

BELPRES CHURCH

In All Humility

Icebreaker Question: What are your ideal in person ways to connect with others?

Opening Question: Looking back to last week's sermon and scripture... How did you live differently or practice what we talked about in your life this week? What did you do and how did it go?

This Week's Scriptures:

Ephesians 4:1-16

"As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. ² Be completely humble and gentle; be patient, bearing with one another in love. ³ Make every effort to keep the unity of the Spirit through the bond of peace. ⁴ There is one body and one Spirit, just as you were called to one hope when you were called; ⁵ one Lord, one faith, one baptism; ⁶ one God and Father of all, who is over all and through all and in all.

⁷ But to each one of us grace has been given as Christ apportioned it. ⁸ This is why it says:

"When he ascended on high,
he took many captives
and gave gifts to his people."

⁹ (What does "he ascended" mean except that he also descended to the lower, earthly regions? ¹⁰ He who descended is the very one who ascended higher than all the heavens, in order to fill the whole universe.) ¹¹ So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, ¹² to equip his people for works of service, so that the body of Christ may be built up ¹³ 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.

¹⁴ 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. ¹⁵ Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. ¹⁶ 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."

Scripture Reflection Questions: Read this week's scripture together and discuss the following:

- According to this passage, what's the problem with trying to live the Christian life apart from community? What are the different ways we need each other?
- In your own words, what does it mean to "make every effort" to "keep the bond of unity through The Spirit"? How do we do that?

Sermon Reflection Questions: Reflecting on this week's sermon, discuss the following:

- On a scale of 1 (not at all) to 10 (a lot), how connected are you to Christian community? What holds you back? What would help you go deeper into community?

Closing Question and Application: Given what we've discussed together today, how might God want you to apply these learnings to your life or in the life of your community this next week? Who might you share this with?

Closing group prayer: Spend a few minutes together in your group sharing prayer requests and then praying together for each other. Take the challenging parts of your conversation to Jesus. Thank God for the time together, the conversation shared, the other people in the group, and for encouragement in the week ahead.