



Calvary Evangelical Baptist Church  
205 Gust Lane • Portsmouth, VA 23701  
757.485.3658 // <http://www.calvaryevangelical.org>

**Dr. Allen R. McFarland**  
**Sunday, May 17, 2009**

**Walk denotes your “life conduct.” In Romans 4:12, Barnes says walk means to “imitate His example”. Adam Clark says “who walk in the steps of that faith” Matthew Henry says, “those that tread in their steps”**

Eph 5:1-21

### 5:1 Walk in Love

**Therefore be imitators of God as dear children. 2 And walk in love, as Christ also has loved us and given Himself for us, an offering and a sacrifice to God for a sweet-smelling aroma.**

**3 But fornication and all uncleanness or covetousness, let it not even be named among you, as is fitting for saints; 4 neither filthiness, nor foolish talking, nor coarse jesting, which are not fitting, but rather giving of thanks. 5 For this you know, that no fornicator, unclean person, nor covetous man, who is an idolater, has any inheritance in the kingdom of Christ and God. 6 Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience. 7 Therefore do not be partakers with them.**

### 8 Walk in Light

**For you were once darkness, but now you are light in the Lord. Walk as children of light 9(for the fruit of the Spirit is in all goodness, righteousness, and truth), 10 finding out what is acceptable to the Lord. 11 And have no fellowship with the unfruitful works of darkness, but rather expose them. 12 For it is shameful even to speak of those things which are done by them in secret. 13 But all things that are exposed are made manifest by the light, for whatever makes manifest is light. 14 Therefore He says:**

**"Awake, you who sleep, Arise from the dead, And Christ will give you light."**

### **15 Walk in Wisdom**

**See then that you walk circumspectly, not as fools but as wise, 16 redeeming the time, because the days are evil.**

**17 Therefore do not be unwise, but understand what the will of the Lord is.**

**18 And do not be drunk with wine, in which is dissipation; but be filled with the Spirit, 19 speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord, 20 giving thanks always for all things to God the Father in the name of our Lord Jesus Christ, 21 submitting to one another in the fear of God.**

**NKJV**

### **Walk in Love (vs.1- 7)**

Your existence

Your example

Your endowment

### **Walk in Light (vs. 8-14)**

Be fruitful

Be careful of fellowship

Be faithful

### **Walk in Wisdom (vs. 15-21)**

Unique insight

Unwise

Understand

### **Eph 4:1-7**

**I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, 2 with all lowliness and gentleness, with longsuffering, bearing with one another in love, 3 endeavoring to keep the unity of the Spirit in the bond of peace.**