

Ephesians 4:1-16

The unity of the Spirit



If this section is about believers being a place where God will dwell by his Spirit (2:21-22), this is really just working out how we may, as that all-year-round Christmas carol puts it, *Let every heart prepare him room!*

➤ **Maintain / attain** (3,12)

The more logical order is to *attain* first, and then to *maintain*. So why does Paul introduce them in the opposite order?

➤ **Humility** (2)

In what circumstances do you find it difficult to be humble?
How good are you at saying sorry?

➤ **Gentleness** (2)

In what circumstances do you find it difficult to be gentle?
How could you deliberately cultivate this?

➤ **Patience** (2)

In what circumstances do you find it difficult to be patient?
How much can we expect others to change?
How quickly can we expect others to change?
How much / quickly can we expect to *be* changed?

➤ **Bearing with** (2)

What difference does the “in love” make?
Does it help to know that *they* must do the same to *us*?

➤ **Being eager to maintain** (3)

How *eager* are you to put in the effort that this will be?
What might help to motivate you?

- what considerations might?
- what outcomes might? (James 3:18)

And how might *you* motivate others?