



BETWEEN

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Ephesians 4:11-32

- Our *getting along with each other* is at the heart of what Jesus longs for in His Body.
- As a family of believers, the relationships between us will either be bonds which build up or barriers that break apart the Body of Christ.

Ephesians 4:11-13 – God’s plan and goal for all believers

- We *all*, as the Body of Christ, have unity of faith, knowledge of the Son of God, and are, together, a mature body that is worthy of its Head, that is, Jesus Christ. Who? *We all!*

Ephesians 4:14 – No longer children

- “infants” – a lack of knowledge of Scripture and are prone to be easily persuaded by religious sounding fads, schemes, and trickery

Ephesians 4:15-16 - Spiritual Orthopedics

- Truth is in word and action. Love in the Spirit and manner. Truth guides us and love motivates us.
- Truth – ligaments – static stability – true alignment
- Love – muscles – dynamic stability – holding power under pressure

Ephesians 4:17-24 – Leave your former way of life

- Our lives, thinking, values, and judgment can’t be according to our old ways, the ways we lived before we came to know Christ.

Ephesians 4:25-32 – Old self/New self

Put off the old ways. Then, put on the new ways. Created to be like God!

- Falsehood – deception of every kind, half-truths, crooked everyday practices – destroys trust (Zechariah 8:16)
- Anger – don’t let it take root in your heart where it can turn into rage – it controls you, turning you into a slave to anger (Psalm 4:4; Mark 3:5)
- Stealing – shoplifting, padding expense accounts, not paying a debt, etc. (Exodus 20:15)
- Honest work to be able to be generous with others (Genesis 2:16)
- Unwholesome talk – “foul, rotten, spoiled” – gossip – slander (Matthew 13:48; Luke 6:45; James 3:5-10)
- Words that build others up – “grace, seasoned” (Proverbs 15:23; Colossians 4:6)
- Kindness – the character of God (Luke 6:35)
- Compassionate – tender-hearted; deep feeling (Colossians 3:12)
- Forgiving – releasing a debt (Matthew 18:21-35)

Next Steps

- I will memorize Ephesians 4:15-16 this week and pray through it for The Bridge daily.
- With God’s help, I will seek to put off one old way and put on the new way in one area of my life.
- With God’s help, I will forgive (person) as God in Christ has forgiven me.



Lesson Aim: As the family of believers at The Bridge, our relationships between us will either be bonds which build up or barriers that break apart this local Body of Christ.

Ice Breaker: Have you ever strained a joint? What effects did that have on the rest of your body?

1. **Read Ephesians 4:11-16.** What aspects of Christian unity stand out to you in these verses? Can you think of a time when you had (or still have) a relationship with another Christian that was neglected and/or strained? What actions could you (or can) you have taken to work towards unity?
2. Paul refers to “infant” Christians who are easily persuaded because they aren’t mature. Can you think of a time that you were easily persuaded in the wrong direction as a young Christ-follower or had to gently correct one who was?
3. Verse 15 tells us that we must speak truth in love. Have you ever been faced with a difficult situation where you were called out to speak truth into somebody’s life? Were you able to do it in love? What was the outcome?

4. What are some practical ways that we can maintain relationships with our brothers and sisters in Christ so that we can prevent strains rather than having to fix them?
5. Sunday’s teaching also referred to the nourishment passing through the joints from one member of the body to another. Do you recognize ways that you are passing spiritual “nourishment” to other members of Christ’s body and vice versa?
6. **Read Colossians 3:12-17.** The wisdom in these verses, if applied, can greatly increase our capacity for unity in the Body of Christ. Which character traits and/or commands stand out to you as the most challenging? Why?
7. **Close in prayer, using the Colossians 3:12-17 as a guide to pray over each other** (and however the Lord leads you).

Memorizing Scripture is a key tool to resist temptation, make wise decisions, strengthen us under stress, comfort us when we’re sad and to witness to those who don’t know Christ.

Memory Verse(s) of the Week: Ephesians 4:15