

Adult Impact Study Sheet – October 20, 2024

Read **Ephesians 4:1-16**, if possible, from several translations.
For additional insight go to www.studylight.org and www.gotquestions.org.

1. From verse 1, what does it mean to “live a life worthy of your calling?”
2. Paul lists characteristics that describe what a worthy life looks like. Discuss how each is to be lived out as a Christian. Reference other verses for support.
Completely humble –

Gentle –

Patient –

Bearing with others in love –
3. What does keeping “the unity of the Spirit through the bond of peace” look like?
4. What does it mean that grace is apportioned by Christ? Do some receive more grace than others?
5. In verse 11, individuals are given as gifts to the church. We see the purpose in verses 12-13. Discuss the reasons and some practical ways that is accomplished.
Prepare God’s people for works of service –

Build the body of Christ –

Until we reach unity in faith and knowledge of Christ –

Be mature attaining to the whole measure of the fullness of Christ –
6. What can cause spiritual infants to be tossed around in their faith?
7. From verses 15-16, how does Christ hold us together?