

THEREFORE

A BIBLE STUDY ON EPHESIANS 4:1-6

BY: REV. STEVE MANSKAR

FRAGMENT 4: 'HOLY TEMPERS' (EPH 4:2-3)

Paul describes the life worthy of the calling to which you have been called using these words: "humility, gentleness, patience, bearing with one another in love, and maintaining the unity of the Spirit in the bond of peace." These attributes are mentioned throughout the New Testament, including in Galatian 5:22-23, which identifies the fruits of the spirit as love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. Wesley calls these virtues of the baptized, "holy tempers," which are habitual behaviors, thoughts, and feelings aligned with what Paul calls, "the mind of Christ." (Phil. 2:5)

FOLLOW ALONG:

Watch the fourth fragment of Steve Manskar's Bible study and fill in the _____.

Patience, gentleness, and humility are among the virtues that comprise the _____ revealed in Jesus Christ crucified and risen.

STRETCH IN THE SPIRIT:

Take time for yourself for a period of silent discernment to consider and journal about the calling to which you've been called, and also how your life is, and maybe sometimes is not, worthy of that calling. In what thoughts or practices might God be calling you to growth?

REFLECTION QUESTIONS:

1. Look through Paul's list of the fruits of the spirit. Which of these tempers means something special to you? Which do you find most challenging to practice?
2. To be worthy of our calling, God urges us to practice humility and bear with one another in love. Is there a situation in your life that needs you to recommit yourself to practice these holy tempers more faithfully? How will you do that?
3. Ephesians 4 calls the church to unity of the Spirit. In the face of differences, and even conflict, how does your congregation seek and live out unity? Why is unity important for the church?

