



How To Overcome Temptation

Ephesians 4 I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the **calling** to which you have been **called**,² with all humility and gentleness, with patience, bearing with one another in love,³ eager to maintain the unity of the Spirit in the bond of peace.⁴ There is one body and one Spirit—just as you were **called** to the one hope that belongs to your **call**—⁵ one Lord, one faith, one baptism,⁶ one God and Father of all, who is over all and through all and in all.⁷ But grace was given to each one of us according to the measure of Christ's gift.⁸ Therefore it says, "When he ascended on high he led a host of captives, and he gave gifts to men."⁹ (In saying, "He ascended," what does it mean but that he had also descended into the lower regions, the earth?¹⁰ He who descended is the one who also ascended far above all the heavens, that he might fill all things.)¹¹ And he gave the apostles, the prophets, the evangelists, the shepherds and teachers,¹² to equip the saints for the work of ministry, for building up the body of Christ,¹³ until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ,¹⁴ so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes.¹⁵ Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ,¹⁶ from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

Start Talking. Conversation starter for your group.

- Talk about what you do for a living. Do you feel like you were called to do that? Why or why not?

Start Thinking.

- Read **Ephesians 4:1-6**. Paul is instructing the church in Ephesus. What is the main instruction in the passage? How do we live out the calling he is talking about?
- Read **Ephesians 4:7**. What does this mean for you and the church?
- Read **Ephesians 4:11-14**. What do you think the role of pastors and leaders in the church is? What does this reveal about your role in the church?

Start Sharing.

- Think about the sermon from Sunday. What are the three callings God has for you? Do you feel like you are fulfilling your calling? Why or why not?
- What are some ways your calling costs? How have you seen your calling sustain you?
- Has God ever called you to do something even though you felt unprepared? What happened?
- What do you believe your spiritual gifts are? What do those around you think they are (ask your group).

Start Doing.

- If you aren't currently serving at Vision, consider joining the dream team. Spend time this week asking God to direct you.