

Vital Signs

How am I living as family in a micro-community of believers?

Ephesians 4:14-16.

October 15, 2023.

Introduction: How would you measure your spiritual health? We do it all the time with our bodies: temperature, pulse, respiration, blood pressure. All signs of life in you. Are there any signs of spiritual life in there? What would you do to strengthen them? If you found a heart beating by itself on a sidewalk, you know it wouldn't last. It needs a healthy body. Same with us. "We are members of one another" (Romans 12:5). Active members at UPC make five commitments to one another: worship, formation, community, mission, giving. We need you to join us. And to strengthen the life of Christ in your life.

Prayer: Father of heaven and earth, this text challenges us to be steady in our life of faith. Amen.

Review: Reflect on the complete scope of Christ's love for us.

Read: Ephesians 4:14-16.

Discussion:

1. What helps us against being tossed "back and forth" or "blown here and there" by every wind? Does this remind you of another text? (See James 1:2-8)
2. What do we have to be alert to? What is our defense? What is the result?
3. What does the "whole body" of verse 16 refer to?
4. How has the last phrase of verse 16 affected your own life?

Application: This week, look to do your part as we do life together.

Prayer: Father, help us to continue to mature as part of the body of Christ. Amen.