



## [Ephesians 4:1](#)

(1) Therefore, I, the prisoner of *the* Lord, am exhorting you to walk worthily of the calling to which you were called

*A Faithful Version*

[Ephesians 4:1](#) contains an interesting principle hidden within the Greek word translated as "worthy." The word includes a dimension that relates to health issues and is something we should strive for in our relationship with [God](#).

D. Martyn Lloyd-Jones, in his commentary on Ephesians, tells us the word has two basic ideas, and both are important to this subject. The first is that of "equal weight." Imagine a scale with objects of equal weight on opposite sides so that it does not tilt. The scale balances perfectly; it is "worthy." If it tilts, it is "not worthy." In context and in practical application in life, Paul is saying that doctrine must perfectly balance with practice for us truly to walk worthily of our calling. However packed one's head may be with truth, if it is not being used, he is unbalanced—he is not walking worthily. It is equally true that, if one says that Christianity is no more than living a good life and that learning other truths is not important, and thus he fails to search and expand his understanding of truth, he is also walking unworthily.

[Hebrews 6:9-11](#) provides us with an example:

But, beloved, we are confident of better things concerning you, yes, things that accompany salvation, though we speak in this manner. For God is not unjust to forget your work and labor of love which you have shown toward His name, in that you have ministered to the saints, and do minister. And we desire that each one of you show the same diligence to the full assurance of [hope](#) until the end.

These people were in trouble because they were failing to maintain the balance. In this case, they had apparently been diligent at the academic level, but their practical application of truth had declined drastically. They had become unbalanced and poor witnesses of God and were [falling away](#).

The second idea in the Greek word rendered "worthy" is the sense of "becoming." The translators could have translated [Ephesians 4:1](#) as, "I . . . beseech you to walk in a manner becoming the calling with which you are called." The same word appears in the first phrase of [Philippians 1:27](#): "Only let your conduct be worthy of [the gospel](#) of [Christ](#). . . ." The King James translates "worthy" as "as it becomes." The basic idea is of matching. It is similar to a person adorning himself with clothing or accessories that are suited to him or match.

Thus, Paul is saying that our doctrine and our practice must never clash, just as the colors or patterns in our dress should not clash. Much of modern music and art perverts this principle. The very heart of true beauty is the central idea of balance, harmony, and congruity. Things of beauty match; a cacophonous clash of discordant color or symbols jar the senses.

[Titus 2:9-10](#) helps to demonstrate this principle: "Exhort servants to be obedient to their own masters, to be well pleasing in all things, not answering back, not pilfering, but showing all good fidelity, that they may adorn the doctrine of God our Savior in all things." Paul's metaphor is that doctrine is the basic garment of God's way of life, and the way we live it is the adornment that complements it. Life has to match, be balanced and congruous with, the doctrine, making it attractive and causing people to admire it and gravitate toward it.

The vivid picture [Mark 9:20-22](#) paints may help us understand:

Then they brought [the demon-possessed boy] to Him. And when he saw Him, immediately the spirit convulsed him, and he fell on the ground and wallowed, foaming at the mouth. So He asked his father, "How long has this been happening to him?" And he said, "From childhood. And often he has thrown him both into the fire and into the water to destroy him. But if You can do anything, have compassion on us and help us."

Herbert Armstrong, commenting on demon influence, said that demons reveal themselves by influencing people toward extremes of human behavior. He did not mean that the people were necessarily possessed but certainly influenced toward that manner of conduct.

This influence has affected all of us to some degree. Has this world influenced us to do certain things? If so, we have been influenced by demons. This is not God's world; [Satan](#) and his horde of minions created the system and govern it. They are the principalities and powers we wrestle against ([Ephesians 6:12](#)). Their influence permeates the entire system from top to bottom. Thus John warns, "Do not love [the world](#) or the things in the world. . . . the lust of the flesh, the lust of the eyes, and the pride of life—[are] not of the Father" ([I John 2:15-16](#)). This is why we must be so careful about who and what we are following.

Think of anything extreme, things that are foolish and unbalanced, unbecoming to God or man—and demons are behind it. They influence people to excesses of anger, violence, depression, paranoia, schizophrenia, asceticism, hermitism, alcoholism, drug addiction, voyeurism, fetishes, cannibalism, anorexia, bulimia, and any other form of behavior that is destructive of the self and divisive of relationships.

Demons, the principalities and powers of [Ephesians 6:12](#), will do whatever they can to keep our life from matching the truths God has given us in doctrinal form. Working toward improving and maintaining our health is an effort toward balancing what we believe with what we do. It is an adornment to God and His way; it is a [stewardship](#) responsibility. Demons will attempt to convince us to do nothing. They will put discouraging thoughts like, "It doesn't really matter"; "There is so much information out there. It is so confusing"; or "My grandfather broke every law of good health and lived to be a hundred!"

There might be scores of such arguments, and every one of them is nothing more than pressure to accept this world's lies. Each of them essentially and completely leaves out of the picture God's

leadership and influence to help our efforts succeed, which is the whole reason for the demons' efforts. Undeniably, God's Word provides the balance we need to walk worthily in this physical area of life, as well as in the spiritual.

— John W. Ritenbaugh

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