

How to Walk

4 I therefore, the prisoner of the Lord, beseech you that ye walk worthy of the vocation wherewith ye are called,

- Prisoners do not dictate - There is no considerations for there feelings... There is boundaries... There is a certain diet.
- Walk worthy ... The walk doesn't make you worthy it yields reward.. You walk worthy because despite our condition he declared you righteous

With all lowliness and meekness, with longsuffering, forbearing one another in love;

- You know anything you have accomplished its no credit to you.
- Moses meekest man on the earth...
- You can bear long because of the love God has for you and your love for Him....
- Decide to love one another will cause you to experience Gods will for the circumstance.
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³ Endeavoring to keep the unity of the Spirit in the bond of peace.

- If I don't plan strategically to be unified and fight division I will be weakening the atmosphere of faith.

⁴ There is one body, and one Spirit, even as ye are called in one hope of your calling;

- There is only one Church ?????
- The holy spirit doesn't have a brother
- The Spirit that called you called me also and causes us to grow in the things that we have in common in Christ.
- One Lord, one faith, one baptism, One Jesus Christ Mathew 24, One Faith the original plan was there be one church " Catholic" Not water Baptism but the resurrection - when Christ rose you rose with him, some just don't know it yet. " Whom He did foreknow"

⁶ One God and Father of all, who is above all, and through all, and in you all.

- God (Oprah?)
- The Highest expression of God - Father

⁷ But unto every one of us is given grace according to the measure of the gift of Christ.

Everyone has to have it because nobody deserved it but was endowed by God because of his love for you.

⁸Wherefore he saith, When he ascended up on high, he led captivity captive, and gave gifts unto men.⁹(Now that he ascended, what is it but that he also descended first into the lower parts of the earth?¹⁰He that descended is the same also that ascended up far above all heavens, that he might fill all things.)

- Now imagine his suffering, his pain, his experience in the lowest parts of the earth (Hell) then ascended up to the right hand of the Father then we get Gifts never given to man before.

¹¹And he gave some, apostles; and some, prophets; and some, evangelists; and some, pastors and teachers;

- These are gifts never given before that are in you to a certain degree and they are too cherished more than anything you could have possibly attained previously.

¹²For the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ:

- This gift doesn't build you up it builds someone else up. The key to purpose and fulfillment is service to others and less focus of self.

¹³Till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fullness of Christ:

- The object of your Gift is to bring people together in the body of Christ and strengthen them to be better Christians.

¹⁴That we henceforth be no more children, tossed to and fro, and carried about with every wind of doctrine, by the sleight of men, and cunning craftiness, whereby they lie in wait to deceive;

- Many of the divisions and doctrines were to satisfy the flesh and pride of some individual and seduced immature believers into doctrines of devils.

¹⁵But speaking the truth in love, may grow up into him in all things, which is the head, even Christ:

- If you speak let Love for the person, not being vindictive, to punish, to ostracize, to exalt yourself but to build up the other person.