

Get a Life!

Ephesians

Real Living,
For The Lord

Lesson Seventeen

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Ephesians

As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received.

Ephesians 4:1

Real Living, For The Lord

Lesson Goal: To help students know that life can be lived for the Lord.

Scripture: Ephesians 4:1-3; Colossians 3:12-14

When Paul says, “As a prisoner, then, I urge you...” he uses the word “then,” referring back to all he has said in chapters one through three. He has been building a case for what he is about to say. You might say that he has laid the foundation and he is ready to build a structure that will show us how to get a real life, for the Lord.

One of the first things that we must understand is that God calls us to this life. He wants us to be His children, also to be His representatives in the world. * So, Paul says that he is a prisoner, not of the Romans, but of the Lord. He means that he is where he is because God called him, and that living out his calling had landed him in jail. Is he complaining? No, far from it! He is happy to be right where he is. He is grateful to God for giving him the opportunity of being a prisoner. He continues to serve God right there.

We can read many places in the Bible where God calls people to serve Him. For instance in Isaiah 41:6 God says, “You are my servant; I have chosen you...” And, in Isaiah 42:6 God says, “I, the Lord, have called you in righteousness; I will take hold of your hand.” (See also Isaiah 45:3, 4 and Hosea 11:1)

Paul has been telling the Ephesians that God has called them (1:4, 5, 12, and 14). Now he is urging them to live according to the calling they have received from God. Back in chapter 2, verse 2, Paul had reminded the Ephesians of the way they used to live and how bad that was. Here he is showing them how they can do some real living and how good that can be. He says that they can behave in ways that will let people know that they have a new life. They can show the world the big picture by how they live. That big picture is God’s will being done on earth as it is in Heaven. Think about it, Jesus taught us to pray for that. Matthew 6:11

Paul begins by giving them a list of things to do as they relate to others. First he says that they should be completely humble. He doesn’t suggest trying to be somewhat humble, he says that they should be completely humble. So, what does that mean? Being humble brings to mind, modesty, courtesy, kindness, respectfulness and politeness. If you are completely humble, you will always be kind, respectful and polite. You will always try to treat others better than yourself. You will always put the welfare of others above your own welfare. That’s just how Jesus was on earth. He was always putting others first, even though He was God. He put the welfare of others first, even going so far as to die on the cross for our sins.

He also says that they should be gentle. This is the opposite of being irritable or having a bad temper. You are

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really living when you have full control of your temper. Jesus used another form of this word in the Sermon on the Mount when He said, “Blessed are the *meek*.” Gentle, as it is used here also means teachable. Do you know someone who just will not learn. We are not talking about lessons in school, necessarily, but lessons in life. Things like drugs and alcohol will hurt you, maybe even kill you. On the other hand, things like doing your best in school and in your relationships with parents or, if you are married, your spouse, will make you a better person, and will help you succeed in life. There are lots of things that God wants us to learn to help us live for, and be more, like the Lord.

Then Paul says that to do some real living, the folks at Ephesus should be patient. He was talking about much more than being calm when someone is late. Patience here means that Christians never give up...never give in to temptation or disappointment. It also means that we would not take revenge, pay back, even though we could.

Adriana was 12 years old. She really believed that she could be a great tennis player. She had the physical strength, she was quick on her feet and willing to work at it. What she found was that practice was more than just having a great racket and hitting a few balls every day. She had to exercise certain muscles that contribute to power on the court. She had to practice certain moves that would respond to and even challenge her opponents. She had to resist the temptation to take off in the middle of practice to hang out with her girl friends. Adriana learned what it was to have the kind of “patience” that Paul was talking about in Ephesians.

Paul finishes his list of four great qualities of real living by saying, “bearing with one another in love.” The Message version of Scripture translates that, “pouring yourselves out for each other in acts of love.” What a great way to say it. This love is a determined commitment to do what is best for the other person. It requires the person who is loving, to work hard to see that the other person is the best that they can be. Just like Jesus!

Real living means to live with humility, gentleness, patience and love. Verse three tells us that the unity that comes from that kind of living will produce peace. God-kind of peace. All our relationships will be good. All our real living for the Lord will bring us, and others, peace.

Memory Verse: “As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received.” Ephesians 4:1

Student Worksheet

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- >God wants us to be His _____, also to be His representatives in the _____.
- >Now he is urging them to _____ according to the _____ they have received from God.
- >Paul says that they can _____ in ways that will let people know that they have a new _____.
- >If you are completely humble, you will always be _____, respectful and _____. You will always try to treat _____ better than yourself.
- >Gentle, as it is used here also means _____.
- >Patience here means that Christians never _____...never give in to _____ or disappointment.
- >Patience also means that we would not take _____, pay back, even though we could.
- >Paul finishes his list of _____ great qualities of _____ by saying, “bearing with one another in love.”
- >Love is a determined _____ to do what is _____ for the other person.
- >Real living means to live with to _____, gentleness, patience and _____. Verse three tells us that the _____ that comes from that kind of living will produce _____.

How to begin a Personal Relationship with God:

First, believe that there is a God.

Second, believe that Jesus, God’s Son, was sent to earth to die so that you can have a relationship with God.

Third, ask God to forgive your sins in Jesus’ name. Jesus’ death on the cross paid the price of every sin you commit.

Fourth, ask Jesus to be your Savior and the Lord of your life.

Fifth, believe that He has answered your prayer and be ready to live for him all the rest of your life.