

“Living a Holy Life,” *Ephesians 4:1-10*, page 1144

Introduction:

1. The apostle John makes it very clear that we are born into the family of God. *John 3:1-16*, page 1034.
2. As members of God’s family, there are some things that are expected:
 - A. God’s attributes/characteristics are given to us by the Holy Spirit.
 - B. We represent God’s name.
 - C. We are expected to follow the rules of His family.
 - D. These expectations have built in consequences.
3. The apostle Paul encourages us to “*Walk worthy of your calling.*” *Ephesians 4:1*: “*I, therefore, the prisoner of the Lord, beseech you to have a walk worthy of the calling with which you were called.*”
4. Live a life of holiness!

I. Holiness is primarily spiritual/emotional/and mental.

- A. God is a spirit, and our new birth (salvation) is generated by the Holy Spirit living within us.
- B. Our emotions/heart/mind gives direction to our physical actions:
 1. *Psalm 14:1a*: “*The fool has said in his heart, ‘There is no God.’*”
 2. *Psalm 139:23-24*: “*Search me, O God, and know my heart; try me, and know my anxieties; and see if there is any wicked way in me, and lead me in the way everlasting.*”
 3. *Proverbs 23:7*: “*For as he thinks in his heart, so is he. ‘Eat and drink!’ he says to you, but his heart is not with you.*”
 4. *Psalm 119:11*: “*Your word have I hidden in my heart, that I might not sin against You.*”
- C. The apostle Paul urges the believers in Rome to focus on a life of holiness. *Romans 12:1-2*: “*I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.*”
- D. Holy living is realized when the Holy Spirit is given control of my heart and mind.
- E. Note *Ephesians 4:23*: “*...be renewed in the spirit of your mind....*”
 1. This is where holiness begins.
 2. Holiness is then lived out in our daily activities.

II. Holiness is visible in our physical conduct.

- A. Next month we will give consideration to the second half of *Ephesians 4*:
 - 1. “*Becoming a mature disciple,*” *Ephesians 4:11-16.*
 - 2. “*Put on the new self,*” *Ephesians 4:17-24,*
 - 3. “*Do not grieve the Holy Spirit,*” *Ephesians 4:25-32.*
- B. *Ephesians 4:12-32* focuses on our physical life style that is generated by the Holy Spirit living within us.

III. Holiness builds positive interpersonal relationships.

- A. Personal holiness will help us develop positive interpersonal relationships that include:
 - 1. “Humility.”
 - 2. “Gentleness.”
 - 3. “Patience.”
 - 4. “Forbearance.”
 - 5. “Love.”
 - 6. “Peace.”
- B. One is a complete number.
 - 1. “One body.”
 - 2. “One Spirit.”
 - 3. “One hope.”
 - 4. “One Lord.”
 - 5. “One faith.”
 - 6. “One baptism.”
 - 7. “One God and Father.”
- C. When our heart and mind is focused on God and the teaching of the Bible, we experience “holy living.”

Conclusion:

- 1. Make holiness a daily lifestyle:
 - A. We are not perfect.
 - B. We have a lot to learn about God and putting holiness in practice.
 - C. We have a lot of maturing to accomplish.
- 2. Walk “*worthy of the calling with which you were called....*”
- 3. Keep your focus on Jesus and follow His teachings.
 - A. Study the Bible.
 - B. Talk to God.
 - C. Be faithful in church attendance.
 - D. Listen to good Christian music.
 - E. Read good books.
 - F. Fellowship with believers.
 - G. Do what is right.
- 4. This is holy living! This is holiness.