This study is designed to help your community group grow as disciples of Jesus Christ. There are three dimensions to following Jesus.



UP: growing in relationship with God

IN: growing in relationship with other followers of Jesus

OUT: growing in relationship with the world around us as we join God in God's mission

Get Started:

What sports have you participated in? Have you been part of a team? How is that different from a solo sport?



UP: Connect with God through Spending Time in His Word

Read aloud the passage for the week: Ephesians 4:1-16. Allow a few moments to silently reflect on what you heard. Underline or note words or phrases that seem meaningful. Pray for your study of God's Word.

- 1. Paul has just written "Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us, to Him be glory in the church and in Christ Jesus throughout all generations, for ever and ever. Amen" (Ephesians 3:20-21). Why do you think he follows that with, "I beg you to lead a life worthy of the calling to which you have been called."? Is there a connection between the power at work within us and leading a life worthy of the calling?
- 2. What elements of the life that we have been called to might require more power than we have on our own?
- 3. What adjectives does Paul list to describe how we are to live? What about those words imply that he does not think of this life being one lived in solitude?
- 4. "One body," "one Spirit," "one hope," "one faith," "one baptism." How are these made evident in your life? Are there ways in which these don't seem true for you?
- 5. In this chapter Paul uses five terms which may not hold much meaning for us today. Included here are brief definitions for each of these based on the writings of Alan Hirsch.

Apostles extend the gospel. As the "sent ones," they ensure that the faith is transmitted from one context to another and from one generation to the next. They are always thinking about the future, bridging barriers, establishing the church in new contexts, developing leaders, networking trans-locally.

Prophets know God's will. They are particularly attuned to God and his truth for today. They bring correction and challenge the dominant assumptions we inherit from the culture. They insist that the community obey what God has commanded. They question the status quo.

Evangelists recruit. These infectious communicators of the gospel message recruit others to the cause. They call for a personal response to God's redemption in Christ, and also draw believers to engage the wider mission, growing the church.

Shepherds nurture and protect. Caregivers of the community, they focus on the protection and spiritual maturity of God's flock, cultivating a loving and spiritually mature network of relationships, making and developing disciples.

Teachers understand and explain. Communicators of God's truth and wisdom, they help others remain Biblically grounded to better discern God's will, guiding others toward wisdom, helping the community remain faithful to Christ's word, and constructing a transferable doctrine.

(http://www.theforgottenways.org/what-is-apest.aspx)

Can you think of people you know who are examples of each of these?

Do you identify with one of these more than the others?



IN: Connect with Each Other

What gifts do you think the Lord has given you for the good of the church?

What gifts do you see in others in this Life Group?

Spend some time praying for one another. Pray that every member of the body would fully live into his or her gifts for the building up of the church.



Out: : Connect with the World Around Us (Join God in His Mission)

As each part does its part, what difference could the church make in the world? As each part does its part, what difference could your Life Group make in the world around you?