

Student's Name: _____

Sermon Notes for February 1st, 2026

“The One Thing”

“Working in Harmony”

Sermon text: **Ephesians 4:1-16**; Old Testament Text: **Psalms 37:1-7**; Gospel Text: **Matthew 20:25-28**.

Read **Ephesians 4:1-16 (below)** as you listen to the sermon, then answer the questions below.

Ephesians 4:1-16 (NIV): As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. ²Be completely humble and gentle; be patient, bearing with one another in love. ³Make every effort to keep the unity of the Spirit through the bond of peace. ⁴There is one body and one Spirit, just as you were called to one hope when you were called; ⁵one Lord, one faith, one baptism; ⁶one God and Father of all, who is over all and through all and in all. ⁷But to each one of us grace has been given as Christ apportioned it. ⁸This is why it says: “When He ascended on high, he took many captives and gave gifts to his people.” ⁹(What does “he ascended” mean except that he also descended to the lower, earthly regions? ¹⁰He who descended is the very one who ascended higher than all the heavens, in order to fill the whole universe.) ¹¹So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, ¹²to equip his people for works of service, so that the body of Christ may be built up ¹³until 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. ¹⁴Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. ¹⁵Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. ¹⁶From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

1. Read **Ephesians 4:1**. Why does Paul consider being a *prisoner for the Lord* a badge of honor?
2. Read **Ephesians 4:2**. Why would the qualities listed here be so important for someone who is determined to live his or her life for Christ?
3. Read **Ephesians 4:3**. According to this verse, what is required to *keep the unity of the Spirit through the bond of peace*?
4. Read **Ephesians 4:4-6**. When Paul refers to *one body*, what is He talking about?

Why is it so critical that we recognize there is only *one Spirit*?

What is *the one hope to which we've been called* and *who called us to this hope*?

When you read **Ephesians 4:5-6**, what does Paul want us to understand beyond a shadow of a doubt?

