

# We Are One

*“<sup>1</sup>As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. <sup>2</sup>Be completely humble and gentle; be patient, bearing with one another in love. <sup>3</sup>Make every effort to keep the unity of the Spirit through the bond of peace...” Eph. 4:1-3 (TNIV)*

**1. Become lowly of mind; stop thinking so highly of yourself.**

(See Romans 12:3-8, Phil. 2:1-11, Col. 3:11-15)

**2. Become powerfully gentle; stop being powerful.**

(See Matt 11:29; Phil. 4:5; 1 Cor. 4:12; 2 Cor. 10:1)

**3. Become long-tempered; stop being easily annoyed.**

(See 1 Cor. 13:4).

“The love Paul requires of us is no common love, but that which cements us together, and makes us cleave inseparably to one another. For this is that love which produces great and glorious fruits.” St. Chrysostom

*“<sup>4</sup> There is one body and one Spirit, just as you were called to one hope when you were called; <sup>5</sup> one Lord, one faith, one baptism; <sup>6</sup> one God and Father of all, who is over all and through all and in all.” Eph. 4:4-6 (TNIV)*  
(See 1 Cor. 8:5-6; Dt. 6:4; 1 Cor. 12:13)

*“But to each one of us grace has been given as Christ apportioned it. <sup>8</sup>This is why it says: “When he ascended on high, he took many captives and gave gifts to his people.” ... <sup>11</sup>So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, <sup>12</sup>to equip his people for works of service, so that the body of Christ may be built up <sup>13</sup>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. <sup>14</sup>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 people in their deceitful scheming. <sup>15</sup>Instead, speaking the truth in love, we will in all things grow up into him who is the head, that is, Christ. <sup>16</sup>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.” Eph. 4:7-16 (TNIV)*

**Apostle**- a pioneering ambassador. One who is sent to extend into the frontier.

**Pastor**- a nurturing leader. One who helps nurture, protect and lead people into truth.

**Teacher**- a revealing translator. One who reveals and translates truth.

**Evangelist**- a passionate herald. One who passionately carries truth to those without it.

**Prophet** - a discerning questioner. One who asks questions, discerns answers and acts upon them.

## Small Group Questions

1. We talked about 3 traits where we “become” something and “stop-becoming” something else. Read through each one of those traits and the scriptures associated with them. Then, as a group answer:

A. What does this trait really mean?

B. Which of the 3 traits is the biggest struggle for you? Can you think of an example that explains why you think that?

2. In Ephesians 4:4-6, Paul lists 7 “ones” that define what the church believes. For each of these 7, what do you think the significance is of each one to the faith? How could wavering belief in one of the 7 areas cause of “crumbling” of the faith?

3. In Ephesians 4:7-16, Paul discusses the graces given to the church to equip them. Read the passage again, and answer these questions:

A. What is the purpose of these graces, as these verses explain?

B. Of the 5 descriptions that Pastor Doug gave, choose one that you think is most likely your strongest gift for equipping the church.

C. What could you be doing to better steward that gift?