

GROW UP

Live as a Follower of Jesus

Pastor Chris Engel — March 1st, 2026

Ephesians 4:1-16 (NIV)

¹As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received.

²Be completely humble and gentle; be patient, bearing with one another in love. ³Make every effort to keep the unity of the Spirit through the bond of peace.

⁴There is one body and one Spirit, just as you were called to one hope when you were called; ⁵one Lord, one faith, one baptism; ⁶one God and Father of all, who is over all and through all and in all.

⁷But to each one of us grace has been given as Christ apportioned it. ⁸This 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? ¹⁰He who descended is the very one who ascended higher than all the heavens, in order to fill the whole universe.)

¹¹So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, ¹²to equip his people for works of service, so that the body of Christ may be built up ¹³until 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. ¹⁴Then 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. ¹⁵Instead, 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. ¹⁶From 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.

- **Are you completely humble and gentle? Are you patient and do you love others and make allowance for their faults?** (vs. 1-2; *Philippians 2:3-8*)
- **Are you a peace maker, peace faker, or trouble maker?** (vs. 3-6; *Matthew 5:2-9*)

“Do you have in common the things that matter most?”

- **Are you focusing on Jesus and equipping yourself for service in the church?** (vs. 11-13; *John 8: 31-36; Matthew 28:19-20*)

It is much harder to be “tricked” or “deceived” if you know the truth and truth is a person!

- **Don’t be a baby. Speak Truth in Love.** (vs. 14-15)

“A sign of maturity is what you say and how you say it.”

“It is only the immature that changes what he believes with everyone’s opinion.”