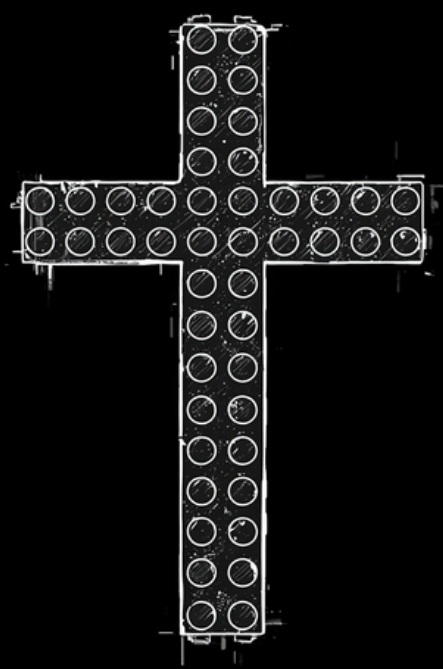


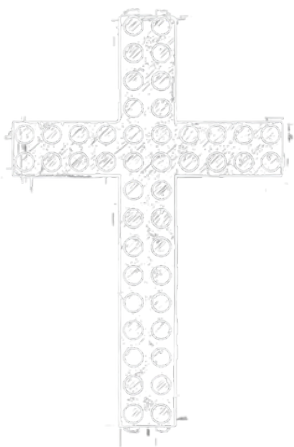


Ephesians
Get Built 

GROUP/FAMILY

Session 5

- Watch the sermon “None Insignificant” on the Jesse Campbell Ministries/The Redemption Church YouTube Channel.
- Apply your life to the Bible alongside your group or family with the honest questions in this lesson.
- Be sure to close with “The Takeaway” and keep a journal of answered prayer requests in your final minutes together.



This week, both our sermon and session come from Ephesians 4:1-16
For more resources, visit: jessecampbellministries.com

Context

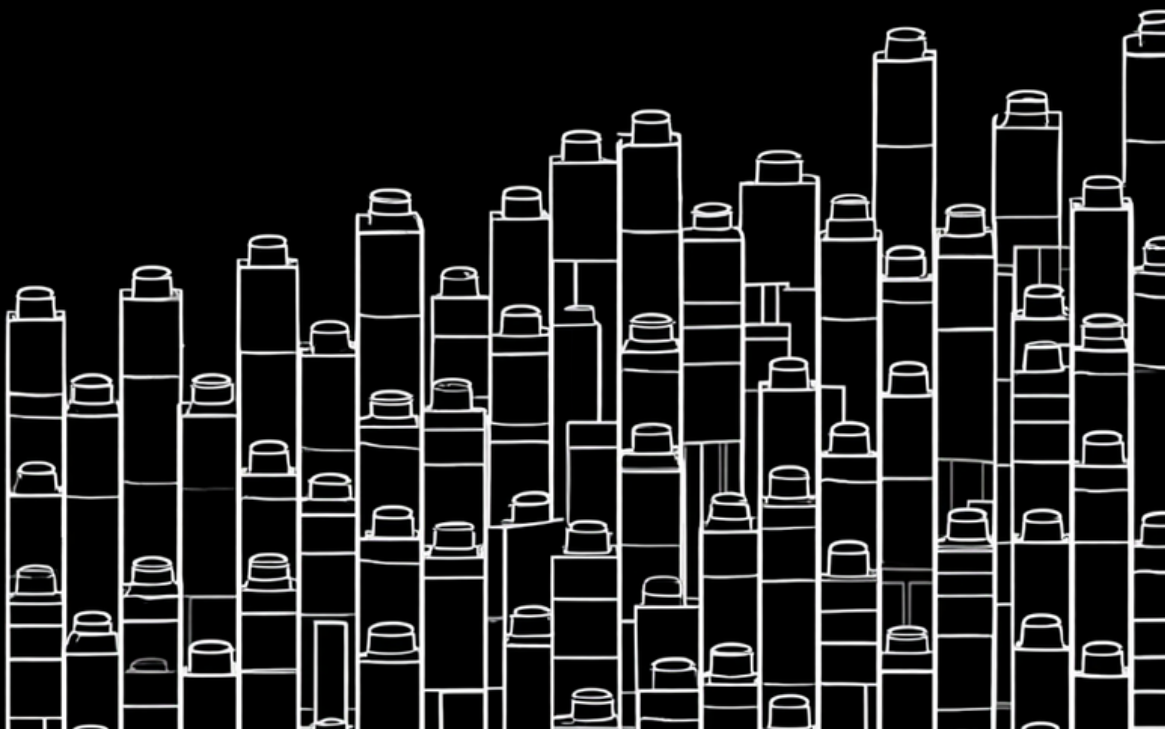
Paul wrote Ephesians from imprisonment, most likely in Rome, to believers in and around Ephesus, a major commercial and religious center of Roman Asia. Ephesus was famous for the temple of Artemis and for a culture shaped by pagan worship, spiritual practices, social status, and competing philosophies. Against that backdrop, Paul taught Christians that their new identity in Christ required a radically different way of living. In 4:1-16, he moved from the theological riches of chapters 1-3 to the practical implications of the gospel. The church was to display the unity Christ had created, while its diverse members served according to Christ's gifts. Spiritual maturity meant growing together into Christ rather than being carried about by deceptive teaching.

The Big Idea of the Text

Paul urged believers to preserve Christ-given unity, faithfully use their gifts, and mature together into Christ.

Connecting the Session to the Sermon:

This text demands discussion because it is applied directly in accordance with its original intent in our church right now. We have heard it preached. Now, we unpack the text and apply our lives to each chunk of it.



Biblical Text (CSB) - Ephesians 4:1-16

Therefore I, the prisoner in the Lord, urge you to walk worthy of the calling you have received, ² with all humility and gentleness, with patience, bearing with one another in love, ³ making every effort to keep the unity of the Spirit through the bond of peace. ⁴ There is one body and one Spirit—just as you were called to one hope at your calling— ⁵ one Lord, one faith, one baptism, ⁶ one God and Father of all, who is above all and through all and in all.

⁷ Now grace was given to each one of us according to the measure of Christ's gift.

⁸ For it says:

When he ascended on high,
he took the captives captive;
he gave gifts to people.

⁹ But what does "he ascended" mean except that he also descended to the lower parts of the earth? ¹⁰ The one who descended is also the one who ascended far above all the heavens, to fill all things. ¹¹ And he himself gave some to be apostles, some prophets, some evangelists, some pastors and teachers, ¹² to equip the saints for the work of ministry, to build up the body of Christ, ¹³ until we all reach unity in the faith and in the knowledge of God's Son, growing into maturity with a stature measured by Christ's fullness. ¹⁴ Then we will no longer be little children, tossed by the waves and blown around by every wind of teaching, by human cunning with cleverness in the techniques of deceit. ¹⁵ But speaking the truth in love, let us grow in every way into him who is the head—Christ. ¹⁶ From him the whole body, fitted and knit together by every supporting ligament, promotes the growth of the body for building itself up in love by the proper working of each individual part.

Applying Our Lives to the Text Together

- Verses 1-3: How does Paul connect walking worthy of God's calling with humility, gentleness, patience, love, and preserving the Spirit's unity?
- Verses 4-6: Why does Paul repeatedly emphasize "one" while describing the church's shared identity, and what theological realities make Christian unity possible?
- Verses 7-10: How does Christ's descent and ascent explain both the authority and diversity of the gifts Christ distributes to His people?
- Verses 11-12: Why does Christ give apostles, prophets, evangelists, pastors, and teachers, and how does their purpose challenge a consumer-oriented understanding of church ministry?
- Verses 13-14: What specific dangers does Paul associate with spiritual immaturity, and how should Christians recognize whether they are becoming more doctrinally stable?
- Verses 15-16: How do truth, love, Christ-centered growth, and every-member participation work together to produce a healthy and mature body?



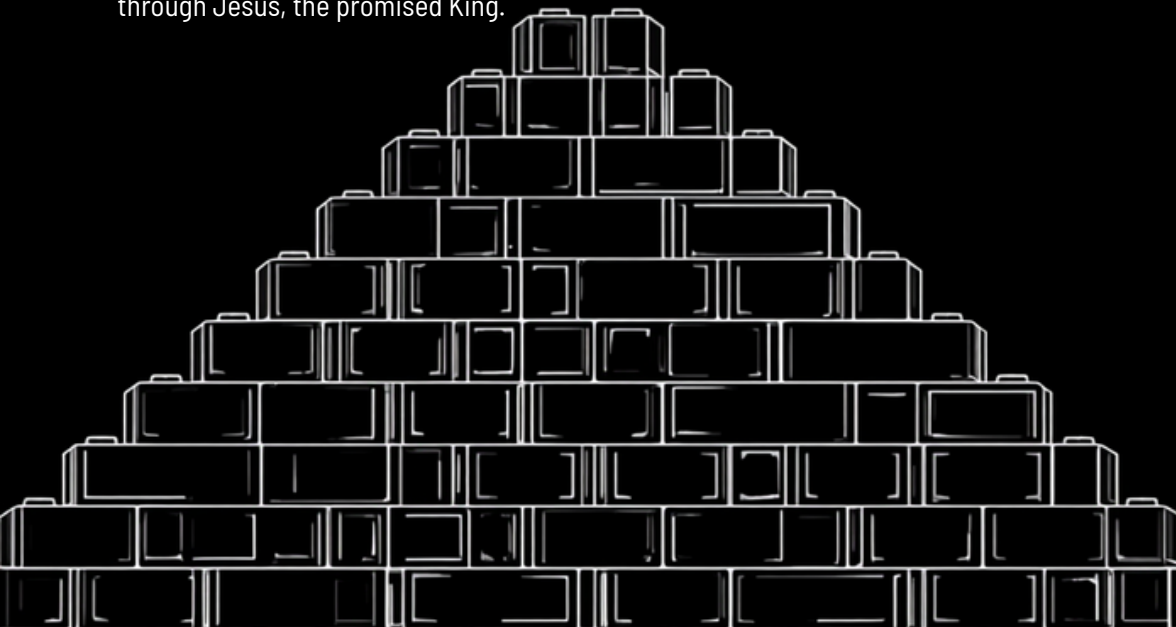
The Takeaway: So What, Church?

We will preserve the unity Christ purchased, speak truth in love, serve with the gifts He gives, and grow together toward His fullness. Ephesians 4 ultimately points us to Jesus, the ascended Messiah who gives gifts to His church and is Himself the church's head. His descent and ascent anticipate the gospel pattern of incarnation, death, resurrection, and exaltation, while His ongoing work builds His people into spiritual maturity. We therefore do not merely imitate Christ; we grow because Christ is actively building His body.

For Parents:

SHOW YOUR KIDS JESUS IN THIS PASSAGE

Paul is teaching God's people how to grow together, but there is something even bigger happening. Long before Paul wrote these words, God promised that His chosen King would come down to His people, defeat their enemies, rise again, and be lifted up as King. Jesus did exactly that. He came from heaven, died for sinners, rose from the dead, and ascended to heaven. Now Jesus gives His people different jobs and gifts so the church can become strong and know the truth. So when we read about the church growing up into Christ, we are seeing God's plan continuing through Jesus, the promised King.



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OTHER OFFERINGS

With an abundance of Bible Books to cover just like this study, there's plenty more to explore and learn from JCM, such as:

- The Seven Thunders: The Book of Revelation for Groups
- And Then You Will Know: The Book of Ezekiel for Groups
- Daniel: The Book of Daniel for Groups
- Dear Skeptical Friend: The Gospel of Luke for Groups
- Holy Dissident: Isaiah for Groups
- Letters to My Sons: The Pastoral Epistles
- Into The Fray: I Corinthians
- The God of All Comfort: II Corinthians
- Reason For Hope: 6 Apologetic Sessions for Groups
- The Sacred Acts: Ordinances of the Church
- The Revival Project: A Transformative Study of Nehemiah
- And many more!



Start your free 30-day trial with JCM by visiting us online at: jessecampbellministries.com

ABOUT JCM

Dr. Jesse Campbell is the founder and head Pastor of The Redemption Church, located on the outskirts of Seattle, WA. Jesse has a strong calling to preach the Bible as it is written. In the midst of a socially and religiously starving culture, his biblical foundation for understanding and preaching the gospel in a strong, clear, and concise manner has earned him a large following in a short amount of time. He's grown the JCM platform quickly, has been featured on national radio shows, and has been a guest speaker across the nation at many churches and large events.

Originally from the Pensacola, FL area, Jesse moved with his family to Nashville and worked at Lifeway Publishing for a while before completing his pastoral education. He was led to launch his own biblically-based church, The Redemption Church, in 2020.

Jesse is married to his wife, [Jessi](#), and they have had five children. Together they also run a conference for bereaved parents, in memory of their son, Aiden, called Aiden's Hope. When Jesse and Jessi aren't investing their time in JCM or The Redemption Church, you can find them on the bleachers cheering on many baseball and football games or mountain biking and snowboarding in the beautiful Pacific Northwest.