

WALKING WORTHY



A STUDY IN EPHESIANS



BRENTWOOD PARK
Alliance Church

TABLE OF CONTENTS

Introduction	Page 3
Week 1 - Ephesians 1:3-14 - The Foundation of a Worthy Walk	Page 4
Week 2 - Ephesians 1:15-22 - A Prayer for the Journey, Pt. 1	Page 6
Week 3 - Ephesians 2:1-10 - Set Upon the Path	Page 8
Week 4 - Ephesians 2:11-3:13 - Walking Together Towards Reconciliation	Page 10
Week 5 - Ephesians 3:14-21 - A Prayer for the Journey, Pt. 2	Page 12
Week 6 - Ephesians 4:1-16 - Walking Worthy of the Calling	Page 14
Week 7 - Ephesians 4:17-5:2 - A New Way to Walk, Pt. 1	Page 16
Week 8 - Ephesians 5:1-5:20 - A New Way to Walk, Pt. 2	Page 18
Week 9 - Ephesians 5:21-6:9 - Walking in Christ-shaped Relationships	Page 20
Week 10 - Ephesians 6:10-20 - When the Journey Gets Difficult	Page 22
Series Review	Page 24

"The believer who walks in a manner worthy of the calling with which he has been called is one whose daily living corresponds to his high position as a child of God and fellow heir with Jesus Christ. His practical living matches his spiritual position."

- John F. MacArthur

**WALKING
WORTHY**



Introduction

The book of Ephesians is one of the richest and most encouraging letters in the New Testament. Written by the apostle Paul while imprisoned in Rome (around A.D. 60–62), it was sent to believers in and around the city of Ephesus. Paul writes to remind Christians of who they are in Christ, what God has done for them through the gospel, and how that new identity should shape every part of their lives.

The first three chapters focus on what God has done. Paul unfolds the breathtaking story of God's grace: we have been chosen by the Father, redeemed through the Son, and sealed by the Holy Spirit. Once dead in sin, we have been made alive with Christ. Once separated from God and from one another, we have been united into one new family through the cross. Before Paul tells believers what they should do, he reminds them of what God has already done for them.

The last three chapters turn from doctrine to practice. Because of who we are in Christ, we are called to live differently. It is here that one image becomes the dominant theme of the letter: walking.

Paul repeatedly describes the Christian life as a walk:

- Walk worthy of your calling (4:1)
- No longer walk as the Gentiles do (4:17)
- Walk in love (5:2)
- Walk as children of light (5:8)
- Walk wisely (5:15)

This repeated imagery reminds us that following Jesus is not simply about believing the right truths—it is about living them every day. Walking is steady, intentional, and continual. It speaks of direction more than speed, faithfulness more than perfection. The Christian life is not a single decision but a lifelong journey of becoming more like Christ.

That is why this study is called Walking Worthy. The phrase comes from Ephesians 4:1, where Paul urges believers to "walk in a manner worthy of the calling to which you have been called." He is not saying we must earn God's love or prove ourselves worthy of salvation. Rather, because we have already received God's grace, our lives should increasingly reflect the incredible calling we have been given.

As you work through this study, you'll discover that every step of the Christian walk flows from the gospel. We forgive because we have been forgiven. We love because Christ first loved us. We pursue holiness because we have been made holy in Him. We stand firm because His strength is greater than our own.

My prayer is that this study will not simply increase your knowledge of Ephesians but deepen your love for Christ and encourage you to walk more closely with Him each day. May God use His Word to transform both what you believe and how you live, so that together we may truly walk worthy of the calling we have received.



Pastor Kirk

Week 1 - The Foundation of a Worthy Walk

Ephesians 1:3-14

Sermon/Passage Notes:

Notes Ideas:

- Main ideas from the Sermon
- Key passages in the text
- What concepts or ideas bless you/frustrate you /confuse you
- What is God saying to the Ephesian church?
- What is God saying to you?

Reflection/Discussion Questions

What verses speak to you the loudest in this season of life? Why?

Working through the passage, identify all the identity terms in it. Whom does God say you (and we) are?

Utilizing the language within the passage, articulate the gospel (the good news).

How do you understand the relationship between being chosen by God and having free will?

In the passages that talk about being chosen, what are we chosen to be?

Who is the Holy Spirit, and what does Paul say he does in this passage? What are the implications of this?

When God speaks to us, it is often as a “do” or a “know” (go do something or know this truth). What is God saying to you through this passage in Ephesians, and what implications are there to it?



Week 2 - A Prayer for the Journey, Pt. 1

Ephesians 1:15-22

Sermon Notes:

Notes Ideas:

- Main ideas from the Sermon
- Key passages in the text
- What concepts or ideas bless you/frustrate you /confuse you
- What is God saying to the Ephesian church?
- What is God saying to you?

Reflection/Discussion Questions

What verses speak to you the loudest in this season of life? Why?

What are the reasons Paul is thankful for the Ephesian church? What would be two words to describe your reputation?



Why does Paul pray for the Spirit of wisdom and revelation? How does this inform how we pray for others?

What are the three things Paul prays the Ephesian church would know in verses 18-19? How would each one impact a believer?

Why do you think Paul explains the level of God’s power that he is praying the Ephesians would know?

What are the implications of verses 22-23 and what should you do about them?

When God speaks to us, it is often as a “do” or a “know” (go do something or know this truth). What is God saying to you through this passage in Ephesians, and what implications are there to it?



Week 3 - Set Upon the Path

Ephesians 2:1-10

Sermon Notes:

[illegible]

Notes Ideas:

- Main ideas from the Sermon
- Key passages in the text
- What concepts or ideas bless you/frustrate you /confuse you
- What is God saying to the Ephesian church?
- What is God saying to you?

Reflection/Discussion Questions

What verses speak to you the loudest in this season of life? Why?

How does Paul describe our spiritual condition before Christ? How about after?

In terms of our salvation, what does Paul say that we do in the process? What does he say that God does?

What does it mean, and what are the implications, that we are “God’s handiwork” (vs. 10)

What are some “good works” God may have prepared for you in this season of life?

How does this passage prepare for Paul’s emphasis on “walking worthy” later in Ephesians (4:1; 4:17; 5:2; 5:8; 5:15)?

When God speaks to us, it is often as a “do” or a “know” (go do something or know this truth). What is God saying to you through this passage in Ephesians, and what implications are there to it?

Week 4 - Walking Together Towards Reconciliation

Ephesians 2:11-3:13

Sermon Notes:

Notes Ideas:

- Main ideas from the Sermon
- Key passages in the text
- What concepts or ideas bless you/frustrate you /confuse you
- What is God saying to the Ephesian church?
- What is God saying to you?

Reflection/Discussion Questions

What verses speak to you the loudest in this season of life? Why?

How many times does Paul emphasize the idea of "one" and what does that mean for us today?



Why is reconciliation with God inseparable from reconciliation with others?

What does the image of the church as God's temple teach us about the church today?

What barriers or prejudices still divide Christians today? What is the solution?

How should knowing that God dwells among His people change the way we value the church?

When God speaks to us, it is often as a “do” or a “know” (go do something or know this truth). What is God saying to you through this passage in Ephesians, and what implications are there to it?



Week 5 - A Prayer for the Journey, Pt. 2

Ephesians 3:14-21

Sermon Notes:

Notes Ideas:

- Main ideas from the Sermon
- Key passages in the text
- What concepts or ideas bless you/frustrate you /confuse you
- What is God saying to the Ephesian church?
- What is God saying to you?

Reflection/Discussion Questions

What verses speak to you the loudest in this season of life? Why?

Compare this prayer with Paul's prayer in Ephesians 1:15-23. What similarities and differences do you notice?



We often put limits on our prayers. What does this passage teach us about how we should pray?

What does it mean to be “filled to the measure of all the fullness of God?”

Which of Paul's prayer requests do you most need in your own life today?

If walking worthy of Christ begins with being strengthened by His Spirit and rooted in His love, what spiritual habits help you stay connected to that source of strength rather than relying on yourself?

When God speaks to us, it is often as a “do” or a “know” (go do something or know this truth). What is God saying to you through this passage in Ephesians, and what implications are there to it?



Week 6 - Walking Worthy of the Calling

Ephesians 4:1-16

Sermon / Passage Notes:

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Notes Ideas:

- Main ideas from the Sermon
- Key passages in the text
- What concepts or ideas bless you/frustrate you /confuse you
- What is God saying to the Ephesian church?
- What is God saying to you?

Reflection/Discussion Questions

What verses speak to you the loudest in this season of life? Why?

How does Paul describe spiritual maturity in verses 13-16? How do we get there?

What does it mean to "walk in a manner worthy of the calling"?

Why does Paul emphasize the seven "ones" before discussing spiritual gifts?

What area of spiritual maturity is God calling you to grow in?

Read 1 Corinthians 12:4-11 and Romans 12:3-8. From the Ephesians passage and these, what do we need to know about Spiritual Gifts?

When God speaks to us, it is often as a "do" or a "know" (go do something or know this truth). What is God saying to you through this passage in Ephesians, and what implications are there to it?



Week 7 - A New Way to Walk, Pt. 1

Ephesians 4:17-5:2

Sermon / Passage Notes:

Notes Ideas:

- Main ideas from the Sermon
- Key passages in the text
- What concepts or ideas bless you/frustrate you /confuse you
- What is God saying to the Ephesian church?
- What is God saying to you?

Reflection/Discussion Questions

What verses speak to you the loudest in this season of life? Why?

What does Paul mean when he says believers are no longer to "walk as the Gentiles do" (v. 17)?



Reading Eph 5:1-2 - What are some examples of love Christ shows us from scripture, and what does each example teach us to do?

Which command in this section seems most counter-cultural today? Why?

Why is Christian obedience more than simply following rules?

In what situation this past week did you have the greatest opportunity to imitate Christ's sacrificial love?
Are there situations coming up this week where you can imitate Christ's sacrificial love?

When God speaks to us, it is often as a "do" or a "know" (go do something or know this truth). What is God saying to you through this passage in Ephesians, and what implications are there to it?



Week 8 - A New Way to Walk, Pt. 2

Ephesians 5:1-20

Sermon / Passage Notes:

Notes Ideas:

- Main ideas from the Sermon
- Key passages in the text
- What concepts or ideas bless you/frustrate you /confuse you
- What is God saying to the Ephesian church?
- What is God saying to you?

Reflection/Discussion Questions

What verses speak to you the loudest in this season of life? Why?

Who has had the greatest influence on the way you live? What qualities of that person have you intentionally tried to imitate?



Why does Paul include speech (obscenity, foolish talk, crude joking) alongside sexual immorality and greed? What is the connection between these three things?

What practical steps can help us guard both our hearts and our conversations?

What does it mean to "expose the works of darkness"? How can Christians expose darkness without becoming judgmental or self-righteous?

If someone observed your life this week, which would they notice most clearly: Christ's love, His light, or His wisdom? Which one is God inviting you to grow in?

When God speaks to us, it is often as a "do" or a "know" (go do something or know this truth). What is God saying to you through this passage in Ephesians, and what implications are there to it?



Week 9 - Walking in Christ-Shaped Relationships

Ephesians 5:21-6:9

Sermon / Passage Notes:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Notes Ideas:

- Main ideas from the Sermon
- Key passages in the text
- What concepts or ideas bless you/frustrate you /confuse you
- What is God saying to the Ephesian church?
- What is God saying to you?

Reflection/Discussion Questions

What verses speak to you the loudest in this season of life? Why?

Verse 21 serves as a bridge between the previous section and what follows. What does it mean to "submit to one another out of reverence for Christ"?

What does Paul mean when he says Christ loved the church and gave Himself up for her? How does it apply to your life?

How does our culture typically define leadership and submission? How does Paul's teaching differ?

If you are no longer living under your parents' authority, what might honouring them look like today?

What principles does Paul give to servants regarding their work? Is there one that you need to grow in?

When God speaks to us, it is often as a “do” or a “know” (go do something or know this truth). What is God saying to you through this passage in Ephesians, and what implications are there to it?



Week 10 - When the Journey Gets Difficult

Ephesians 6:10-20

Sermon / Passage Notes:

Notes Ideas:

- Main ideas from the Sermon
- Key passages in the text
- What concepts or ideas bless you/frustrate you /confuse you
- What is God saying to the Ephesian church?
- What is God saying to you?

Reflection/Discussion Questions

What verses speak to you the loudest in this season of life? Why?

Why is it important to recognize that our struggle is "not against flesh and blood"? Who is it against?

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Why does Paul repeatedly emphasize putting on the "whole" armour of God?

What is the point of each piece of the armour of God?

Which piece of armor do you think believers most commonly neglect? Why?

Why does Paul ask for prayer for boldness rather than for comfort or release from prison?

When God speaks to us, it is often as a "do" or a "know" (go do something or know this truth). What is God saying to you through this passage in Ephesians, and what implications are there to it?



Series Review

After this series, what is your favourite verse in Ephesians and why?

What passage/teaching/principle from this series has been the most transformative?

What does it mean to “walk worthy of the calling?”

What action steps are you going to take to apply what you have learned through this series?

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