

# Ephesians 4

Here's a clear, structured, and theologically rich overview of **Ephesians 4**, grounded in the sources you requested and shaped for teaching, reflection, or ministry use.

## What Ephesians 4 Is About

Ephesians 4 marks a major turning point in Paul's letter. After three chapters explaining what God has done for believers—grace, salvation, unity in Christ, and the mystery of the gospel—Paul now turns to **how believers should live** in light of that calling.

## A Call to Walk Worthy (vv. 1–6)

Paul urges believers to live in a way that reflects their calling in Christ.

## Key themes

- **Humility, gentleness, patience, love**
- **Unity of the Spirit** through the bond of peace
  
- The “**ones**” of Christian unity:
  - one body
  - one Spirit
  - one hope
  - one Lord
  - one faith
  - one baptism
  - one God and Father of all

This section emphasizes that unity is not something we create—it's something we **preserve**.