIOS**: “bring the balance of a scale into equilibrium”

Left side of scale: FACTS (indicatives): ch 1-3

Right side of scale: COMMANDS (imperatives): ch 4-6

Gospel grammar: the imperatives are based on the indicatives  
i.e. BE (in your experience) what you ARE (in Christ)

Every **command** in chs 4-6 is based on a **fact** in chs 1-3!

Some eggs:

- You ARE holy (1:4); therefore BE holy (4:17; 5:1-2)
- You ARE made new (2:4-5, 10); therefore LIVE as a new creature (4:22-24)
- You ARE one with every other believer (2:11-22); therefore LIVE IN PEACE with other believers (4:2-6; 31 - 5:2)
- You ARE sealed with the Spirit (1:13-14); therefore BE FILLED with the Spirit (5:18)
- You ARE pure (1:4); therefore BE pure (5:3-14)

#### II. Gospel POSTURES

SIT → KNEEL → WALK → STAND

SIT (1:1 – 3:13) KNEEL (3:14 – 21) WALK (4:1 – 6:9) STAND (6:10-21)

**SIT**: Jesus is seated because His work is complete: 1:20

God has seated US WITH Him in the heavenlies  
because we rest in HIS work alone (2:6)

Learn to REST in the finished work of Jesus every day

**KNEEL**: Pray (3:14-5) to know His love (3:16-19) and power  
(3:20-21) each day:

Learn to ASK to know His love and power for you each day

**WALK**: 7x (2:10; 4:1, 17 (twice); 5:2, 8, 15) a steady pace  
forward, one foot in front of the other, to live out this  
new life by faith

Learn to PUT OFF the old ways of thinking and living and  
PUT ON the new ways learned in Christ (4:17-24)

**STAND**: 4x (6:11, 13 (twice), 14) you will be maliciously  
opposed by demons, and must learn to put on the  
armor of God

Learn to see the spiritual battle and STAND AGAINST  
temptations in the strength of Christ given to you in His  
armor and weapons.

What insights about the Christian life in this do you most need this  
week? How will you apply them?