

November 9, 2025

“Putting Feet to Your Faith”

Ephesians 4–5

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Christianity is not only about what we believe, but also about how we behave. If we are truly followers of Christ, we should live out our faith in a way that glorifies Him. In the second half of Ephesians, Paul instructs us how to figuratively “walk out our faith.” Five times in Ephesians 4–5, Paul describes specific ways to walk as followers of Jesus. Pastor Gary discusses these five ways to walk out our faith in today’s teaching entitled, “Putting Feet to Your Faith.”

1. Context

a. Book outline

i. The book of Ephesians is six chapters.

ii. **Ephesians 1–3**

1. The first half of Ephesians is doctrinal.

a. Just in chapter 1, Paul used doctrinal terms like “*chosen, loved, predestined, adopted, redeemed, saved, and sealed.*”

2. The first chapters explain who we are in Christ because of what Christ has done for us.

iii. **Ephesians 4–6**

1. The second half of Ephesians is practical.

2. The last chapters explain how to live for Christ in response to what He has done for us.

b. Paul’s greeting

i. Paul introduced himself with a reminder that he was writing from a prison in Rome.

1. During first century Rome, Ceasar was worshiped as a god.

2. Because Christians must honor Christ as God and King over anything in heaven or earth, they faced persecution.

ii. Paul called himself a prisoner of the Lord.

1. Paul was imprisoned by the Roman government.

2. Paul considered himself God’s prisoner because he understood God had sovereignly placed him there to proclaim the Gospel and bring God glory.

2. **Ephesians 4:1–6** – “[1] *I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, [2] with all lowliness and gentleness, with longsuffering, bearing with one another in love, [3] endeavoring to keep the unity of the Spirit in the bond of peace. [4] There is one body and one*

Spirit, just as you were 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."

- a. Walking out your faith
 - i. The word "walk" is repeated six times between chapters 4 and 5.
 - ii. "Walk" is translated from the Greek **peripateō**.
 - 1. **Ephesians 4:1** records the first use of **peripateō**.
 - 2. **Peripateō** can mean to walk physically or figuratively.
 - 3. Paul instructed Believers how to "put feet to their faith."

3. Walk worthy of the calling

- a. **Ephesians 4:1** – *"I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called."*
 - i. Paul tells us to walk out our calling.
 - 1. Sometimes we use "the called" to refer to pastors, but Scripture refers to Believers as *"the called of Jesus Christ"* (**Romans 1:6**).
 - 2. When we believe in Christ, we respond to the call of God for salvation.
 - ii. The word "church" is translated from the Greek **ekklēsia**.
 - 1. **Ek** means "out of."
 - 2. **Kaleō** means "to call."
 - 3. The word "church" literally translates to "the called out ones."
- b. **Ephesians 4:2–3** tells us walking worthy means:
 - i. To walk in lowliness, or humility
 - ii. To walk in gentleness, or meekness
 - 1. Meekness is not weakness.
 - 2. Meekness means you think of others more than yourself, as Jesus did.
 - iii. To walk with long-suffering patience
 - iv. To bear with one another in love
 - 1. Love is manifested in the way we treat each other.
 - v. To endeavor to keep the unity of the Spirit
 - 1. The Holy Spirit creates unity within His churches; we can only keep it.
 - 2. Discord is of Satan.
 - a. Satan tries to divide churches, families, and marriages—and anything else that exemplifies Christ.
 - 3. Though we must not divide over non-salvation, secondary issues, we are still to unify over the non-negotiables.
 - a. Unfortunately, some churches have divided over small matters.

- b. Other churches err in the other direction and compromise truth in the pursuit of unity.
 - c. We cannot embrace evil under the banner of ecumenism.
 - d. Martin Luther said, "Peace if possible; truth at all costs."
4. **Ephesians 4:4–6** – "[4] *There is one body and one Spirit, just as you were 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.*"
- a. We can have unity if we agree with the points Paul mentioned in verses 4 to 6.
 - b. We get in trouble when we try to unify with those who claim a different Jesus (i.e., Muslims, Mormons, etc.).
 - c. **DISCUSS:** Do you know the true Jesus described in Scripture? How have you developed your spiritual discernment?

4. Walk differently than the world

- a. **Ephesians 4:17–120** – "[17] *This I say, therefore, and testify in the Lord, that you should no longer walk as the rest of the Gentiles walk, in the futility of their mind, [18] having their understanding darkened, being alienated from the life of God, because of the ignorance that is in them, because of the blindness of their heart; [19] who, being past feeling, have given themselves over to lewdness, to work all uncleanness with greediness. [20] But you have not so learned Christ.*"
 - i. When Paul spoke of "*the Gentiles*," he meant the pagans, not non-Jewish people.
 - 1. Paul described the people of this world as "*being past feeling*," as in, past moral sensitivity.
 - 2. **DISCUSS:** How has God given you a new heart, helping you be sensitive to moral matters rather than calloused to them?
 - 3. We all once walked like the Gentiles, but we must not live like them anymore; Christ has taught us to live differently (verse 20).
 - ii. **Ephesians 4:20–24** – "[20] *But you have not so learned Christ, [21] if indeed you have heard Him and have been taught by Him, as the truth is in Jesus: [22] that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, [23] and be renewed in the spirit of your mind, [24] and that you put on the new man which was created according to God, in true righteousness and holiness.*"
 - 1. God calls us to put off the old nature and put on Christ's righteousness.

2. We could not clean ourselves up on our own, so we came to Christ with our filth, but we need not return to the old garments now that Christ lives in us.
3. **DISCUSS:** What is one thing Christ is helping you put off? What are you putting on in its place?

5. Walk in love

- a. **Ephesians 5:1-2** – “[1] Therefore be imitators of God as dear children. [2] And walk in love, as Christ also has loved us and given Himself for us, an offering and a sacrifice to God for a sweet-smelling aroma.”
- b. To walk in love means to love others as Christ loves us.
 - i. **John 13:34** – Jesus said, “A new commandment I give to you, that you love one another; as I have loved you, that you also love one another.”
 - ii. **Ephesians 3:18-19** – Paul prayed that we “[18] may be able to comprehend with all the saints what is the width and length and depth and height— [19] to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God.”
 1. God’s love cannot be intellectually understood; it must be grasped experientially.
 2. God loves us by showing us mercy and challenging sin in our lives.
 3. We must give the gift of mercy and accountability to others which God first gave us even in our unlovely state.
 4. We must also be willing to receive that loving mercy and correction from others.
 5. **DISCUSS:** How does God’s love differ from the cultural perception of what love is? How have you learned to receive God’s love—both when it comes as mercy and when it comes as correction?
 6. **DISCUSS:** How has understanding God’s love for you helped you love others better?

6. Walk in the light

- a. **Ephesians 5:8-11** – “[8] For you were once darkness, but now you are light in the Lord. Walk as children of light [9] (for the fruit of the Spirit is in all goodness, righteousness, and truth), [10] finding out what is acceptable to the Lord. [11] And have no fellowship with the unfruitful works of darkness, but rather expose them.”
 - i. The NIV says, “Have nothing to do with the fruitless deeds of darkness, but rather expose them” (**Ephesians 5:11**).

1. Walking in the light means there are no areas of our life that are off-limits to God.
2. **1 John 1:7** – *“If we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin.”*
- ii. **John 8:12** – *“Jesus spoke to them again, saying, ‘I am the light of the world. He who follows Me shall not walk in darkness, but have the light of life.’”*
 1. Jesus stepped into a dark world.
 2. Biblically, darkness is a symbol of sin, evil, and crime.
- iii. God calls His people to walk in His light and be a light in a dark world.
 1. **1 Peter 2:9** – *“You are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light.”*
 2. **Matthew 5:16** – *“Let your light so shine before men, that they may see your good works and glorify your Father in heaven.”*
 3. **DISCUSS:** How do you walk in the light? What does it mean to not “fellowship” with the darkness?

7. Walk in wisdom

- a. **Ephesians 5:15–17** – *“[15] See then that you walk circumspectly, not as fools but as wise, [16] redeeming the time, because the days are evil. [17] Therefore do not be unwise, but understand what the will of the Lord is.”*
 - i. “Circumspectly” comes from Latin and means to “walk looking around.”
 1. To walk circumspectly is to watch where you’re walking.
 2. The Devil “walks about like a roaring lion,” seeking for cracks in the door so he can rush in (**1 Peter 5:8**).
 3. **DISCUSS:** Are there things in your life that give the Enemy a foothold?
 - ii. Ask what God’s will is regularly so you can walk circumspectly.
 1. **DISCUSS:** Do you ask what God’s will for your day is? How do put away distractions so that you can clearly hear God’s voice?
- iii. Walk wisely.
 1. There is no better place than walking out God’s will for you, and no worse place than being walking outside of God’s will for you.
 2. **Proverbs 13:5b** – *“The way of the transgressor is hard.”*
 - a. We bring unnecessary hardships on ourselves when we sin against God.
 3. Having little wisdom is not an excuse.

- a. **James 1:5** – *“If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him.”*
- b. If you do not know God’s will for you, you must ask God for wisdom.

* Unless noted, all Scriptures quoted are from the New King James (NKJV)