

A Life Worthy of the Calling

Ephesians 4:1–6:18 offers these “dos and don’ts” with regard to Christian behavior.

Do

- be humble and gentle (4:2)
- be patient, bearing with one another in love (4:2)
- make every effort to maintain unity and peace (4:3)
- speak the truth in love to others in the body (4:15)
- speak truth, not falsehood, to neighbors (4:25)
- work honestly at manual labor (4:28)
- be sufficiently productive to share with the needy (4:28)
- speak only words that impart grace and edify others (4:29)
- be kind to one another (4:32)
- be tenderhearted, forgiving one another (4:32)
- be imitators of God (5:1)
- live in love, as Christ loved us (5:2)
- offer thanksgiving (5:4)
- try to find out what is pleasing to the Lord (5:10)
- expose the secret and shameful works of darkness (5:11–12)
- be careful to live wisely (5:15)
- make the most of the time (5:16)
- understand what the will of the Lord is (5:17)
- be filled with the Spirit (5:18)
- sing psalms and hymns and spiritual songs (5:19)

- give thanks to God at all times and for everything (5:20)
- be subject to one another in reverence for Christ (5:21)
- be strong in the Lord and stand firm (6:10, 14)
- pray at all times (6:18)

Don’t

- be tossed about by every wind of doctrine (4:14)
- fall prey to people’s trickery, craftiness, or deceitful scheming (4:14)
- pursue licentiousness or impure practices (4:19–20)
- yield to lust (4:22)
- let the sun go down on your anger (4:26)
- make room for the devil (4:27)
- steal (4:28)
- let evil talk come out of your mouth (4:29)
- grieve the Holy Spirit of God (4:30)
- hold on to bitterness, wrath, anger, wrangling, slander, or malice (4:31)
- even mention fornication, impurity of any kind, or greed (5:3)
- make any allowance for obscene, silly, or vulgar talk (5:4)
- let anyone deceive you with empty words (5:6)
- associate with deceivers or the disobedient (5:7)
- take part in the unfruitful works of darkness (5:11)
- be foolish (5:17)
- get drunk with wine (5:18)