

- Patience -

For those God foreknew he also predestined to be conformed to the image of his Son.

Romans 8:29

Verses 4 - 6 Unity in Christ (New Shema)

Hear, O Israel: The Lord our God, the Lord is one.

Deuteronomy 6:4

And now...

- One Body in Christ -

There is one body and one Spirit, just as you have been called to one glorious hope for the future. There is one Lord, one faith, one baptism, one God and Father of all.

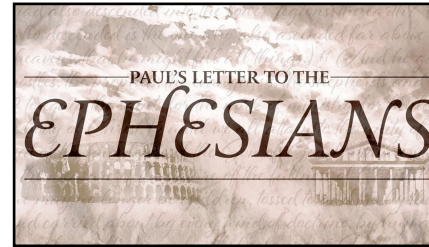
Ephesians 4:4-6

The word "one" occurs seven times in this passage which is a number of completion in the Scriptures

Notes...

Community Group Questions:

1. What is the most important takeaway for you in this story?
2. Can you explain why Paul pleads for lives worthy of God's calling?
3. Where can you grow in humility, patience and unity in Christ?



A Healthy Body

Ephesians 4:1-6

Corbett Robertson - Sierra Community Church
February 11th, 2024

If anyone is in Christ, the new creation has come: The old has gone, the new is here!

2 Corinthians 5:17

Therefore I, a prisoner for serving the Lord, beg you to lead a life worthy of your calling, for you have been called by God. ² Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. ³ Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace. ⁴ For there is one body and one Spirit, just as you have been called to one glorious hope for the future. ⁵ There is one Lord, one faith, one baptism, ⁶ one God and Father of all, who is over all, in all, and living through all.

Train yourself to be godly. "Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come."

1 Timothy 4:7-8

Verse 1 Living a Life Worthy of Your Calling

Make a tree good and its fruit will be good, or make a tree bad and its fruit will be bad, for a tree is recognized by its fruit.

Matthew 12:33

Verses 2 - 3 Evidence of the New Creation

² Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. ³ Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace.

Ephesians 4:2-3

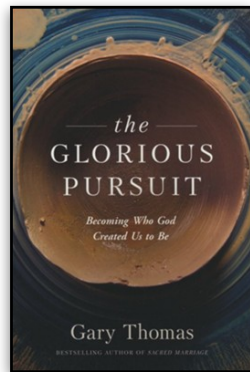
- Humility -

"God opposes the proud but shows favor to the humble."
Submit yourselves, then, to God. James 4:6-7

In all of our discipleship, we teach prayer, we teach Bible study and we teach evangelism. These are necessary disciplines. But without the interior foundation of humility they can't possibly support our spiritual house. To experience the life of Christ, we need the inner discipline of humility...



Gary Thomas



I can check off a completed Bible study, record my minutes in prayer, or write down the names of people with whom I share my faith. But how do I check off the attainment of humility? I can't. The truth is this: We don't become humble as much as we learn to practice humility.

The Glorious Pursuit p. 41

- Humility -

Who, being in very nature God, did not consider equality with God something to be used to his own advantage;⁷ rather, he made himself nothing by taking the very nature of a servant... he humbled himself by becoming obedient to death - even death on a cross!

Philippians 2:6-7,8

Because Jesus is humble, you can be humble

"The insignificances of daily life are the tests of eternity because they prove what spirit really possess us. It is in our most unguarded moments that we really show and see what we are."

Andrew Murray Humility p. 44

- Patience -

Impatience is an addiction to comfort, ease and our own will.

Gary Thomas The Glorious Pursuit p. 140

"The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness.

Exodus 34:6

Because God is patient, you can be patient

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness gentleness, and self control.

Galatians 5:22-23