

EPHESIANS

Ephesians Chapter 4

Ephesians 4:1-16 – Building up the Body

We have within us the life of the Trinity yet we live in Spiritual immaturity until we do the hard work and build up unity in the church.

Q: What is a Christian?

- V15 Christ is your head
- V4,5,6 Same Spirit, Lord, God the Father

A: What makes you a Christian is that you have the life of God in you. Christians are not just nice but new!

Spiritual gifts are there to serve one another. In Christ there is diversity but this is to help unity.

Q: What is the purpose of ministry (v12)

A: So we can be spiritually mature.

V14 We are spiritual babies and will stay infants if we are not part of a church.

1 Peter 2 – “... we are like newborn babies”

Q: What does it mean to be a spiritual baby?

V14 unable to discern good from evil. Not mature. Self-centered. Not steady (tossed back & forth)

Luke 10 (sending of 72) – “grow up!”. Always be happy, not just when you feel God is blessing you.

2 Truths:

1. Do not be shocked at the immaturity of other Christians. Churches are full of spiritual babies. Churches are full of dirty diapers.
2. Don't put up with spiritual immaturity in yourself. Are you growing in your faith and are you changing?
 - a. Q: Are you more humble, more happy and self-controlled than last year?
 - b. Q: Would you be willing to ask a friend or spouse this question about you?

Q: How can we get out of Spiritual immaturity?

A: You working on yourself won't make you grow. You need the church and the involvement of others. Grow in unity (makes you more mature)

V15 – “...speaking the truth in love”

Balance of truth and love. Speak honestly and frankly for the good of others.

- Love without truth is deadly
- Truth without love is deadly

None of us can perfectly keep love & truth together because of our sin and pride.

Gospel:

- Christ dies for truth – we are all sinners.
- Christ dies for love – Christ dies for us out of love

TAKE OFF / PUT ON

How do Christians respond to the Gospel story?

A church is a group of different people but we are all ONE. Unity does not mean uniformity. There are lots of different people in the church: apostles, pastors, teachers, evangelist – but only one spirit to build each other up.

TAKE OFF (old self)	PUT ON (new self)
Lies	Truth
Anger	Peace
Theft/stealing	Generosity
Gossip	Encouragement
Revenge	Forgiveness
Promiscuity	Self-Control
Pride	God's Spirit

Signs of the Spirit:

1. Singing together
2. Singing alone
3. Being thankful for everything
4. Humility – elevate others (as in Christian marriage)

Ephesians 4:17-24 – A NEW SELF

Put off old self and put on new self

Q: Why was Jesus born?

A: So that WE can have a spiritual birth! (we CAN change who we are)

CHANGE:

1. Make a decision
2. Change from the inside out
3. Transform your thinking
4. Be captivated by God / Jesus

1. Make a decision (v22, 24) Put off / Put on.

➤ V17019 prior life was futility and being given over

2. Change from the Inside – Christianity is not becoming more moral

Q: Will I have to stop sleeping with my girlfriend?

Q: Will I have to forgive my sister?

Q: Will I have to change how I use my money?

A: YES – but this is the wrong question. Do you change because of social pressure or because you have changed on the inside?

A. New Motives – it is important why we do what we do

B. Identity

C. Personal Epistemology – how do you know what is write/wrong?

3. Transform your thinking (v23)

4. Be Captivated

Ephesians 4:25-5:7

FORGIVE ONE ANOTHER

Chapter 4 is about the newness of life, which is fitting for the 2026 new year.

1. Transformed life and how we live it
 - a. The basis to have a transformed life
 - b. The community needed to have a transformed life
 - c. The power to have a transformed life

“THEREFORE” ... things to avoid and things to affirm. Much here is similar to the 10 commandments. Take off vs put on.

17-24 Why do we follow these moral guidelines?

People need to be made new (be transformed), not just morally better

God works first and then we respond

Power for a transformed life:

On the cross Christ does all this for us.

Big idea for the night

God doesn't just make us "nicer" — He makes us new. And He grows us up through the church into maturity: *truth + love, unity + diversity, take off + put on.*

Outcomes you're aiming for

By the end, people should be able to say:

1. What maturity looks like in Ephesians 4 (and what immaturity looks like).
2. Why **community/church** is essential for growth (not optional).
3. How to practice "**take off / put on**" in very concrete ways this week.

60-minute flow (time-boxed)

0:00–0:08 — Fellowship / catching up (5–10 min)

Keep it warm but bounded:

- "One sentence: **high / low** from your week."
- "Where did you **sense God's help** (or need) this week?"

(Optional transition line): "Alright — let's turn toward Ephesians 4 and let's learn about maturity, growth, and true change/transformation."

0:08–0:10 — Opening prayer + setup (2 min)

Prayer emphasis: humility, unity, willingness to be changed.

Setup sentence from your notes:

- "We can have the life of God in us and still live immaturely unless we pursue unity and growth together."

Read + discuss in chunks

0:10–0:28 — Ephesians 4:1–16 (Unity that produces maturity)

Reading plan (paragraph-sized):

1. 4:1–6 (unity: one body/Spirit/Lord/Father)
2. 4:7–13 (diverse gifts, one purpose)
3. 4:14–16 (from infants → maturity; truth in love)

Discussion prompts (pick 4–6 depending on time):

A. "What is a Christian?" (v4–6, v15)

- "If someone asked 'what makes you a Christian,' how would you answer in one sentence?"
Anchor thought: "Not just nice, but new — the life of God in you."

B. Gifts + ministry (v12)

- "According to v12, what is the purpose of ministry?"
Your note answer: "so we can be spiritually mature."
- "How does diversity (different gifts/roles) actually serve unity rather than threaten it?"

C. Spiritual immaturity (v14)

- "What are the signs of a 'spiritual baby'?" (self-centered, unstable, tossed around)

- “How do you see this in yourself *without shame* but with honesty?”
Use your two “truths” framing:
 - Don’t be shocked other Christians are immature.
 - Don’t tolerate immaturity in yourself.

D. How growth happens (v15–16)

- “Why won’t ‘just working on myself’ be enough?”
Because we need the church and involvement of others.
- “What does it look like to *speak the truth in love* in real life?”

Quick tension statement:

- love without truth kills; truth without love kills.

Gospel grounding: Christ dies for truth (we’re sinners) and love (He dies for us).

Optional mini-activity (2 minutes):

Ask: “When you’ve received feedback that helped you grow, what made it land well?”
(Usually: relationship + honesty + humility = truth in love.)

0:28–0:40 — Ephesians 4:17–24 (A new self)

Read: 4:17–19, then 4:20–24.

Core teaching thread from your notes:

- Christianity isn’t just moral improvement; it’s an inner renewal that produces changed living.
- “Put off / put on” is a decision, but it’s also inside-out transformation (renewed mind, captivated by Jesus).

Discussion prompts:

- “Why is the question ‘Do I have to change X?’ the wrong starting point?”
- “What’s the *right* starting question?” (What has Jesus done? Who am I now? What do I want most?)
- “What does it mean to ‘be transformed in your thinking’ (v23)?”
- “What do you tend to use to decide right/wrong — comfort, culture, conscience, Christ?”
(ties to your “personal epistemology” note)

EPHESIANS-4

0:40–0:55 — Ephesians 4:25–32 (Take off / put on, and forgive)

Read: 4:25–28, 4:29–32 (two chunks).

Use your “TAKE OFF / PUT ON” grid

Walk through 3–4 pairs

TAKE OFF (old self)	PUT ON (new self)
Lies	Truth

Anger	Peace
Theft/stealing	Generosity
Gossip	Encouragement
Revenge	Forgiveness
Promiscuity	Self-Control
Pride	God's Spirit

Discussion prompts:

- “Why does Paul not just say ‘stop sinning’ but also gives a replacement practice?” (put off + put on)
- “Pick one pair you need most this week — what’s a specific ‘put on’ action you can do in 48 hours?”
- “What makes forgiveness possible when you *don’t feel like it?*”

Bring your note: power for transformed life is the cross — God acts first, then we respond.

0:55–1:00 — Close (application + prayer)

Simple close prompt (choose one):

- “Where do you need the body (other Christians) to help you grow up right now?”
- “What would it look like this week to practice truth-in-love with someone you’re close to?”

Prayer: for unity, maturity, changed desires, and one concrete “put on” step.

Optional one-page “handout” you can paste into an email/text

Ephesians 4 — Grow Up Together

- God makes Christians **new**, not just nice.
- The church grows us into maturity (not solo).
- Maturity looks like stability + discernment + truth-in-love.
- Practice: **Take off / Put on** (pick one pair this week).
- Power: God acts first — the cross gives both truth and love.