

Body Building Ephesians 4:7-16

- I. Body Foundation (1:1-4:6)

- II. Body Building (4:7-16)
 - A. Grace Gifts (7-10)
 - 1. Unity/Diversity: Jesus Christ's Perfect Body Design (7)

 - 2. The Ultimate Value of the Gifts (8-10)

 - B. A Perfect Body (11-16)
 - 1. Equipped (11-12)

 - 2. Mature (13)

 - 3. Stable (14)

 - 4. Functioning and Growing (15-16)

- III. Conclusions (3:14-4:16)
 - A. Unlimited Potential (3:14-21)

 - B. Completely Unified (4:1-6)

 - C. Fully engaged (4:7-16)

Now What?

- 1. **Pray** through Paul's prayer in 3:14-21, asking God to make those realities sink deeply into your life.
- 2. **Walk** in a manner worthy of your calling and preserve the unity that is ours as the Body of Christ as defined in 4:1-6. Begin to pay close attention to those factors (lack of humility, gentleness, patience, tolerance in love) that can derail unity.
- 3. **Grow** as a body into Christ-like maturity as outlined in 4:7-16. Ask God to show you what part you are to play in the body.