

WALKING & WINNING AS ONE

SIT-WALK-STAND series | Ephesians 4:1-16 | Jared Yamaguchi | Feb. 18-19, 2023

I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, ² with all humility and gentleness, with patience, bearing with one another in love, ³ eager to maintain the unity of the Spirit in the bond of peace. ⁴ There is one body and one Spirit—just as you were called to the one hope that belongs to your call— 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 grace was given to each one of us according to the measure of Christ's gift. ⁸ Therefore it says,

“When he ascended on high he led a host of captives, and he gave gifts to men.”

⁹ (In saying, “He ascended,” what does it mean but that he had also descended into the lower regions, the earth? ¹⁰ He who descended is the one who also ascended far above all the heavens, that he might fill all things.) ¹¹ And he gave the apostles, the prophets, the evangelists, the shepherds^[c] and teachers, ¹² to equip the saints for the work of ministry, for building up the body of Christ, ¹³ until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, ¹⁴ so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. ¹⁵ Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, ¹⁶ from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

Ephesians 4:1-16 ESV

WE WIN TOGETHER WHEN WE WALK...

- _____ vv. 1-3
- _____ vv. 4-6
- _____ vv. 7-12

FOR MONDAY:

- **PRAY AS ONE** – Join the Mililani monthly prayer gathers at Excel church at the end of the month (*Next one is Feb. 26th at 2-4PM*)
- **GATHER AS ONE** – Join a Life Group - You need some cheerleaders around for support, but also talk with someone who can challenge you—“*speaking the truth in love*” (Ephesians 4:15).
- **SERVE AS ONE** – Talk with God about the gifts He has given you. Him for opportunities to use your gifts in His service. Come our next Team Hope Pa’ina and get connected or volunteer to serve in a ministry in the church. *You can’t do everything, but you can do something.*

LIFE GROUP QUESTIONS

READ ALOUD TOGETHER EPHESIANS 4:1-16

OPEN

- What is something you do—in your work, at home, or at church—that you seem to be pretty good at?

DIG DEEPER

- How can we “live a life worthy of our calling” as Paul mentions in the beginning of chapter 4? How does he describe that worthy life?
- Take another look at verses 4–6. Why do you think Paul emphasizes “oneness” so much?
- According to 4:7–13, Who gives spiritual gifts? Who gets spiritual gifts? What are some of the spiritual gifts? What is the purpose of spiritual gifts?
- Considering the gift that God gives us, what is something you’re really passionate about? And when did you recognize that passion for the first time?
- Now as you think about the questions you’ve been considering about yourself—those abilities and passions God has given you— how can you use your gifts for the purposes mentioned in 4:12–13?

LET’S GO – Reference your “FOR MONDAY”