



OVERVIEW

Paul urges believers to live in a way that reflects their calling in Christ by pursuing humility, unity, and spiritual maturity together as one body. Christ has gifted every believer to help strengthen the church so that the body grows in truth, love, and Christlikeness.

OHANA TIME!

 **Icebreaker:** Who has had a lasting spiritual influence on your life? **Or** What is your favorite local food or snack?

 **Activity:** Watch the new “Pastors Answer Ohana Questions” video (feat. Pastor Kyle) together as a group! (Available on the website and KUC YouTube channel).

PRAYER

Pray: “Lord, help us grow in unity, humility, and love as one body in Christ, and teach us to build one another up for Your glory. Amen”

BIBLE: READ EPHESIANS 4:1-16

1. According to verses 1–3, what attitudes help preserve unity in the church?
2. What does Paul mean by “walk in a manner worthy of the calling”?
3. How many times do you see the word “one” in verses 4–6? What is Paul emphasizing?
4. In verses 7–12, what gifts or roles does Christ give to the church? What is the purpose of these gifts according to verse 12?
5. What picture of spiritual *maturity* is described in verses 13–16? How is spiritual *immaturity* described in comparison?
6. What does it mean to “speak the truth in love” (v.15)? Why are both truth and love necessary?
7. How does every member contribute to the growth of the church body according to verse 16?
8. How does Christian maturity differ from worldly ideas of success or strength?

APPLICATION

1. Paul calls the church to “maintain the unity of the Spirit in the bond of peace” (v.3). What invisible barriers sometimes divide people in the church even when there is no open conflict? (e.g. generational) How can we intentionally build deeper relationships with one another instead of staying in our comfort groups?
2. According to verses 11–16, every believer has a role in helping the church grow toward maturity. How do you think God may have gifted or positioned you to strengthen others in the body of Christ? Are there gifts or experiences you have been hesitant to share or use? Why? What is one practical way you can help someone else grow in faith this week?

