



How to help build up the Church

Ephesians 4:7-16

I. Understanding the Passage

4:7-10

⁷ But to each one of us grace has been given as Christ apportioned it. ⁸ This is why it says:

“When he ascended on high,
he took many captives
and gave gifts to his people.”

⁹ (What does “he ascended” mean except that he also descended to the lower, earthly regions? ¹⁰ He who descended is the very one who ascended higher than all the heavens, in order to fill the whole universe.)

4:11

¹¹ So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers,

4:12

12 to equip his people for works of service, so that the body of Christ may be built up

4:13-16

...so that the body of Christ may be built up ¹³ until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ. ¹⁴ Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. ¹⁵ Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. ¹⁶ From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

II. Principles for Living God's Best Life

1. Use your gifts to serve and build up the Body
2. Pursue unity, maturity and love in the Church
3. Grow up by growing into Christ