

GET TO KNOW ONE ANOTHER

Have you ever been caught off guard and physically knocked down? What happened?

PRAYER

Spend some time in prayer for each other.

HELPFUL BACKGROUND

The Vision: To grow healthy. Paul describes maturity as growing into the likeness of Christ, marked by the stability to stand against the waves. Our vision is to grow healthy: to have momentum without compromising maturity.

The Path:

Bowing before God in regular worship. Bowing in worship means regularly gathering with the church to honor God and realign our hearts to His truth and presence.

Bonding with others in discipleship. Bonding refers to forming intentional, honest relationships where we practice the “one another” commands and grow together.

Building the kingdom using your God given gifts and abilities. Every believer has a role in building the church; spiritual maturity includes actively using your gifts to serve and strengthen the body.

KEY OBSERVATION QUESTIONS

Read Ephesians 4:11-16

1. What is the aim of belonging to the body of Christ in verse 13?
2. How does Paul describe the danger of remaining immature in verse 14?
3. What does it mean to “grow up in every way into Him who is the Head” (v. 15)?
4. What kind of relationships do you think Paul envisioned in Ephesians 4 when he talked about the body being “joined and held together”?

SPIRITUAL GROWTH

1. What makes bowing, bonding, and building essential to a strong faith?
2. Who do you know that has been a faithful “triple threat”? Someone you have seen stand firm through crashing waves?
3. What did God reveal to you during the assessment? Is there one leg of the “stool” (Bow, Bond, Build) that’s missing or weaker in your life?
4. For each (Bowing, bonding, and building) discuss the following questions.
 - a. What is it? What does a healthy version look like?
 - b. How are these opportunities for stability in your faith and not obligations?
 - c. Whether past or present, what belief has prevented you from participating?
 - d. What is a next step you can make to grow in these areas?
5. How prepared do you feel for the next wave?
6. What does healthy growth for you look like?
Why is that important?

ACCOUNTABILITY Q&A

How are you feeding your soul?

How are you feeding your flesh?

How are you feeding others?

GET INVOLVED!

God gives each of us a gift to build his church! Join one of our ministry teams or mission partners! Email Jodi@trinitybible.org for more info and next steps.