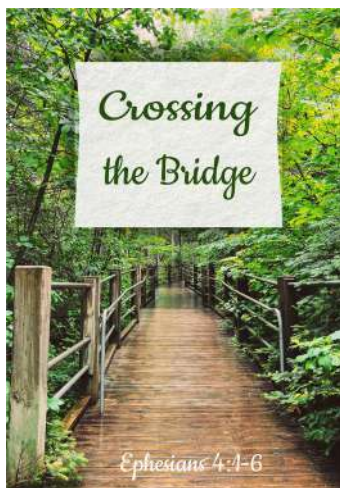




Crossing The Bridge
Series: Ephesians, #11
Ephesians 4:1-6
Pastor Lyle L. Wahl
July 26, 2026

Theme: **Position and practice are equal partners in healthy faith.**

The importance of linking and balancing position and practice.

1. “Therefore” — looking back to our position. (1)
2. “Therefore” — looking forward to our practice. (1)

Some first steps in linking and balancing practice with position.

1. In your character. (2 a)
2. In your relationships with others. (2 b - 6)

In My Life This Week

As you use this daily guide, write out your observations and responses on a separate piece of paper and save them with this sheet for reference.

Monday. Read 4:1-6. The first word of this chapter is important—“Therefore.” It links the first three chapters with the rest of the letter, and marks a shift of emphasis from our position in Christ to our practice. Read through the first three chapters, refreshing your memory on the wonderful wealth of our position in Christ.

Tuesday. On Sunday we said that position and practice are equal partners in healthy faith. We are to live *worthy* of our calling—remember the term worthy originally had the idea of bringing a scale into balance. In verse 2 Paul says living in a worthy manner includes having a character marked by humility, gentleness and patience. Review what these terms describe. Do they saturate your character?

Wednesday. Crossing the bridge from position to practice also includes be tolerant or putting up with others (2). This does not mean tolerating error or sin, but your brothers and sisters in Christ. It means to “hang in there” with them. Does this describe you? How healthy is your faith?

Thursday. Verse 3 tells us we are to stretch and strain to preserve the unity of the Spirit in the bond of peace. Verses 4-6 then give us some reasons of why this is so important. This does not refer to any kind of lock-step agreement on every issue. It means crossing the bridge of who we are objectively to who we are in practice— one people. How are you doing here?

Friday – Saturday. On Sunday we plan to look at *God’s Gifts at Work*, from 4:7-16. Read through these verses in preparation for our time together.