**Exhortation (4:1-6:20)**

The exhortation section consists of five units marked off with the conjunction "therefore."

**I. Exhortation to Walk in Unity (4:1-16)**

A. Walk in the Way of Unity (4:1-6)

1. Christian Virtues that Cultivate Unity (4:1-3)

2. Theological Basis for Unity (4:4-6)

B. The Gifts of The Ascended Christ Nurture Unity (4:7-16)

1. Christ, Who Conquered the Powers, Is the Giver of Gifts (4:7-10)

2. Gifted Leaders Equip the Church for Ministry (4:11-16)

**II. Exhortation to Walk in the New Identity (4:17-32)**

A. Put off the Old Way of Life (4:17-19)

B. Put on the New (4:20-24)

C. Living Like the New Creation in Community (4:25-32)

**III. Exhortation to Walk in Love (5:1-5)**

**IV. Exhortation to Walk in the Light (5:6-14)**

The exhortation "walk as children of light" (5:8), ties Paul's thoughts here closely to John,

the son of Zebedee. He makes two foundational claims about the nature of God: God is light

(1:5-2:2) and God is love (4:8). Now, in imitation of God, Paul calls on his audience to walk

in love and walk in light.

**V. Exhortation to Walk in Wisdom (5:15-6:9)**

A. Exercise Godly Wisdom (5:15-17)

B. Be Filled with the Spirit (5:18-21)

The section concludes with the exhortation to "submit to one another out of

reverence for Christ" (5:21), mutual submission between brothers and sisters.

C. Exercise Wisdom within the Household (5:22-6:9)

1. Wives, Submit to Husbands (5:22-24)

2. Husbands, Love Your Wives (5:25-33)

3. Children, Obey Your Parents (6:1-3)

4. Father, Do Not Provoke Your Children to Resentment (6:4)

5. Slaves, Obey Your Masters (6:5-8)

6. Masters, Treat Slaves with Respect, for You Too Have a Master (6:9)

**VI. Exhortation to Be Strong by Putting on the Armor of God (6:1-20)**

Paul acknowledged that the most dangerous enemies of God and his people are not flesh

and blood but spiritual, cosmic forces of evil. To combat these powers and stand strong, the

believer must put on the full armor of God:

A. Belt = the truth (Isa 11:5)

B. Breastplate = righteousness. This was a metal shield worn as a shirt (Isa 59:17)

C. Shoes = readiness that come from fully embracing the gospel of peace (Isa 52:6-7)

D. Shield = faith, which can snuff out the flaming arrows of the evil one

E. Helmet = salvation (Isa 59:17)

F. Sword supplied by the Spirit = Word of God, that is, the gospel.

This is the only offensive weapon in the arsenal.

**Conclusion (6:21-24)**

 1. Sending Tychicus (6:21-22)

 2. Concluding Prayer (6:23-24)

Paul concludes offering peace, love, faith, and grace to all those who love our Lord Jesus

Christ with incorruptible love.