

**Questions to Think About and Discuss:**

1. In Ephesians 4:13-16, Paul connects Christian maturity to serving and doing the work of ministry. How have you experienced growth in your own walk with Christ through serving? If you haven't served yet, what opportunities might help you grow in this way? What has kept you from serving up to now?

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2. Ephesians 4:13 challenges Christians to grow into the fullness of Christ both individually and as a church body. What does it look like for you personally to pursue Christlike maturity, and how can your growth contribute to building unity and maturity within the church?

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3. Paul warns that spiritual immaturity leaves us vulnerable to being "tossed to and fro by the waves" and influenced by every "wind of doctrine." What are some modern "waves" or "winds" that you think could "destabilize" a believer today, and how can we guard ourselves and others against them?

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4. What does it look like to intentionally pursue spiritual maturity in your own life? What practical steps can you take this week to move from "milk" to "solid food" in your understanding and application of Scripture?

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5. Paul calls us to "speak the truth in love." How can you balance truth and love in your conversations and actions this week, especially when addressing difficult topics?

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6. Ephesians 4:15 describes spiritual growth as "growing up in every way into him who is the head, into Christ." What area of your life needs more intentional growth to reflect Christ? What practical steps can you take to grow in that area this week?

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7. Paul emphasizes that the church grows when "each part is working properly." What role or spiritual gift do you feel God has given you, and how are you using it to contribute to the growth of our church? If you're unsure of your role, what steps can you take to discover and step into it?

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8. Paul says the church builds itself up "in love." How can you/we create an environment in our church where others feel valued and supported? What is one specific act of love—such as encouragement or service—you/we can practice this week?

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