The Benefits of Spiritual Maturity

A Study through the book of Ephesians

Ephesians 4:14-16

Did you know that spiritual maturity benefits us greatly in our everyday walk with the Lord. Let's talk about this today.

When we see a child act immaturely, we don't think much of it, they are acting their age. But when we see an adult carrying on like an immature child, we naturally think that there is something wrong with them. The same can be said of us if we remain spiritually immature.

Throughout the New Testament we are called to grow up and become mature in Christ (see Heb. 5:12-6:1, Col. 1:28-29, 1 Corinthians 14:20, James 1:2-4). If we are not growing up in the Lord, it indicates that there is something wrong in our spiritual walk that needs to be fixed.

Spiritual maturity mainly happens in three ways, as we learn to apply the Bible to our everyday life, as we commit to each other and serve one another through thick and thin of it all. And as we navigate with Jesus through the many faith testing trials that this life dishes out.

It's not easy growing up in the Lord, but It's worth it! Our passage today in Ephesians 4:14-16 shows us some of the benefits of cooperating with the Lord in becoming spiritually mature.

But first let's review the context to see some of the ways our maturity in Jesus is defined in **Ephesians 4:13, "until 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."**

Here we see that our maturity is defined as having unity in our adherence of the Christian faith, unity in the full Biblical knowledge of Jesus and by becoming Christlike in our everyday life.

There are some real advantages when we grow up in these ways. Our text shows us:

Ephesians 4:14, "Then 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 men in their deceitful scheming."

As we grow up spiritually, the first benefit is that we won't be tossed back and forth by the waves. What are these waves? I believe these are the many trials and troubles we face in life.

The immature Christian tends to let his spirituality be defined by the waves of trials and troubles he is facing; this is why when trouble comes his faith is always in crisis, he's distracted, waning, on again and off again in his spiritual disciplines.

But for the Christian who has spiritually grown up, he has the advantage to where it doesn't matter what trial comes his way. He has learned to hold steadfast to Jesus, He is not moved (Psa. 16:8), he is consistent in his spiritual disciplines in spite of the trials, in fact, he grows

closer to Jesus because of them, and his faith grows more because of it, his joy is not squelched but continues to overflow, and he has peace through it all!

The next benefit we see is that when we mature in the Lord, we hold steadfast to the unchanging truths of God's Word. Thus, we are neither blown here and there by every weird trend out there, nor are we blown about by the same-old false doctrines that are repackaged to look relevant.

Also, the advantage we have when we grow up in the Lord is we grow in wisdom and in discernment, making it so we are no longer easily hoodwinked by people's deceitful scheming.

Ephesians 4:15, "Instead, speaking the truth in love, we will in all things grow up into Him, who is the Head, that is, Christ."
Here we find another benefit to maturing in the Lord. We learn to communicate with one another in a way that promotes our continual growth in Jesus as our Head.

Note the tense, we are always speaking the truth in love. Doing so results in that we will in "all things" grow up in Christ. Have you ever met a person who is mature in one aspect of their spiritual life but really immature in another i.e. they read the bible but they don't live it?

The Lord wants us to be mature in every aspect of our Christian life and expression. This happens when we learn how to speak the truth in love. My friend who is now in heaven use to say, "truth without love is too hard, love without truth is too soft." We must have both together.

Remember, God's Word is truth (John 17:17), Jesus is the truth (John 14:6) and the Holy Spirit is the Spirit of Truth (John 16:13). So, speaking the truth is saying things that finds its basis on Bible truth, it is saying the things that Jesus and the Holy Spirit would be saying.

Speaking this truth in love is also communicating the truth in a way that shows Jesus' heart of love for the other person's benefit. It is done in a fashion that shows that God is for them. It is words packaged with mercy, compassion, gentleness, patience, encouragement etc.

Growing up in the Lord is so important, no doubt that we must do our part in it, but the next verse shows us how the Lord does the heavy lifting when it comes to our spiritual maturity.

Ephesians 4:16, "From 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."
Notice that it is "from Him" i.e. that Jesus as our head means not only are we joined and held together to Him, but by Him we grow. Growing up in the Lord is predicated on staying connected to Him and staying connected to His body the church.

Finally, it says we are building ourselves up in love, as each part does its work. The benefit of spiritual maturity is seen in our ability to express Jesus' love and that love is always the point for why we are doing what we are doing. Holy Spirit anointing always follow the path of love!