



Ephesians 4-6

STUDY 2: How to grow up in Jesus

(NB: This term we will be basing our studies around a simple way of reading, understanding and applying the Bible to our lives: COMA – context, observation, meaning, application)

CONTEXT – Where does it fit?

1. Read 4:1-16. What are some of the main points? Read 4:17-32.
2. How does 4:1-16 prepare for what Paul is about to say in vv.17-32?

OBSERVATION – How is it communicated?

3. Have another look over 4:17-32. Is there any structure to the passage? (Is one section more about making statements about truth and the other more about commands to action?)
4. List everything we're told about the OLD SELF and about the NEW SELF.

MEANING – What does it mean?

5. What do vv. 20-24 tell us about how we put off the old self and put on the new self? What does it mean to be “renewed in the spirit of your mind” and how does that change us?
6. **We grieve the Holy Spirit when we push against His work of making us holy. (v30)** Who's job is it to grow us up in maturity in Christ? According to this passage how can we grow up in Christ?

APPLICATION – How does it change us?

7. Have another look at vv25-32. What are the main areas of life Paul is addressing? If this is what a mature church looks like – how do you think NCC is looking right now? List some ways we can use our words and actions to build each other up in Christ as His church.

We often think we're more mature in Christ than we actually are. John Newton identified three stages of Christian growth. *Child in Christ* – has knowledge of what it means to trust and follow Jesus but has other functional Saviour and Lords. Lacks assurance and godliness. *Adolescent in Christ* – understands what it means to trust and follow Christ and is growing in confidence in Him. Unobstructed by emotional fluctuations and finds their root in the permanent and abiding sufficiency of Christ. Growing deep personal assurance and godliness. *Adult in Christ* - always lives in “absolute dependence” on God. They are always mindful of their own weakness and His strength. Rock solid assurance in Christ. Humble, teachable and godly.

8. **There are two ways to test where you're at: 1. Look in the mirror of God's word and prayerfully decide to put a plan in place to change. 2. Ask someone close to you what they see in you.** Based on this passage, where are you at and what are you going to do this week to keep growing up in Christ?