



June 13-14, 2009

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Body Building

Three questions that will push us toward spiritual maturity:

What have I been g_____?

How am I c_____?

Who am I b_____?

Maturity

Ephesians 4:7-16

⁷But to each one of us grace has been given as Christ apportioned it. ⁸This is why it says: "When he ascended on high, he led captives in his train and gave gifts to men."

⁹(What does "he ascended" mean except that he also descended to the lower, earthly regions? ¹⁰He who descended is the very one who ascended higher than all the heavens, in order to fill the whole universe.)

¹¹It was he who gave some to be apostles, some to be prophets, some to be evangelists, and some to be pastors and teachers, ¹²to prepare God's people for works of service, so that the body of Christ may be built up

¹³until 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.

Stability

¹⁴Then 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 men in their deceitful scheming. ¹⁵Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ. ¹⁶From 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.

Vitality

Background information on verse 11:

Apostles – The 12 closest followers of Jesus. They were eyewitnesses to his power and his teaching and were instrumental in launching the church and writing the Scriptures (see Ephesians 2:19-20).

Prophets – Those who worked alongside the apostles in the earliest days of the church (see Acts 11:27; 13:1; 21:4, 9).

Evangelists – Those who are gifted in making the Gospel message clear and relevant to those who are not yet believers.

Pastors and teachers – Those who have a passion and ability to lead the church and help believers grow in their faith.

Spend some time each day reading, meditating on, studying, resting in and applying Ephesians 4:7-16. Here are some resources that may help:

<http://parkerhill.wordpress.com> – weekend follow-up questions for you and your small group

Life Lessons with Max Lucado - Ephesians (available at your favorite local Christian bookstore or online book seller)

www.crosswalk.com

www.studylight.org