

Ephesians 4: 1–16

Trinity Lutheran Church

Read through the first sixteen verses of chapter four. In this chapter Paul shows how God has made provision for those in the church to live and work together in unity and to grow together in Christian maturity. Underline the words or phrases that are significant to you.

1. What do you think it means to “live a life worthy of the calling you have received”? (vs. 2)
2. What would you guess is going on in the church in Ephesus to prompt these words from Paul?
3. Paul wants to see people grow up in the faith. What would be some examples of spiritual immaturity in people’s personal lives?
4. What would be some examples of spiritual immaturity in a congregation’s life together?
5. Define each of the qualities in verses 2-3. How does each help the believer demonstrate Paul’s call to unity?
6. What does it mean to “make every effort to”? (vs. 3) What would that look like in a person’s life?
7. Which of the qualities listed in verse 2 are apparent in your life? Which ones need work?
8. What relationship in your life would profit most from your taking the time and effort of growing up one or more of those characteristics of verse 2?

Humility makes you “approachable”
Gentleness makes you “touchable”
Patience makes you “believable”

9. In verses 4 and 5 Paul lists seven descriptions of oneness in the life of faith. List them here and put a star beside the one that is the most significant to you.

> one...

>one...

>one...

>one...

>one...

>one...

>one...

10. In verse 11 Paul lists some gifts that are given to Christians. What is the purpose of the gifts that are given? (vs.12 and 13)

11. How is a “spiritual infant characterized? (vs. 14)

12. Given your answer to question 9, what do you think the “spiritually grown” would look like? (vs. 15 and 16)

13. Take time to honestly examine yourself, are you more infant or more grown up spiritually?

14. Why do you suppose Paul put truth and love together, especially in regard to our speech?

15. How important is unity and how much effort do you put into keeping the unity of the Spirit?

16. After reading what Paul has to say, how could you better understand that you can't be a Christian in isolation?

17. Does your participation in the Body of Christ bring more unity or disunity to the body? What are some of the gifts you bring to the table to build up the body?