

Sparklers of the Sisterhood: all for one and one for all

Ephesians 4:1-16 (ESV)

1 I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, 2 with all humility and gentleness, with patience, bearing with one another in love, 3 eager to maintain the unity of the Spirit in the bond of peace. 4 There is one body and one Spirit—just as you were called to the one hope that belongs to your call— 5 one Lord, one faith, one baptism, 6 one God and Father of all, who is over all and through all and in all. 7 But grace was given to each one of us according to the measure of Christ's gift.

8 Therefore it says, "When he ascended on high he led a host of captives, and he gave gifts to men." 9 (In saying, "He ascended," what does it mean but that he had also descended into the lower regions, the earth? 10 He who descended is the one who also ascended far above all the heavens, that he might fill all things.) 11 And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, 12 to equip the saints for the work of ministry, for building up the body of Christ, 13 until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, 14 so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. 15 Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, 16 from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

1. In vs 1, "walk" has been defined as living your life in a way that makes it clear what governs you. Describe what this looks like in believers and nonbelievers. Consider especially what he means by the "unity of the Spirit" (vs. 1-6)
2. Consider the diversity of our unity: How is our unity enriched by the diversity of the body of Christ? (vs. 7-10) What difference does that make for how you live your life on a daily basis?
3. If the body is to grow, what is its foundation? What is the "job description?" (vs 11-16)
4. So what? What are the implications of this passage for us as individuals and as a body?

Reflect

Compare with Psalm 15.