



This guide is an invitation to follow Jesus with greater purpose and hope. It will help you to explore the scriptures and challenge you to live out your faith. Each week we'd love for you to think about how you relate: **Up** (with God), **In** (with church) and **Out** (with neighbors).

#### **Weekly Questions:**

- How is God getting my attention? For help, think about these areas:
- How are you living up with God?
- How are you living in community with other followers of Jesus?
- How are you living out on mission with your neighbors?
- What are you going to do about it?

#### **Devalued: Disunity**

##### **Read Ephesians 4:1-16**

Paul is writing the church at Ephesus and encouraging them towards unity and maturity.

- Find the “action” words or phrases that point to the hard work of living in unity.
- How can we experience unity without uniformity?
- Why is unity so important within the body of believers?

Verse 14 speaks of the instability of immaturity.

- How could a Christian be “tossed back and forth by the waves”? What are examples of “deceitful scheming” that might sidetrack a believer who hasn’t reached maturity?
- How does unity help us avoid those pitfalls?

Verse 16 says the body “grows and builds itself up”

- Have you grown in your faith because of community? What are some of the ways you’ve grown in community when you wouldn’t have on your own?
- How can we “build” each other up in this area of maturity?

David Fitch in his book *Faithful Presence* says that God changes the world through the church. Jesus says in John 13 the world will know his disciples by the way we love each other.

- How can Christ followers be a good example of unity and love? How do we sometimes fail to be a good example of this?

This week, pray and consider how we can continue in the hard work of unity. You may want to... Have a conversation with someone you are holding a grudge against to seek reconciliation... ask God for a heart for the mission of the church... find a way to join in with others to study and serve.