

The One Another Life – A Gospel Community

Week 6 – Speak the Truth to One Another
(Ephesians 4:11-16)

OPENING QUESTION

What kind of words actually help another Christian grow?

KEY VERSE

“But speaking the truth in love, let us grow in every way into him who is the head—Christ.” – Ephesians 4:15

THE INSTRUCTION

1. Christ equips His people with the truth they need to build one another up.

Paul says Christ “gave some to be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, to build up the body of Christ.” - Ephesians 4:11-12

What is true: Christ does not intend His people to remain dependent on a few leaders for their spiritual growth.

What to do: Let Christ’s Word shape what you say to other believers.

2. Christ’s goal for His church is spiritual maturity.

Paul says all of this continues “until we all reach unity in the faith and in the knowledge of God’s Son, growing into maturity with a stature measured by Christ’s fullness.” - Ephesians 4:13-14

The goal is not merely a church full of people who attend faithfully. It is not merely a church where everyone knows the right theological vocabulary. Christ is forming a people who increasingly resemble Him.

What is true: Christ does not intend His people to remain spiritual infants. He intends His followers to grow into mature, stable, discerning, Christlike believers.

What to do: Measure spiritual growth by Christlikeness, not by time, knowledge, or activity. *Ask:* Am I harder to deceive than five years ago? Am I more patient? Humbler? Willing to repent? More grounded in Scripture? More useful in helping others follow Christ?

3. Speak God’s Truth to One Another in Love.

Paul writes, “But speaking the truth in love, let us grow in every way into him who is the head—Christ.” -Ephesians 4:15

Truth without love can become harsh, proud, and destructive.

Love without truth can become sentimental, cowardly, and useless.

What is true: God uses truth spoken in love to help His people grow toward maturity in Christ.

What to do: Speak God’s truth with genuine love so that your words help others grow in every way toward maturity in Christ. Before speaking, ask: Is this true? Is it necessary? Am I saying it for their good? And will the way I say it help point them toward Christ?

4. Every member contributes to the growth of the whole body.

Paul says Christ is the Head, and from Him “*the whole body, fitted and knit together by every supporting ligament, promotes the growth of the body for building itself up in love by the proper working of each individual part.*”
– Ephesians 4:16

What is true: Christ is the source of the church’s growth, and He works through every member to build up the whole body.

What to do: Do your part in helping other believers grow spiritually. Do not underestimate what Christ can do through a faithful conversation, a timely correction, a biblical reminder, a word of encouragement, or a loving warning.

THE MAIN IDEA

Main Idea: Christ equips His church to grow in maturity as members speak the truth in love and contribute to the health of the whole body.

LOOK TO CHRIST

This passage is not merely a technique for better Christian conversations. It is Christ Himself. Christ is the One who gives gifts to His church. Christ is the One toward whom we are growing. Christ is the Head from whom the whole body receives its life and growth. And ultimately, Christ is the truth we are trying to help one another know, trust, obey, and resemble. Jesus did not love people by withholding truth from them. He spoke truth that exposed sin, confronted unbelief, corrected error, comforted the broken, and called people to repentance. But He also did not use truth as a weapon for His own pride. He spoke truth as the One who came full of grace and truth, and then gave Himself for sinners. And the greatest truth we can speak to one another is the gospel: *Christ died for our sins, rose again, saves sinners by grace, and is forming His people into His likeness.* So, our goal is not simply to win arguments or prove that we were right. The goal is to help one another grow up into Christ. And now Paul tells us that if we really want to help one another grow, we must speak the truth in love. Because love that never speaks truth cannot help someone mature. And truth that is not governed by love does not reflect Christ. Christ is building His church into maturity—and He intends to use us in one another’s lives to do it. You may never preach a sermon or teach a class. But you can know God’s Word, love God’s people, and speak His truth to the people He has put around you.

APPLICATION

1. Who in my life needs me to speak rather than remain silent?
2. When I speak truth, what is my goal?
3. Am I willing to hear truth from other believers?
4. What kind of Christian am I helping other people become?
5. Am I doing my part?