



# Ephesians

Week 4: Chapter 4

## **Ephesians 4:1-6**

<sup>1</sup>As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received.

<sup>2</sup>Be completely humble and gentle; be patient, bearing with one another in love.

<sup>3</sup>Make every effort to keep the unity of the Spirit through the bond of peace. <sup>4</sup>There is one body and one Spirit, just as you were called to one hope when you were called;

<sup>5</sup>one Lord, one faith, one baptism; <sup>6</sup>one God and Father of all, who is over all and through all and in all.

## **Ephesians 4:11-13**

<sup>11</sup>So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, <sup>12</sup>to equip his people for works of service, so that the body of Christ may be built up <sup>13</sup>until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.

## **Ephesians 4:22-24**

<sup>22</sup>You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; <sup>23</sup>to be made new in the attitude of your minds; <sup>24</sup>and to put on the new self, created to be like God in true righteousness and holiness.

## **Ephesians 4:25-27, 30-32**

<sup>25</sup>Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. <sup>26</sup>"In your anger do not sin": Do not let the sun go down while you are still angry, <sup>27</sup>and do not give the devil a foothold.

<sup>30</sup>And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. <sup>31</sup>Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. <sup>32</sup>Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

## **How to receive forgiveness from God:**

- 1) Admit you, like everyone else, need new life in Jesus.
- 2) Ask God to forgive your sins by the sacrifice of Jesus.
- 3) Receive new life from God by trusting in Jesus as your Savior & Lord.

## **You can do that now by simply talking to God in a prayer like this:**

Dear Lord Jesus, I know I am a sinner, and I ask for your forgiveness. I believe you died for my sins and rose from the dead. Today, I receive you as my Savior; and I put my faith in you as my LORD. Help me to live for you all the days of my life. In your name, Amen.

**If you chose to follow Jesus today, text "FAITH" to 309-250-2007 to receive additional information about next steps in following Jesus.**

You are **MADE FOR MORE**

don't **SETTLE FOR LESS**

---

### For Further Reflection:

*[If you haven't already done so in this series, take some time this week to read or listen through the book of Ephesians in one sitting—share with someone what “pops” out at you.]*

*Read the Scriptures on the other side of this Guide.*

*:: What sticks out to you? How might God be speaking to you there? What action will you take?*

*:: What is a “made for more” space in your life that you sense affirmation/confirmation in as you interact with these verses?*

*:: What does ‘settling for less’ look like there? How can you be proactive in moving toward God’s best?*

*Pastor Jeremiah gave several examples of the Church being made for more and settling for less (like, “You were made for adventure, don’t settle for comfort.”)...*

*:: Which of those things quickened your spirit?*

*:: What might God be speaking to you there?*

*What is a next step for you in rooting more deeply by participating fully, living ‘new,’ and elevating others? Share this with someone and invite them to pray with & for you as you take this step.*

Unless otherwise noted, today’s Scripture is from New International Version [NIV].

Pastor Jeremiah X. Gómez (@jxgomez) – February 20, 2022

Watch this message and other recent messages online at [heritageqc.com/watch](https://heritageqc.com/watch)

### JANUARY 2022 FINANCIAL UPDATE

Budget for January Year to Date	\$2,113,000
Received January Year to Date	\$1,864,416
Budget Deficit Year to Date	-12%