

Get a Life!

Ephesians

One In The Spirit

Lesson Eighteen

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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

One In The Spirit

Lesson Goal: To help students understand the unity of Christian living.

Scripture: Ephesians 4:4-6

In verses four through six, chapter four of Ephesians, the word “one” is used seven times. Paul must have had a reason for doing that. Earlier, as we have discovered, he had spoken of placing all things under the feet of Jesus; of making us alive in Christ and raising us up with Him into heavenly places; of our being created in Christ for good works; of our being brought near to God through the blood of Jesus; of abolishing the wall that separated the Jews from the Greeks and creating for Himself one new humanity; of the new citizenship in Christ that is for everyone; of our being a new holy temple to the Lord; of the church, all God’s people gathered together, glorifying God; and of our togetherness in the unity of His Spirit.

Now, Paul is making an even more direct statement about being unified. He is placing emphasis on the need for Christians to be together in everything we do. Paul knows that Christians will always be tempted to go their own way...to ignore the opportunities for getting together to serve God. He has just said that we are to “Make every effort to keep the unity of the Spirit...” (Ephesians 4:3) God is the most together being we know anything about. He is Spirit and He is one, even though we know Him as Father, Son and Holy Spirit. He is always in agreement, even when the three are functioning separately. That is hard for humans to understand.

Maybe it would help to think of it this way. Aretha was a daughter, a mother and a wife. She was really one person who acted in at least three roles. One day her father, daughter and husband were in the house together. They all had ideas about what to do next. Her dad wanted to go fishing. Her daughter wanted to watch her favorite show on TV, and her husband wanted to take a nap. Aretha knew what was best for them to do, so to her dad, she said, “Could you please put off the fishing trip till next week.” To her daughter, Denita, she said, “You can TIVO the show.” To her husband, Jared, she said, “I know you are tired, but I really help.” To all three she said, “Our church is collecting cakes for a cake walk. Dad, I need you to go to the store and get some things. Denita, I need you to help me do some cooking. Jared, I need you to get some cake boxes down from the attic and when we are finished with the cakes, take them over to the church house.” Aretha was three different people, and yet one person. She was unified in her purpose, even though she was being a daughter, mother and wife. Now, that is not exactly how God is, nor is it how God does, but it gives us an idea of what it means to be three in one.

God wants believers to be together, unified in what we are and do. He gives us some indicators from Paul as

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to how we can do that. He says that God's plan is for:

One body: If Jesus is the head of the church, then the church should function like any human body functions. The head guides the rest of the body. The head doesn't say, feet you go this way, hands you go that way and tummy you go another way. No! The head guides all the body in going the same direction. It is just like that with the church. If we listen to His words and are guided by Him, we will all be going the same way...unified.

One Spirit: For someone to be alive, there has to be breath. So, the Holy Spirit of God, is what God breathes into the church to bring it to life. There is one Spirit who can make a church alive with worship and service.

One hope: Together the church has great hope, because of our life in God's Holy Spirit, . The hope is the assurance of the presence of God with us, and the assurance of God being in our future, forever.

One Lord: Christians are bound together by our belief in Jesus, the one Lord of all.

One faith: Our belief leads us all to commit ourselves to Jesus, Lord of all. That is a step of trust or faith, giving ourselves completely to Him.

One baptism: Baptism is a testimony of our faith in Jesus. All Christians have the same testimony.

One God and Father: Our God is one of a kind. He is over all: He is beyond everything and greater than anything. He is through all: He is in charge of and giving direction to everything. He is in all: There is absolutely nowhere one can go without finding God.

One in the Spirit means that we will be together as Christians worshiping and serving God. We should want to be with and serve God with other Christians. When we do that, get together to worship and serve, we call that church. Many people think of church as a building, but church is people getting together in Jesus' name, asking for His guidance and living out "one in the Spirit" as described above.

Memory Verse: "One God and Father of all, who is over all and through all and in all." Ephesians 4:6

*Underlined sentences in the Teacher's Guide appear in the Student Worksheet with blanks to be filled in by the student during the lesson. Words in the Student Worksheet may not appear exactly as printed in the Teacher's Guide.

Student Worksheet

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>**One body:** If Jesus is the head of the church, then the church should function like any human _____ functions. The head guides the rest of the _____. The head doesn't say, feet you go this way, hands you go that way and tummy you go another way. No! The head guides all the _____ in going the same direction. It is just like that with the church. If we listen to His _____ and are _____ by Him, we will all be going the same way...unified.

>**One Spirit:** For someone to be alive, there has to be _____. So, the Holy Spirit of God, is what God breathes into the church to bring it to _____. There is one Spirit who can make a church _____ with worship and service.

>**One hope:** Together the church has great _____, because of our life in God's Holy Spirit, . The _____ is the assurance of the presence of God with us, and the assurance of God being in our _____, forever.

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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.