

Believers Together: Discovering the Word – February 1st, 2023 Unity in the Body of Christ—Ephesians 4:1–16

Open It

1. What one quality would you like to develop in your character?
2. What keeps sports teams unified?

Ephesians 4:1–16 (ESV)

¹I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called,
²with all humility and gentleness, with patience, bearing with one another in love,
³eager to maintain the unity of the Spirit in the bond of peace.
⁴There is one body and one Spirit—just as you were called to the one hope that belongs to your call—
⁵one Lord, one faith, one baptism,
⁶one God and Father of all, who is over all and through all and in all.
⁷But grace was given to each one of us according to the measure of Christ’s gift.
⁸Therefore it says, “When he ascended on high he led a host of captives, and he gave gifts to men.”
⁹(In saying, “He ascended,” what does it mean but that he had also descended into the lower regions, the earth?
¹⁰He who descended is the one who also ascended far above all the heavens, that he might fill all things.)
¹¹And he gave the apostles, the prophets, the evangelists, the shepherds and teachers,
¹²to equip the saints for the work of ministry, for building up the body of Christ,
¹³until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ,
¹⁴so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes.
¹⁵Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ,
¹⁶from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

Explore It

3. What did Paul urge the Ephesians to do? (4:1)
4. What does Paul mean by “walk”, how would you describe this word usage?
5. How should Christians conduct themselves toward each other? Why? (4:2–6)
6. What are the seven elements of Christian unity? (4:4–6)
7. Who gives grace to each believer? (4:7)
8. How did Paul confirm God’s giving of gifts? (4:8)
9. What commentary did Paul make on the Old Testament passage he quoted? Why? (4:9–11)
10. With what kind of people does God fill the church? (4:11)
11. What is the purpose of spiritual gifts? (4:12–13)
12. What results from gifted believers equipping the church? (4:14–16)

Get It

13. Why did Paul stress the theme of Christian unity to the Ephesians?
14. What is your responsibility to help others in the body of Christ?

Apply It. What service can you offer another church member to help build up the body of Christ?