

/Hello. / We will now begin with the fifth lecture on the prison epistles. /Today's Word is Ephesians chapter 4. / The title of this chapter is "Maturity."

/First, labor to be united as one. /Verses 1-6. /Second, build up a church by accomplishing one's duties. /Verses 7-12. /Third, mature to reach the fullness of Christ./ Verses 13-16.

/Fourth, put off your old self and put on your new self. Verses 17-24. / Fifth, build others up according to their needs. Verses 25-32.

/Let's discuss the first point./ Labor to be united as one. Verses 1-6.

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

/The apostle Paul said, "As a prisoner for the Lord, then, I urge you."/ In Ephesians 3:1, it says, "I, Paul, the prisoner." / Paul often said that he was imprisoned.

/Paul did not say this to show off himself./ It was intended to encourage believers to accept instructions from Paul by knowing that he was suffering for the gospel and for the church.

/This verse also tells us that believers must have determination to suffer for Christ, for He is worthy of our sufferings. /It says, "to live a life worthy of the calling you have received."

/We believe in Christ because God has called us, not because we chose to believe./ This is why Paul urges the believers to live a life worthy of their calling.

/Why did God call us?/ It was so that we would live lives that are worthy of our calling./ The purpose of God's calling is to make believers become like the image of God.

/Also, God matures the faith of believers to bring them to heaven and allow them to delight in him eternally. /We must conform to the image of God. /We must be worthy to receive God's love.

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

/It says, "Be completely humble and gentle; be patient, bearing with one another in love."/ In Matthew 11:29, it says that the heart of Jesus Christ is gentle and humble.

/Therefore, learning to be humble and gentle is equivalent to learning who Jesus is. / We must be humble as well./ In whatever we do, we must not do it for our will or according to our thoughts,/ but for God's will and for God.

/Also, gentleness is to accept God's guidance and direction./ Anyone who does things for himself commits sin./ As believers, our faith can grow when we stop doing things for ourselves.

/It is evil for a pastor to do ministry for himself./ It is only good when he does it for God.

/Romans 14:8 says,/ If we live, we live to the Lord, / and if we die, we die to the Lord. / Therefore, whether we live or die, we belong to the Lord./ We are living properly when we live for Christ.

/In addition, God stands against and rejects the arrogant. / However, he blesses the humble. / In Proverbs 16:18, / it says, “Pride goes before destruction, a haughty spirit before a fall.”

/Therefore, all believers must be humble and gentle. / In verse 2, it also says, “be patient, bearing with one another in love.”

/We must forgive other’s mistakes, and be patient and accept them in love./ When a father loves his children, he forgives them and waits patiently for them.

/Even to others, we must forgive and accept them in love, and we must do all things out of love./ In Matthew 6:14, it says, God will not forgive our sins when we not do forgive the sins of others.

/We must be patient./ Often times, patience leads to faith./ We do not know when rain will come,/ or whether harvest will be abundant or not, but we must wait patiently./ Then the grain will eventually grow and bear fruit.

/Verse 3. /Make every effort to keep the unity of the Spirit through the bond of peace.

/We can enjoy peace when we live in the spiritual world./ If we hate others and are distressed in heart, we cannot have peace./ We cannot have peace if we are anxious and distressed.

/In such times, our troubles will be lessened and we will have spiritual peace when we go into the back rooms and seek God and pray./ Then our hearts will be filled with love.

/That is “the bond of peace.” / This is also unity with the Holy Spirit./ Thus, the spiritual world is the world of the Holy Spirit,/ it is the world of love,/ and it is the world of light./ Everyone becomes one.

/This is why it says, “Make every effort to keep the unity of the Spirit through the bond of peace.”/ The church, where Christ is the head, must be united as one.

/The same goes for the church./ Instead of fighting, quarreling, and envying, the church must become one with Christ at the head.

/Verse 4. /There is one body and one Spirit—just as you were called to one hope when you were called—

/The church must be one with Christ at the head. /There are two types of churches: the visible church and the invisible church./ The visible church can be seen with our eyes./ The invisible church is the spiritual church, the true church.

/The community that believes in Christ is the true church. / While the community that believes in Jesus Christ is the true church, it must be united as one./ Thus, “one body” means that every spiritual church is one.

/It says, “one Spirit.” / This refers to the Spirit who makes us believe in Jesus Christ.

/We were called in the same hope./ Hope for heaven and hope about God are in every believer.

/Verse 5. / one Lord, one faith, one baptism;

/“One Lord” means that/ all the true churches and believers believe in the one and only Jesus Christ./ This refers to salvation through Jesus Christ.

/Faith is one as well. / We believers agree in faith that we have one God, /and we believe in the doctrine of Jesus Christ’s redemption.

/Baptism is one as well. / We repent, believe in Jesus Christ, and born again believers are baptized in the name of the Trinity.

/Verse 6. / one God and Father of all, who is over all and through all and in all.

/All believers serve God the Father. /There is one Father, and thus, believers must be united and become one. /God reigns over all of creation, and he resides in it.

/The God who created the universe and reigns over it/ is our Father in the spiritual sense./ The chosen believers of God serve him as the Father.

/In addition, our Father created all things and he is in control./ Therefore, we believers must be one in the Lord.

/Let us discuss the second point, build up a church by accomplishing one’s duties. Verses 7-12.

/Verse 7. /But to each one of us grace has been given as Christ apportioned it.

/God gave gifts to each believer./ It says, “grace has been given as Christ apportioned it.”/ This is mentioned further in verse 11./ It refers to the duties of apostles, evangelists, and pastors. / These duties are given by the grace as Christ apportioned it.

/Verse 8. /This is why it says: "When he ascended on high, he led captives in his train and gave gifts to men."

/This verse is quoted from Psalm 68:18. / “When he ascended on high” refers to the time when Christ ascended into heaven.

/Then, “he led captives in his train” indicates the victory of Jesus Christ over Satan and Satan’s captivity when Jesus resurrected and ascended into heaven.

/“He led captives in his train” means that/ Jesus triumphed over sin, death, and Satan when He resurrected and ascended into heaven. / Jesus Christ captures believers who were once captured by the devil and sin, and He leads them to God.

/It says, “gave gifts to men.” / This signifies that Jesus gave the Holy Spirit as a gift to believers.

/Verse 9. /(What does "he ascended" mean except that he also descended to the lower, earthly regions?

/It says, “he ascended.” / “He ascended” refers to Jesus’ ascension into heaven. /Jesus’ ascension also means that He became lowly to come to this earth.

/It says, “he also descended to the lower, earthly regions.” / This means that Jesus died on the cross and lowered Himself to the grave.

/What was the purpose in Jesus taking on the flesh of man and becoming lower to descend to the lower, earthly regions? /Jesus’ purpose in becoming low was to save the chosen believers, /give believers the Holy Spirit, /and as it says in verse 10, to fill the whole universe.

/In verse 10,/ Jesus ascended higher than all the heavens. /Jesus Christ ascended higher than all the heavens to fill the whole universe./ The redemption of Jesus Christ benefits all of creation.

/God saved the chosen believers. /Also, God’s reign, righteousness, and love fill the whole universe.

/Verse 11. /It was he who gave some to be apostles, some to be prophets, some to be evangelists, and some to be pastors and teachers,

/Positions in the church are described here. / The position of an apostle. / The positions of the twelve apostles were only given once at the apostolic age./ “Apostle” means “messenger.”

/They saw the resurrected Jesus,/ and had the privilege to share Jesus and record the Bible.

/Next is the position of the prophets. / There was the position of prophets in the early church, but now they are known as pastors and evangelists. /There is also the position of sharing the gospel.

/Today, there are positions of pastors, evangelists, and teachers in the church./ There are many positions in the church./ God appointed certain believers with such positions to build up and serve the Lord’s church.

/God gave each individual a spiritual gift and a position, /and one must faithfully use his gift and position. /The position of the eye must carry out its position, /and the hand must carry out its position as a hand.

/A task cannot be accomplished/ if everybody wants to be the eye./ The same goes for the

church. Each believer must be faithful to their duties./ In doing so, they must serve the church, which is the body of Christ.

/As feet are needed to walk,/ and the ears needed to hear,/ each believer has different positions.

/The church can properly operate when each believer fulfills his duties in his given place.

/Verse 12. /to prepare God's people for works of service, so that the body of Christ may be built up

/There are many different positions in the church. /God gave different positions because/ according to verse 12, is to let believers serve and cooperate with one another. /We must help and support one another to build up a complete church.

/There was a married couple. /The husband could not see. /The wife could not walk./ However, this couple helped each other./ The wife became her husband's eyes, / and the husband became his wife's legs.

/They were lacking, but were able to live in completeness when they supported and cooperated with each other. /The same goes for the church. /The church can be built up when believers support one another and cooperate with one another.

/In verse 12, it says that we must take our positions to help and serve one another so that we may be complete, and so that the church might be built up.

/Now, the third point. Mature to reach the fullness of Christ./ Verses 13-16.

/Verse 13. /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.

/We must have one heart and one goal in faith in Jesus Christ./ The church must have one heart and one will through the heart of Jesus Christ./ It says, "attaining to the whole measure of the fullness of Christ."

/We must mature to the fullness of Christ./ We must mature to Christ morally,/ intellectually,/ and in terms of power.

/It says, "become mature," and this signifies the church./ This tells us that each position the church is like a body of a person, and thus, each must cooperate well with one another.

/Verse 14. /Then 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 men in their deceitful scheming.

/It says, "we will no longer be infants." / Therefore, we can know that some believers are like infants, and some believers are like adults.

/Infants are fed breast milk./ However, adults eat solid food./ When we first believe in Jesus Christ, our spirits are like infants. / However, it must gradually grow and reach maturity.

/We must eat solid food to reach maturity./ There is infant faith in recognizing and learning the truth of the Bible./ Infants can maintain good health even when they only drink milk.

/However, the mature believer must not continue to drink milk but eat solid food./ “Solid food” refer to the deep and noble spiritual truth.

/As our spirits grow by eating solid food, which is the deep truth, we gradually carry out salvation by fighting the good fight of faith.

/Therefore, we must not to be tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of men in their deceitful scheming./ Now, our faith must grow to be like adults.

/Here it says, “cunning” of men./ This refers to the scheming methods and ways of man. /Even in Christianity, there are many cases in which people deceive one another.

/The apostle Paul taught the Word of God as it is without complicating it./ If anyone says anything that goes against the Bible, they are speaking lies.

/It may seem similar to the truth but it is in fact a lie./ The devil always brings counterfeit to deceive the believers./ He makes us deviate from the truth. / That is why we must always be careful not to be fooled by the cunningness of men.

/There is “craftiness of men” as well./ The devil cunningly tempts men./ Believers with faith of infants are likely to fall to temptations./ It also says, “tossed back and forth by the waves, and blown here and there by every wind of teaching.”/ Believers must not be tossed back and forth by the waves of the world.

/If we follow after secularism,/ hedonism,/ and incorrect mysticism, we cannot keep our faith./ We must properly understand the Word of God.

/The spirit of believers mature through the word of truth./ We must obey God's will in every way and glorify God.

/Verse 15. / Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ.

/We must grow up into Jesus Christ. / When we first believed, we had the spirit of an infant./ 1 Corinthians 3:1./ However, it is God’s command that our infant spirits grow up into Jesus.

/We must grow in spiritual power, /in spiritual wisdom and knowledge, /righteousness and truth, /holiness and honesty, /love, and etcetera. /Our spirits must grow mature.

/It says that our Jesus grew in height and wisdom. / "Grew in wisdom" means that the spirit grew. /Matthew 5:19./ In heaven, there is the greatest and the least.

/The spiritually mature will be the greatest in heaven. / The born again spirit that did not grow will be like an infant and will be the least. /When believers believe in Jesus and are born again, their entire spirits are born again.

/Also, the spirit must grow, but the infant spirit can only grow when it eats solid food. /When he eats solid food and becomes mature, he will then be the greatest in heaven.

/There is a reward for those who obey the Word and grow into a mature believer through the Word. /There is a reward for those who did not grow.

/Some people fit the description in 1 Corinthians 3:15./ If people cannot spiritually grow, some will be saved shamefully as though they have nakedly escaped a house on fire.

/In verse 15 it says, "Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ." / A believer's spirit must consume solid food /in order to grow. /This refers to understanding of the deep truth.

/Then, he must enter the world of love and act according to God's Word. /His spirit will mature when he acts out God's Word in the world of truth and love.

/It says, "all things grow up into him." / "Into him" refers to conforming to the image of Christ.

/Our goal is to be like Jesus./ This is done throughout the entire course of our lifetime./ We must run towards Christ, who is the finishing line of our life.

/Verse 16. /From 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.

/All the parts and units of the body are joined and held together./ The same goes for us believers. /We must first work hard so that our own spirits will mature.

/After that, we must be connected with other believers./ Everyone received different kinds of spiritual gifts and grace. /We must cooperate to be one in the church by using the gifts given to us.

/Hence, we must labor to build up the church, which is the body of Christ according to the Word of truth.

/Now let's discuss the fourth point, put off your old self and put on your new self./ Verses 17-24.

/Verse 17. /So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking.

/It says, “no longer live as the Gentiles do, in the futility of their thinking.”/ Everything that unbelievers do are meaningless./ There is no purpose or fruit.

/They have no hope in God./ The purpose of their life is futile./ However, we believers have a purpose before God.

/Verse 18. /They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts.

/This is the state of Gentiles who do not believe./ Also, verse 17 says, they live in the futility of their thinking./ They are darkened in understanding and are ignorant, and they are separated from God because their hearts are hardened.

/It says, “the hardening of their hearts.”/ Our hearts must not be hardened./ We must be gentle and humble. /That is how we can learn about Jesus Christ.

/Our understanding will be darkened if we do not live by faith and follow this empty world./ That is why we cannot understand the truth. /Then, it says, “the ignorance.” / Ignorance leads to the throwing away of the truth.

/Next, it says, “the hardening of their hearts.” / We cannot receive inspiration of the Holy Spirit because of our hardened hearts./ Hence, we depart from the life of God.

/Then the work of the life of God comes to a stop./ Thus, believers must follow the Word by standing firm in the truth./ We must gradually become wise, understand the truth, and be abundant in the work of life.

/Verse 19. /Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, with a continual lust for more.

/It says that those who do not believe act according to sensuality and lust./ This refers to sexual immorality/ and perverse actions.

/Even believers can fall to these sins when they become corrupted./ Therefore, we must always discern and stay awake.

/Verse 20. /You, however, did not come to know Christ that way.

/We did not learn in this way, and we must live by the Word of truth just as we have learned.

/Verse 21. /Surely you heard of him and were taught in him in accordance with the truth that is in Jesus.

/It means that there is truth in Christ./ They directly heard the truth from Jesus Christ./ We heard that truth, and we have come to believe in and know Jesus.



/Verse 22. /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;

/It says, “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.”/Inside the believer is the old self and the new self./ There is enmity between them./ That is the inner struggle of every believer.

/The old self always attempts to commit sins and chase after the temptation of greed./ The new self strives to love God with guidance from the Holy Spirit, so that it would obey God’s Word.

/Therefore, if we believers live according to the old self, we will sin./ If we live according to the new self, we will carry out righteousness./ We must throw away the old self./ That is how we will put on the new self.

/Verses 23-24. /to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.

/When we live according to the born again spirit, our spirits will be renewed./ It says, “the new self, created to be like God in true righteousness and holiness.” /This refers to those who live according to the born again spirit.

/We must conform to the image of God. / It says that the image of God is righteousness, truth, and holiness. / Thus, we must always strive to conform to the image of God.

/That is the ultimate purpose of believers./ We can achieve this goal when we strive to live in faith.

/Here we will conclude the fifth lecture on the prison epistles./ Thank you.