

## ATTAINING THE FULLNESS OF CHRIST

Ephesians 4:1-16

Key verses: 12,13

*“To equip his people for works of service, so that the body of Christ may be built up 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.”*

1. What does it mean that Paul is a prisoner of the Lord? (1a) What is the calling Paul is referring to? (1b) What does it mean “to live a life worthy of the calling”? (2)
2. What is the nature of our unity? (2-6) What does it mean to be completely humble? How can we be so?
3. What can we learn about complete humbleness from the descent (incarnation) of Jesus? Think about Jesus' example of humbleness. (See Lk 2:14; Jn 4:7-14; Lk 5:27.)
4. What does the quotation from Psalm 68 tell us about Jesus' ascension? What does it mean that he led captives in his train? That he gave gifts to men?
5. Whom does Christ give? (11) How are they to help build up the whole body of Christ? (12)
6. In what respects must believers grow? (12-13,15-16) What is the goal of our growth? What are the characteristics of spiritual infants? (14) Why must every Christian grow to attain the whole measure of the fullness of Christ? (Heb 5:13-14; Jn 17:20-26) How can we grow in the inner man?