



LIFEgroup Homework

Week of March 15, 2009

Body Building God's Way

Ephesians 4:12-16

If you have ever joined a gym, spent time in a Physical Education Class, or made a New Year's resolution to get into shape, you know that getting the body shaped up takes more than paying dues to a fitness club, getting educated in PE, or having good intentions at the start of the year. The popular phrase, "no pain, no gain," has a great deal of truth to it.

The spiritual parallel of this truth is found in 1 Timothy 4:7b-8, "...train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come." NIV

If we are going to discipline ourselves to be Godly, it is going to take more than a wishy wishy dreamy dreamy attitude. It will take a commitment to put to practice God's timeless truths of building His prevailing church.

Sharing Question:

When did you first begin to realize that "personal discipline" was actually a good thing that produces positive results in life? (physically, verbally, relationally, personal hygiene, spiritually)

Getting Started (questions):

What was one testimony, insight, principle, Scripture passage or comment from Sunday's message that you remember most?

Homework:

When a church stops making disciples, it stops being a church. If a publishing company stops publishing books, if a newspaper stops producing papers, if a toy company stops producing toys...they go out of business. If a church stops making disciples it stops being a church, regardless of the building, the services or the pastor. A church must produce disciples, students, learners of Christ! Do you agree?

Why does "discipleship" get put on the back burner of many churches today? Define "discipleship:"

Do you think our church is doing a good job of making disciples of Christ? Why or why not?

Read Ephesians 4:11-16

List the contrasts found in this passage between those who are spiritually mature and those who are spiritually immature:

Ephesians 4:12-13

What is the job of a pastor?

What is the job of God's people?

What does this passage say, is the result, when God's pastors focus on "equipping," and God's people focus on "being equipped?"

What would a church look like, if it took this passage seriously? If every Christ follower was reporting for duty to do the work of service and were actively building the body of Christ?

How does this passage define "spiritual maturity?" (13)

Which of the following are foolproof signs of "spiritual maturity"?

- | | |
|---|--|
| <input type="checkbox"/> Perfect attendance | <input type="checkbox"/> Serve in a ministry |
| <input type="checkbox"/> Bible knowledge | <input type="checkbox"/> Charter church member |
| <input type="checkbox"/> Bible school graduate | <input type="checkbox"/> Daily devotions |
| <input type="checkbox"/> Being an Elder/Pastor | <input type="checkbox"/> Daily prayer |
| <input type="checkbox"/> Memorized Bible verses | <input type="checkbox"/> Tither |
| | <input type="checkbox"/> Served on the mission field |

Ephesians 4:13-14

Why is a common faith and knowledge of Jesus so essential for experiencing unity and Christ-like-ness?

Ephesians 4:14

What are the issues that are blowing and tossing the church today?

How are immature Christians responding?

Ephesians 4:15-16

What essential ingredients for spiritual maturity are found in this passage?

Colossians 1:28-29

What is the ultimate goal of the church?

How much effort should be exerted to produce mature believers?

Where does the power to make disciples come from?

Memory Verse:

***Ephesians 4:15** Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ. NIV*

