

Introduction:

1. There is one body! That's what the apostle Paul says in Ephesians 4:6.
2. What is the body Paul speaks of in this text? Why should it be important to us?
3. The book of Ephesians gives us great insight in this body and what it means to us.
4. Let's look inside Ephesians and see what we can learn.

The Lesson:

I. The one body is the church

- A. When Paul speaks of the one body, he is speaking of the one church Jesus established.
 1. We first read of the church in the New Testament in Matthew 16:18.
 2. Jesus promised to build His church.
 3. We see in Acts 2:47 people being added to this church.
 4. We see the value of the church when we read Acts 20:28.
- B. When we move into Ephesians, we learn more.
 1. We see how Jesus is the head of the church, which is His body, Ephesians 1:22-23.
 2. The one body in Ephesians 4:6 is the one church Christ promised to establish. This church was not established by a Pope or Pastor. It was established by Christ. This church is not made up of hundreds of denominations. What should this mean for us? Ephesians reminds us of the importance of the church. It's a part of the eternal purpose of God, Ephesians 3:10-11. It's to glorify God, 3:21.
 3. It's a place of reconciliation, Ephesians 2:16. It's the family of God and temple of the Lord according to Ephesians 2:19-22.

II. There is one way into the one body

- A. We can begin in Acts 19:1-6, where we find disciples in Ephesus.
 1. Those who believed and were baptized were added to this body.
 - a. They believed in the one Lord: Jesus, Acts 2:36-37. They heard the message of truth and believed, Ephesians 1:13.
 - b. They were taught the one faith concerning Christ and the gospel, Ephesians 4:5.
 - c. They had the one baptism, Ephesians 4:5. This baptism was for the forgiveness of sins. Through baptism they accessed the amazing grace of God.
 2. They were saved by grace through faith, Ephesians 2:8. Their salvation was a gift!
- B. Have we've been added to the body of Christ, 1 Corinthians 12:13?

III. There is to be unity in the one body

- A. Paul began Ephesians 4 by speaking about unity (Oneness, being in harmony, accord)
 1. The church is to give glory to God, Ephesians 3:21. In every age, people are to give glory to God! As a result, there's a way for those in the church to walk, Ephesians 4:1 (see

4:17,5:2, 5:8,5:15,). We are to walk carefully (this refers to one's 'sphere' of existence), with humility, patiently with one another.

2. We are to be diligent preserving the unity of the Spirit.
 3. There is unity among the Godhead. There is to be unity among God's people. We can be unified because of our one Lord and Savior, His one body we're all a part of, the one Spirit who has given us the scriptures, the one hope of heaven we strive for (1:18), the one faith that's been delivered once for all, the one baptism we've all participated in, and the one God we follow. These are the "basis" of our unity. Nothing should get in its way.
- B. But have we been guilty of disrupting of preserving this unity?
1. Churches are divided because of politics, Presidents, COVID, race, and social media.
 2. This is not how we are to walk. But it can happen.
 - a. Judaizing teachers disrupted the unity in Acts 15:1-2.
 - b. There were factions in the church in Corinth, 1 Corinthians 1:10.
 - c. There were sister problems in Philippians 4:2-3.
 3. From these examples and what Paul says in Ephesians 4:1-3, what often gets in the way of unity is TEMPERAMANT and TEACHING.
 4. **Temperament:** The fact saints then and now are reminded that we must be patient, humble, gentle, and loving means challenges will arise. Our response to those challenges between us will go a long way in preserving this unity. What might this look like? Be honest, be angry without sin, be kind, forgiving, with one another: Ephesians 4:25-32.
 5. **Teaching:** There must also be unity of truth concerning God, the Spirit, Christ, salvation, and more. This hits at the division among those who profess to be Christians.
 6. ***We must hold to the proper attitudes to preserve the unity. We must hold fast to the "basis" upon which our unity rests.***

IV. There is to be growth in the one body.

- A. Christ descended and ascended back into heaven, Ephesians 4:7-8.
 1. As our victorious king, He's freed us from the fear of death. By His grace He has given us gifts after His ascension. These gifts were offices or functions in the church. Why?
 2. To EQUIP the SAINTS for the work of service. For the building up of the body of CHRIST.
- B. So that there mature, no longer being tossed too and fro. There were many false doctrines that could have tossed God's people too and fro. Judaizing teachers, Gnosticism, and more. Through the teaching of God's word through these offices the body of Christ was to become mature and knowledgeable of the truth. So are we. Every joint, part in the body plays a role. That's US!
- C. Are we doing our part? Do we value the one body? Are we seeking to preserve the unity?

Conclusion:

1. If not, we must begin. There is one body! Are you a part of it?
2. Let us do our part! Let us walk accordingly.