



**Teaching Notes:** Daren Dirksen  
June 17, 2012  
**Life – there's an app for that!**

## desert breeze community church

### Eph 4:1-16 **“Body Building”**

The letter to the Ephesians is written by Paul while he is in prison. The letter is divided into two parts. The 1st three chapters give us the doctrine and calling of God and His church. The 2nd three chapters give us the duty and conduct of the Church He created. Paul proposes his main point in verse 1 and then begins working it out in the following verses. He deals with something all Christians battle with every day.

#### I. The Proposal (vs. 1, 13):

(1 Pet. 2:9)

Our **conduct** should match our **calling**.

1. “the calling to which you are called”
2. “walk in a manner worthy”

#### II. The Process (vs. 2-10):

(John 7:37-39, 15:26, 14:26, Phil. 2:5-8)

This is done with:

1. The **spirit** of God (Vs. 2-3)

John 15:26 “But when the Helper comes, whom I will send to you from the Father, the Spirit of truth, who proceeds from the Father, he will bear witness about me.”

2. The **truth** of God (Vs. 4-10)

3. The **church** of God (Vs. 11-14)

#### III. The Purpose (vs. 15-16):

**Glorify God** by Building up his body.

Eph 1:10 as a plan for the fullness of time, to unite all things in him, things in heaven and things on earth.



# Growing

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1. Read Ephesians 4:1-16. What stands out to you in this passage?
2. What does it mean that our conduct should match our calling? How big is this battle in your life? (v.1)
3. Paul begins with moral values rather than structure in verses 2-3. Why is this significant?
4. Why is the Spirit of God and the Truth of God so important in changing our selfaholic souls into overflowing, life giving vessels for others (jn 7:37-39, 15:26)?
5. Christ's ascension and session (the seating on the throne), detonates ministry in every believer. Do you think this has been detonated in you? Why or why not? Who in the church could you ask to help you begin or strengthen the use of your gifts? Who can you minister to?
6. Pray for the church as a whole, Desert Breeze specifically, and those in your small group that minister to you and that you minister to.