**4** I therefore, a prisoner for the Lord, urge you to
 walk in a manner worthy of the calling to which you have been called,
 **2**with all humility and gentleness,
 with patience,
 bearing with one another in love,
 **3**eager to maintain the unity of the Spirit in the bond of peace.

**4**There is
 one body and one Spirit—
 just as you were called to the one hope that belongs to your call—
 **5**one Lord,
 one faith,
 one baptism,
 **6**one God and Father of all,
 who is over all and through all and in all.