

THE BOOK OF EPHESIANS



4. One Body in Christ

Introduction

One of the greatest problems in the world today is racial tension. We hear about it every day in the news. However racial issues are not new. Even at the time when the Bible was written there were similar problems. There was prejudice between Jew and Gentile. In the Book of Ephesians Paul tells us that this racial wall is broken down by the Lord Jesus Christ and the blood He shed. He has become our peace, making one new man out of two!

Scripture Reading: Ephesians 2:11-22

† What does Paul tell the believers to ‘remember’ about their life before they knew Christ? v11, 12

	Our Former Life
V11	
V12	

† Go through these verses and take note of every time the word ‘peace’ is used, and then do the same with the word ‘one’. What can we learn from this?

	Peace	One
V14		
V15		
V16		
V17		
V18		

† Now that Jesus is our ‘peace’, what do we become according to v19-22?

	Our Present Life
V19	
V21	
V22	

† Paul goes on in Ephesians 4:3 to say: “Make every effort to keep the unity of the Spirit through the bond of peace. There is one body and one Spirit” What things can affect our unity?

† How can understanding the truths we have looked at help us to maintain unity? Discuss.

Conclusion

As we have already seen, there was a huge gap between the Jews and the Gentiles at the time of Christ. However Paul shows that Jesus came, and by shedding His blood on the cross, He bridged that gap, making Jew and Gentile one. We may come from diverse cultural backgrounds or different strata of society, we may be of different ages and do differing kinds of work, but in Christ we are one family. Let’s make sure we are never guilty of destroying that unity by gossip or unkind words, but let’s work to keep the unity of the Spirit, so that Christ is honored and people see that we truly belong to Jesus.