

**What should we walk in, according to Ephesians 4:1?**

- A. Unity
- B. Disobedience
- C. Pride
- D. Darkness

**Answer: A. Unity**

**How are we urged to walk in Ephesians 4:2?**

- A. Selfishness
- B. Humility
- C. Arrogance
- D. Judgment

**Answer: B. Humility**

**What is mentioned as being the bond of peace in Ephesians 4:3?**

- A. The Spirit
- B. Human effort
- C. Emotions
- D. Material possessions

**Answer: A. The Spirit**

**According to Ephesians 4:4, how many bodies are there?**

- A. None

- B. One
- C. Two
- D. Many

**Answer: B. One**

**What are believers called to maintain in Ephesians 4:15?**

- A. Hiding the truth
- B. Telling lies
- C. Being deceitful
- D. Speaking the truth in love

**Answer: D. Speaking the truth in love**

**What should we put off, according to Ephesians 4:22?**

- A. Holiness
- B. The new self
- C. Righteousness
- D. The old self

**Answer: D. The old self**

**What should be the outcome of our work in Ephesians 4:28?**

- A. Exploiting others
- B. Being greedy
- C. Sharing with those in need
- D. Hoarding wealth

**Answer: C. Sharing with those in need**

**According to Ephesians 4:31, what should be put away from believers?**

- A. Joy and peace
- B. Forgiveness and love
- C. All bitterness, rage, and anger
- D. Kindness and compassion

**Answer: C. All bitterness, rage, and anger**

**What is mentioned as grieving the Holy Spirit in Ephesians 4:30?**

- A. Bitterness, rage, and anger
- B. Joy and peace
- C. Forgiveness and love
- D. Kindness and compassion

**Answer: A. Bitterness, rage, and anger**

**What is believers instructed to do in Ephesians 4:32?**

- A. Hold grudges against others
- B. Seek revenge on others
- C. Be kind and compassionate to one another
- D. Be harsh and judgmental

**Answer: C. Be kind and compassionate to one another**

