

One Walk

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A study in the book of Ephesians Chapter 4:1-6

When I was a little girl one of life's simple pleasures was taking a walk with my mother. She would push my little sister in the stroller and I would "hitchhike" by standing on the axle. When restlessness set in I would jump off the metal rod and trot alongside the baby buggy.

When I became a little older, I walked to school with my sisters—we always walked in order from oldest to youngest. I still remember walking along the top of a stonewall which was part of our route and then crossing the street to face the challenge of running my fingers along a chain link fence (how long could I withstand the prickly sensation in my fingers?) that circled the schoolyard.

We also walked to church as a family. Often I would walk between my dad on one side and my oldest sister on the other. Together they would swing me up and down the curbs. When I grew up and got married I continued the walking tradition with my own family ... one small son in a stroller ... two small sons in a stroller ... one little son in a stroller and one son on a bike ... two small sons on bikes ... mom and two sons on bikes ... mom and two big sons on bikes, "hurry up, Mom!" ... and finally ... Mom walking alone.

Today, a beautiful sunny spring day in April, I took a walk with my parents. We went over to the scenic campus of Notre Dame. We strolled around Lake St. Mary and Lake St. Joseph; we meandered under the shadow of the Golden Dome; our souls tiptoed through the beautiful Basilica while an organist filled the rafters with strains of melody and harmony. We walked together, one dad, one daughter and ... one precious mom in a wheel chair. Despite changes, hardships and sacrifices, we continue to walk together this thing called life.

Before we begin our study time today, please take a moment and go before your Heavenly Father in prayer. Ask Him to forgive you of any known sin and open your heart to the truth of His Holy Word. Sign your initials in the blank when you are finished: _____

Now, please read Ephesians 4:1-6. When you have finished reading, please go to Blue Letter Bible (BLB) and read Ephesians 4:1-6 in two additional versions of the Bible. Read Ephesians 4:1-6 once more out loud and record any insights and important thoughts from the text in the space below:

What does Paul beseech us to do in verse 1?

He *beseeches* us to walk *worthy of our calling*. Go back to BLB and do a word search for *beseech* (for instructions on how to do a word search please see Day One of Walk Like an Ephesian). Record what you learn in the space provided:

Who issues this calling?

What does it mean to *walk worthy of our calling*? Exactly how does one *walk worthy of their calling*? The word *walked* in the original language is very interesting; it means so much more than just *walking*. *Walk* transliterates as *peripateoi*, which means *to make due use of opportunities, to make one's way, to progress, to live, to regulate one's life, to conduct oneself, to pass one's life*. *Peripateoi* is derived from *pateo*, which means *to walk, to tread, to advance by setting the foot*. From this information we can infer we are meant to grow, progress, and change as we walk out our lives; we should not be the same people we were five years ago or even five weeks ago. Go to BLB and do a little more research concerning *peripateoi*. Trace back every word part to its root, check out *Vine's Expository Dictionary* entries, and read the additional information from *Thayer's Greek Lexicon*. Record your findings in the space below:

Root meanings:

Vine's information:

Thayer's Greek Lexicon information:

Verses two and three provide more information about walking worthy of our calling. Please read these verses again and record what you learn in the space

provided.

As Christians our walk should be marked by:

Let's take some time to research on BLB each of the attributes that you listed above. Please document your findings in the space below.

Lowliness:

Gentleness:

Longsuffering:

Unity:

Now please sum up what you have learned about *walking worthy of our calling*.

Please read verse three again.

Verse three informs us that we need to *endeavor to keep the unity of the spirit in the bond of peace*. The word *endeavor* in the Greek transliterates as *spoudazo*. *Spoudazo*, and all of its word forms, means *to exert one's self, to make haste, give diligence, to strive after something, to desire earnestly*. From what we have just learned concerning the word *endeavoring*, what conclusion can be reached concerning the *keeping the unity of the Spirit in the bond of peace*?

Walking in peace can be hard work!

Why can it be hard work to walk in peace with the body of Christ?

Verses 4-6 list several reasons why Christians can walk in peace. Please read these verses again. List below the many reasons we should walk in the bond of peace:

What is the one body?

... the One Spirit?

... our One Hope?

The original Greek word used for *bond* in this portion of Scripture is interesting. *Bond* transliterates as *syndesmos*, which means, *that which binds together, to bind, a bond; of ligaments, which bind members of the human body together*. John Brown states that ligaments bind the limbs together but allow for freedom of movement. Bound but free. We are bound together as the body of Christ but free to walk our own journey with Jesus ... free to be whom Jesus created us to be.

Finally, God gives us one more reason why we should walk in unity with one another. Please read verse 6 again.

What other bond do we share with every Christian brother and sister?

As Christians, God is not only the Father of all, but He is with all, through all and in all. Whatever we do to one of the least of our brothers we do unto Him.

In closing, families walk together. We help each other walk the hills and valleys of life. As the body of Christ we are called to walk in unity. The strong help support the weak and the young as we walk out this thing called life.

Walk in love and peace.

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