
SERMON NOTES AND SCRIPTURE

Ephesians 4:1–16

As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. 2 Be completely humble and gentle; be patient, bearing with one another in love. 3 Make every effort to keep the unity of the Spirit through the bond of peace. 4 There is one body and one Spirit, just as you were called to one hope when you were called; 5 one Lord, one faith, one baptism; 6 one God and Father of all, who is over all and through all and in all.

7 But to each one of us grace has been given as Christ apportioned it. 8 This is why it says:

“When he ascended on high,
he took many captives
and gave gifts to his people.”

9 (What does “he ascended” mean except that he also descended to the lower, earthly regions? 10 He who descended is the very one who ascended higher than all the heavens, in order to fill the whole universe.) 11 So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, 12 to equip his people for works of service, so that the body of Christ may be built up 13 until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.

14 Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. 15 Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. 16 From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

1. Our actions must match our beliefs.

2. Oneness does not destroy individuality.

TWO QUESTIONS:

1. How am I using my spiritual gifts to build up the church?

2. Do my actions match my beliefs? If not, what actions do I need to surrender to the Lord?

GROUP DISCUSSION

How much does the rhythm of attending church affect your weekly schedule?

What is your motivation for attending? Can you sense a difference in your life if you have fallen out of the habit of attending?

Can other people see Christ in you? Are they able to see Jesus in their everyday ordinary interactions with you?

As a life group, share ways you can see Christ at work in each other. Spend a little time doing this exercise as a group.

Do you know what your spiritual gifts are?

How are you using your spiritual gifts to build up the church?

Do your actions match your beliefs? If not, what actions do you need to surrender to the Lord?

How can our group pray for you this week?