

Refreshed

Rediscovering Life In Christ

Walk Worthy

Ephesians 4:1-16

Sermon Notes | Jeff Randleman | May 17, 2026



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)

The Grace of God Reshapes How We Walk:

Walking Worthy Begins with Christlike Character

Humility.

Gentleness.

Patience.

Walking Worthy Protects the Unity Christ Created

Christian Unity Is Spiritual Before It Is Organizational.

Paul Anchors Unity in Shared Truth.

Our Unity Is Centered Around Christ.

Walking Worthy Uses Our Gifts to Build the Body

Every Believer Has Been Given Grace to Serve.

Christ Gives Leaders to Equip the Church.

The Goal Is Spiritual Maturity.

Walking Worthy Leads to Stability and Growth

Mature Believers Are Not Easily Deceived.

Mature Believers Speak the Truth in Love.

Mature Believers Grow Together.

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Matters for Reflection and Discussion:

1. In what practical ways does God’s grace reshape the way a believer “walks” daily? How have you experienced this personally?
2. Which Christlike quality in Ephesians 4 – humility, gentleness, or patience – is hardest for you to practice right now? Why?
3. Why do you think Paul connects spiritual maturity with the way we treat other people?
4. What is the difference between spiritual unity and organizational unity? Why is that distinction important for the church today?
5. How does keeping Christ at the center help believers navigate disagreements and divisions?
6. According to Ephesians 4, what role does every believer play in building up the church? How can someone discover and use their gifts more faithfully?
7. Why is spiritual maturity necessary for resisting false teaching and deception in today’s culture?
8. What does it mean to “speak the truth in love”? Why is it difficult to hold both truth and love together?
9. How does isolation hinder spiritual growth, and why does God intend for believers to mature together rather than alone?
10. After studying Ephesians 4:1-16, what is one area of your walk with Christ that you feel challenged to grow in this week?