

Ephesians 4:11-13
Body Builders

Warm Up

How do you keep your body fit and healthy? What about your mind? How do we ensure we stay sharp? What do children do in order to become mature adults?

Background and context

Ephesians 4 marks a shift from Paul providing a theological background to our faith to practical application of Christian living. It challenges believers to live out their unity in Christ by nurturing spiritual maturity, using diverse gifts to build up the church, and adopting a transformed, "new humanity" lifestyle. There is a focus on unity and diversity, being united in purpose yet diverse in their gifting.

Thinking it through: Main discussion/activity

READ Ephesians 4:1-16. What are the surprising things in the passage? What is new? What don't you really understand?

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1. **v1.** What is the 'calling' you have received? Read **Ch1:3-10** to discover the blessings God has poured out.
 2. What does it mean to live a life worthy of the calling you have received? Look up **Philippians 1:27, Colossians 1:10, 1 Thessalonians 2:12** to help you.
 3. **v3.** What does it look like to keep the unity of the Spirit within the Church?
 4. **v2-3.** What challenges will living like this have?
 5. How will living as described in v2-3 help develop maturity?
 6. **v4-5.** What is the repeated phrase Paul uses? How does it reveal the unity of the Church?
 7. Compare **Psalm 68:18** with **v8**. Why has Paul changed one word? What is the impact of this change?
 8. **v11.** Why is diversity in leadership important for unity in the Church?
 9. What does it mean to be mature? . **v 14** Why is it dangerous for us to remain infants in Christ?
 10. **v13.** What does it mean when Paul says 'attaining to the whole measure of the fullness of Christ'?

Discipleship and Application

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11. How does membership of the body of Christ encourage maturity?
 12. **v16.** What do you understand by this verse? What is your part in the body? Are you doing your work?

Try to leave 15-20 mins to talk about prayer needs of the group and to pray.



There are many creative ways of praying together: writing prayers, using candles as a focus, reading prayers or praying for each other in pairs.