

## Sit Before You Stand Ephesians 4:1-10

The first 3 chapters = Doctrine

The second 3 chapters = Application

There is \_\_\_\_\_ you can do to make God love you more than He loves you \_\_\_\_\_.

Encountering the love of Christ makes the Christian life a \_\_\_\_\_ and not a \_\_\_\_\_.

*Come to Me, all you who labour and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.* – Matthew 11:28-30

Nothing Christ asks of us is a \_\_\_\_\_ when we're motivated by His \_\_\_\_\_ for us.

**In chapters 4-6, Paul tells us to “walk” in 4 different ways...**

- \_\_\_\_\_ (4:1–16).
- Purity (4:17–5:18).
- \_\_\_\_\_ (5:19–6:9).
- Victory (6:10–24).

**V.1:** We don't love Jesus \_\_\_\_\_ He'll love us... we love Jesus \_\_\_\_\_ He first loved us. (1 John 4:19)

The \_\_\_\_\_ of our salvation is in the \_\_\_\_\_ of our salvation.

See Philippians 3:8-11

To walk in a manner worthy of the Gospel means Christ becomes \_\_\_\_\_.

**V.2:** When we are gentle, patient, and kind to \_\_\_\_\_, it reveals we understand how gentle, patient, and kind God has been \_\_\_\_\_.

**V. 7:** Jesus Christ has given every single one of us \_\_\_\_\_ for the purpose of doing \_\_\_\_\_.

**VV.8-10:**

“the lower parts of the earth” refers to Hades / Hell / The Place of the Dead, where Jesus “descended” during the 3 days of His death.

2 “Sides” of Hades (Luke 16:19-31):

- Torment
- Paradise (Luke 23:43) / The Bosom of Abraham

Jesus emptied Paradise / The Bosom of Abraham (Revelation 1:18; 2 Corinthians 5:8)

All unbelievers still go to Hades to await The Great White Throne Judgment (Revelation 20:11-15; Mark 10:18)