



Ephesians

Grow Up

Key Scripture:

Ephesians 5:25-27 NLT

25...**Christ loved the church.** He gave up His life for her 26 to make her holy and clean, washed by the cleansing of God's word. 27 He did this to present her to Himself **as a glorious church without a spot or wrinkle** or any other blemish.

Instead, she will be holy and without fault.

Lead a life worthy of the calling...

Ephesians 4:1-6 NLT

1 Therefore I, a prisoner for serving the Lord, beg you to **lead a life worthy of your calling**, for you have been called by God. 2 Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. 3 Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace. 4 For there is one body and one Spirit, just as you have been called to one glorious hope for the future. 5 There is one Lord, one faith, one baptism, 6 and one God and Father, who is over all and in all and living through all.

What to know to grow...

Ephesians 4:8-10 NASU

8 Therefore it says, "WHEN HE ASCENDED ON HIGH, HE LED CAPTIVE A HOST OF CAPTIVES, AND HE GAVE GIFTS TO MEN."

9 (Now this expression, "He ascended," what does it mean except that He also had descended into the lower parts of the earth? 10 He who descended is Himself also He who ascended far above all the heavens, so that He might fill all things.)

- ✓ **Ascended on High** – Christ Jesus is supreme authority over all creation.
- ✓ **Led the captives & gave gifts to men** – Christ filled the world.
- ✓ **Lower parts of the earth.** Psalm 63:9; Matt. 12:39-40; 1 Peter 3:19 & 4:6

Jesus descended (**humbled Himself**) before He ascended on High.

Notes: _____

Growing Upward...

Ephesians 4:4 NKJV

There is **one body** and **one Spirit**, just as you were called in **one hope of your calling**;

1. Grow in the unity of the **Body**.

Ephesians 4:1-3 NKJV

I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, 2 **with all lowliness** and **gentleness**, with **longsuffering, bearing** with one another in love, 3 endeavoring to keep the unity of the Spirit in the bond of peace.

- ✓ **Lowliness: Humility.**
- ✓ **Gentleness: Attitude towards God's Word & other people.**
- ✓ **Longsuffering: Patience with others.**
- ✓ **Forbearance: Bearing with another's weakness.**

2. Grow in the unity of the **Spirit**.

Ephesians 4:11-13 NLT

11 Now these are the gifts Christ gave to the church: the apostles, the prophets, the evangelists, and the pastors and teachers. 12 Their **responsibility is to equip God's people to do His work and build up the church**, the body of Christ. 13 This will continue until we all come to such unity in our faith and knowledge of God's Son that we will be mature in the Lord, measuring up to the full and complete standard of Christ.

3. Grow in the unity of your **calling**.

Ephesians 4:7, 14-16 NLT

However, **He has given each one of us a special gift through the generosity of Christ.** Then **we will no longer be immature like children.** We won't be tossed and blown about by every wind of new teaching. We will not be influenced when people try to trick us with lies so clever they sound like the truth. 15 Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of His body, the church. 16 He makes **the whole body fit together perfectly. As each part does its own special work**, it helps the other parts grow, so that the whole body is healthy and growing and full of love.

Notes: _____

