**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.