

GET TO KNOW ONE ANOTHER

If you could be a 'triple threat' in any field (sports, entertainment, hobbies, etc.), what three skills would you want to master?

PRAYER

Spend some time in prayer for each other.

HELPFUL BACKGROUND

Measure of the Fullness of Christ

This phrase points to the standard of spiritual maturity: Christ Himself. As the church grows, believers increasingly reflect His character, truth, and love together.

Spiritual Maturity vs. Spiritual Childhood

Paul contrasts mature believers with children who are “tossed to and fro.” Spiritual maturity means being rooted in truth and stability rather than easily influenced by cultural pressures or false teaching.

Christ as the Head of the Body

Paul describes the church as a body connected to Christ. Just as the human body depends on the head for direction and coordination, the church grows when it stays connected to Christ’s leadership.

KEY OBSERVATION QUESTIONS

Read Ephesians 4:11-16

1. What four phrases does Paul use to describe what we are attaining in verse 13?
2. Discuss the differences of each of those phrases.
3. What three phrases does Paul use to describe what may toss the Ephesians about in verse 14?
4. Discuss the differences of each of those phrases.
5. How does verse 15 start? What is the contrast Paul is drawing out?

SPIRITUAL GROWTH

Why does spiritual maturity require a strategy?

TBC is aiming to be a church of “Triple Threats.” A body that stands strong because individually we are bowing, bonding and building.

Bowing in worship to God.

Bonding in discipleship with others.

Building the Kingdom with Jesus.

For each area above describe...

How it makes you stronger as a believer.

What a genuine practice looks like.

Why the one area alone isn’t enough.

What does an honest evaluation of the strength of your faith look like in relation to your participation in each of these areas? Share.

When aiming for maturity, how can we measure “fullness of Christ” vs other metrics and checking boxes?

What does the next step in becoming a “triple threat” look like for you?

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.