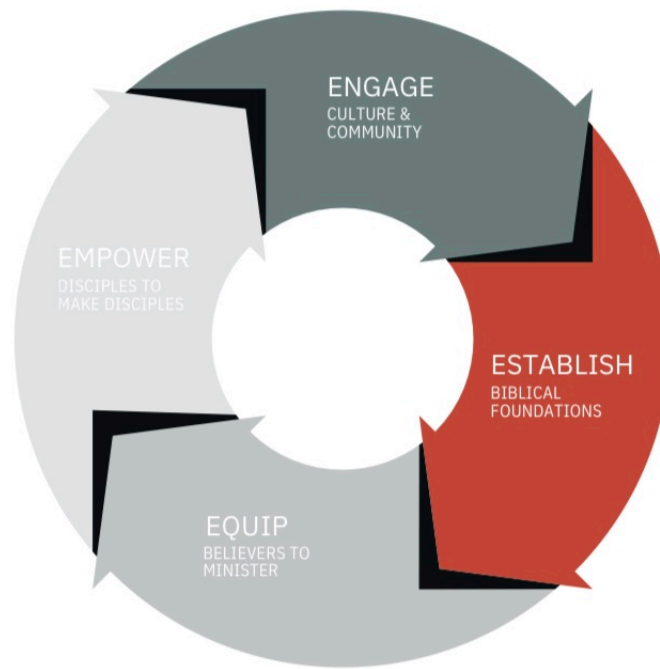


The mission of Rise Up Church is to raise disciples, empower families, and revitalize neighborhoods by the transformational power of the gospel. At Rise Up Church, our discipleship rhythm shapes how we live and expressed in four key movements that we call the 4E's. It is all about following Jesus and helping others do the same.



The purpose of our Koinonia Gatherings is to establish people in biblical foundations by building Christ-centered connections. We believe the Scriptures teaches that life change happens best in community, as we grow together in God's Word and are led by the Holy Spirit.

Below, you'll find a sermon-based guide from the most recent sermon to help lead a Rise Up Church Koinonia Gathering, along with a five day devotional designed to help you apply the sermon throughout the week.

Koinonia Gather Leaders Guide

Sermon Title: United as One Body for God's Glory

Focal Exegesis: Ephesians 4:1–16 - Unity in the church happens when we walk worthy, work faithfully, and worship wholly.

Leader Guide

Before you begin, take a moment to pray and invite the Holy Spirit to guide your group discussion. Encourage everyone to open their Bibles and share insights. Your role is not to lecture but to lead — to create an atmosphere where the Holy Spirit can speak through every voice. Aim for participation, not perfection. Keep Christ at the center, love in your tone, and grace in your responses.

Sermon Summary

Paul's letter to the Ephesians shifts in chapter 4 from doctrine to duty — from what God has done for us to what He desires to do through us. Writing from prison, Paul challenges believers to live worthy of their calling, to maintain unity in the Spirit, and to use their diverse gifts to build up the body of Christ. Ephesus was a culturally divided and idolatrous city, yet the church was growing among both Jews and Gentiles. Paul reminds them that unity isn't optional — it's essential. God's people are called to reflect the character of Christ in humility, gentleness, patience, and love. True unity doesn't mean sameness — it's oneness in Christ. Each believer is uniquely gifted by the Holy Spirit, and these gifts are meant to strengthen the church, not elevate individuals. The goal of all ministry is maturity — growing together into the fullness of Christ. Unity is not maintained by programs but by people walking in humility, working faithfully, and worshipping wholly. When each member of the body functions as God intended, the church grows in love and glorifies God before the world.

Point 1: Walk Worthy of the Calling

Scripture: Ephesians 4:1–6

Paul urges believers to walk worthy of the calling — not to earn God's love, but because they've already received it. To walk worthy is to live with humility, gentleness, patience, and love. We don't create unity; the Holy Spirit already has. Our task is to protect what God has given.

Life-Changing Application Question: Where in your life do you need to walk worthy — choosing humility and love over pride and preference?

Leader Guide Notes: Encourage honesty without condemnation. If someone shares hurt from church relationships, remind them unity doesn't mean ignoring pain — it means addressing it in love. Ask the group to identify one practical act of humility they can take this week.

Defeater Belief: I don't need the church to follow Jesus. **Truth:** A solitary life is not a Christian life. Walking worthy means walking together.

Point 2: Work Faithfully with Our Gifts

Scripture: Ephesians 4:7–12

Paul explains that Christ has given spiritual gifts to every believer. These are not for self-promotion but for service and strengthening the church. The purpose of gifts is to equip the saints for the work of ministry. Every believer is called to contribute to the mission of God.

Life-Changing Application Question: How are you using your gifts to build others up rather than build yourself up?

Leader Guide Notes: Ask group members if they know their spiritual gifts. If not, help them identify one way they can serve. Celebrate small acts of service — greeting, prayer, setup, kids ministry — all are holy ministries.

Defeater Beliefs: 1. The pastor and staff do the ministry. 2. My gift isn't important. Truth: Every gift matters and has a purpose in God's plan.

Point 3: Worship Wholly in the Fullness of Christ

Scripture: Ephesians 4:13–16

Spiritual maturity means growing into the likeness of Christ — not being tossed by every new idea or emotion. We grow when we speak truth in love, bear one another's burdens, and set healthy boundaries that honor God and protect unity. To worship wholly is to surrender fully.

Life-Changing Application Question: Where do you need to grow in Christlike maturity — in truth, in love, or in obedience?

Leader Guide Notes: Remind the group that spiritual growth is a process, not a performance. Invite discussion around boundaries: How can we love people without enabling sin or dependency?

Defeater Belief: Speaking truth in love will push people away. Truth: Truth without love wounds, love without truth misleads — but truth in love transforms.

5-Day Devotional: United as One Body for God's Glory

Day 1: The Call to Walk Worthy

Read: Ephesians 4:1–3

Reflect on how your daily walk represents your identity in Christ.

Prayer: Lord, help me live a life that reflects Your grace. Teach me humility, gentleness, and patience in all I do.

Day 2: The Beauty of Oneness

Read: Ephesians 4:4–6

Meditate on the seven 'ones' — one body, one Spirit, one hope, one Lord, one faith, one baptism, one God.

Prayer: Father, thank You for uniting us through Your Spirit. Help me protect the unity You've created.

Day 3: The Gift of Serving Grace

Read: Ephesians 4:7–12

Consider the gifts God has given you to serve others.

Prayer: Jesus, You ascended and gave gifts to Your church. Help me use mine faithfully to build up others for Your glory.

Day 4: Growing in Maturity

Read: Ephesians 4:13–15

Think about areas of immaturity that hinder your growth. Are you chasing comfort or Christlikeness?

Prayer: Holy Spirit, grow me into the likeness of Christ. Help me speak truth in love and walk in obedience.

Day 5: Building Up in Love

Read: Ephesians 4:16

Reflect on your part in strengthening the body. What does it mean to build others up in love?

Prayer: Lord, help me love with wisdom — to lift, encourage, and strengthen others without enabling, always trusting You to finish the work.