

Undivided | Body Image | Ephesians 4:1-16

GET READY | How can I come prepared?

1. Watch the message if you can. You can find the latest message on [YouTube](#) or our [website](#).
2. Read Ephesians 3:14-21 on your own. Jot down any observations or questions you have.

CATCH UP | How are we doing?

Can you think of a company or business you knew about as a kid that doesn't exist anymore?
What happened?

DIG IN | What's God saying in Scripture?

Quiet your hearts, pray and then read Ephesians 4:1-16 out loud together. Reflect together or use some of the questions below to jumpstart your conversation.

How are we different?

1. Read Philippians 2:1-11 and reflect on how Jesus' example gives us the "gait" of our walk.
2. In what way does your humility, gentleness and long suffering demonstrate real power?

The org chart of the Church.

1. In Ephesians 4:11-12, we have a kind of "Jesus community org chart."
2. Looking at these two verses, reflect on the organizational aspects of the church.
3. Who's really in charge?
4. Who does the work?
5. What is the work, anyway?
6. Where do you find yourself coming alive in the church?

People of Agape

1. Look at the marks of a healthy church in Ephesians 4:13-15. How are we doing?
2. What would be the marks of a church that has grown into Christ? (verse 15)
3. Look at the last words of Ephesians 4:2 and 16. What is the ultimate goal for Christians?

WIND DOWN | How can we encourage one another?

How's your walk these days? Pray for one another today and throughout the week.