

## ***Introduction***

## **Ephesians study 5**

# **One Head, One Body**

### ***1. A body is unified***

- We don't have to create the unity, we maintain it.
- Unity "here" comes before unity "out there".
- Real unity is based on truth.



### ***2. A body is diverse***

- Invite your friends
- Go with a staffworker to talk to students around the campus
- Cook dinner for Friday night
- Clean up after dinner
- Help with music and singing
- MC on a Friday night
- Meet with another student during the week to encourage them.



### ***3. A body grows and matures***

### **Ephesians 4:1-6**

<sup>1</sup> I am in prison because I belong to the Lord. Therefore I urge you who have been chosen by God to live up to the life to which God called you. <sup>2</sup> Always be humble, gentle, and patient, accepting each other in love. <sup>3</sup> You are joined together with peace through the Spirit, so make every effort to continue together in this way. <sup>4</sup> There is one body and one Spirit, and God called you to have one hope. <sup>5</sup> There is one Lord, one faith, and one baptism. <sup>6</sup> ***There is one God and Father of everything. He rules everything and is everywhere and is in everything.***

## **Discuss**

Why is it so difficult to maintain peace and unity in groups of people like project teams, countries, or even families? What holds them together and what breaks them apart?

Why was Paul in prison? In your own country, are people put in prison for their religious beliefs? If yes, why? If not, then how much religious freedom is there?

## **Read Ephesians 4:1–6.**

How does Paul urge the followers of Jesus to live (v1)?

What does being humble and gentle look like in daily life?

What roles do patience and love play in relationships?

How different would all our relationships be if everyone was humble, gentle, patient and loving?

Why is it more important for followers of Jesus to live like this? What are their motivations?

v3

v4

v5

How do you feel when you see Christians being together and being patient and loving with one another? Why?

In your opinion, do you think there are differences between the way Christians and those who aren't Christians behave when they get together?

Looking at verse 6, what do you think this sentence is talking about? How does having one God over us unite Christians together?

Which of the following groups below are most likely to function well?

- a. a group where everybody is a leader
- b. a group where nobody leads
- c. a group which has an order of leadership and is willing to follow the leader

Why are Christians humble, gentle, patient, loving and considerate people?

- a. because they are nice people
- b. because they are weak people
- c. because they follow the one God
- d. because they are told to do so.

How difficult or easy is it for you to follow the one God? What things do you think you have to give up to follow God instead of following yourself?