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Ephesians 4:1-6

1. “Therefore I, the prisoner of the Lord, implore you to walk in a manner worthy of the calling with which you have been called,
2. with all humility and gentleness, with patience, showing tolerance for one another in love,
3. being diligent to preserve the unity of the Spirit in the bond of peace.
4. *There is* one body and one Spirit, just as also you were called in one hope of your calling;
5. one Lord, one faith, one baptism,
6. one God and Father of all who is over all and through all and in all.”

In this passage Paul urges Christians to “show tolerance for one another in love,” while “being diligent to preserve the unity of the Spirit.” The Scripture then goes on to give the seven ones, which are seven areas upon which unity in the body of Christ must be based. God’s word states here that there is one body, one Spirit, one hope, one Lord, one faith, one baptism, one God.

Notice particularly how the word “one” is used in this passage. It necessarily conveys the idea of one and only one. For example, Ephesians 4:5 states there is one Lord.

This of course refers to Jesus Christ. If Jesus Christ is not our only Lord, then He is not truly the one Lord. I Timothy 2:5 confirms this in the statement, stating: “For there is one mediator between God and men, the man Jesus Christ.”

In like manner there is only one Holy Spirit. There are many spirits in the world, so in I John 4:1 we read: “Beloved, do not believe every spirit, but test the spirits to see whether they are from God, because many false prophets have gone out into the world.”

In like manner we are told in Ephesians 4:5 that there is only one faith. Many people today believe there are many faiths, and that there is more than one way to get to heaven. Jude verse 3 clearly dispels such notions: “Beloved, while I was making every effort to write to you about our common salvation, I felt the necessity to write to you appealing that you contend earnestly for the faith which was once for all handed down to the saints.”

The most controversial of the seven ones, of course, is the one baptism. Of the hundreds of denominated Christian groups or “churches,” every one of them has a different take on baptism. Many teach more than one type. The New Testament itself contains reference to six different baptisms. So which one is the “one baptism” of Ephesians 4:5? The answer to this question may very well be the key to unity which Jesus prayed for in John 17 the night before He went to the cross.

In I Corinthians 1:10 Paul writes to the church, “Now

I exhort you, brethren, by the name of our Lord Jesus Christ, that you all agree and that there be no divisions among you, but that you be made complete in the same mind and in the same judgment.” Many people flatly do not believe this is possible: for all Christians to “be complete in the same mind and in the same judgment.” But the word of God exhorts us, who are spiritual, to this end. So we must apply ourselves to this goal.

The seven ones of Ephesians 4:4-6 are the foundation pieces for such true, Biblical unity for Christ’s church.

In all humility and conviction let us work on obeying Christ in these seven pivotal areas.