

“One Body, Many Callings”

Session 4: Ephesians 4:1–16

Movement: Grown

Theme: Calling is communal before it is individual — and you can’t fully become who God made you to be alone.



Check-In | *DO IT follow-up from Session 3* • ~3 minutes

1. Last week you chose a Do It option. Did anyone try theirs? What happened . . . or what got in the way?

OPEN IT | *Icebreaker* • ~5 minutes

2. What’s the best team you’ve ever been part of — a work team, a sports team, a family pulling together in a crisis, even a really good group of friends? What made it work? Was everyone doing the same thing?

READ IT | *Scripture* • ~4 minutes

Say it:

We’ve been grounded in who we are.

Now Paul tells us how to walk. And before he talks about what we do, he talks about how we do it.

- Ephesians 4:1-6

EXPLORE IT | Discussion • ~10 minutes

★3. Paul lists five qualities in verses 2–3 that maintain the unity of the Spirit: humility, gentleness, patience, bearing with one another in love, and making every effort for peace. Which of these is hardest for you personally . . . and which one do you think would fill a need in your group, your family, or your workplace right now?

4. Paul tells believers to "make every effort to keep the unity of the Spirit" (v.3), not to create it. Then he reminds them of seven things they already share in Christ (vv.4–6). Why do you think Paul starts there? How might remembering those shared realities change the way you respond when relationships become difficult?

READ IT | Scripture • ~3 minutes

Say it:

So we share one foundation. But Paul isn't finished — because within that unity, every person has been given something different.

- Ephesians 4:7-16

EXPLORE IT | Discussion • ~16 minutes

★5. Verse 7 says "to each one of us grace has been given as Christ apportioned it." Not some of us. Not the especially gifted ones. Each one. What do you think your contribution to the body actually is . . . and have you ever been told, told yourself, or felt that what you bring doesn't count?

★6. Verses 11–12 say leaders exist "to equip his people for works of service." The leaders aren't the ones doing the work — they're the ones preparing everyone else to do it. How does it change your understanding of your own role in the church when you realize the "works of service" aren't reserved for staff or volunteers in official roles . . . but for you, wherever you are?

★7. Verse 16 says the whole body grows when “each part does its work.” Not the gifted parts. Not the visible parts. Each part. Is there a place in your life right now — your family, your neighborhood, your workplace, your small group, your finances, etc — where you’ve been holding back? What would it look like to actually show up in one of those places as someone who has been equipped and sent?

SAY IT | Leader Teaching • ~3 minutes

In the original Greek, chapter 4 begins with the word “therefore”. Everything Paul says about how to live flows directly from what he’s already said about who you are. You don’t walk worthy in order to become someone. You walk worthy because of who you already are.

And the walk he describes isn’t primarily about personal spiritual achievement. It’s about the body. Humility, gentleness, patience, bearing with one another — these are all relational. You can’t practice them alone. And the gifts Christ gives . . . apostles, prophets, evangelists, pastors, teachers . . . aren’t given so a few people can feel special. They’re given so that every person in the body gets equipped for the work they were made to do.

That’s what Brazos Pointe is trying to do. Discover, develop, deploy. Not as a program. As a way of understanding what the church is actually for. You’re sitting in the “develop” part of that right now. But develop was never the destination. The destination is a body where every part is doing its work . . . deploying it’s faith, and the whole thing is growing up into the fullness of Christ.

We’ve been talking tonight about what it means for each part of the body to do its work. Over the next couple of weeks, I want us to be thinking about a bigger question together: What does this specific group, our small group exist to do? What’s our mission? Who are we to each other, and who are we being sent to together? We’re going to land on something in Session 7 — but start noticing between now and then. *(check the Mission Statement Framework attached at the end of this document)*

DO IT | Application • ~6 minutes

Choose one of the following this week:

- **Speak It.** Think of someone in your life—a coworker, a family member, or a friend—who is carrying a heavy load or whose contribution often goes unnoticed. Send them a quick text or pull them aside this week to tell them specifically what you see in them and how they build up the people around them. Don't look for a return text; just give it away.
- **Show Up Somewhere.** From Question 7 — the place where you've been holding back. Do one thing this week to show up there. Not a commitment to change everything. Just one move. A conversation. A text. Showing up when you'd normally opt out.
- **Equip Someone.** Verses 11-12 say leaders exist to equip others for works of service. Think about someone in your life who is younger in faith, newer to the church, or still searching. Do one thing this week to invest in that person. A conversation about faith. An invitation. Pointing them toward something that helped you. You don't have to be a pastor to equip someone.
- **Practice One of the Five.** Pick one of the five qualities from verses 2–3 — humility, gentleness, patience, bearing with one another, making every effort for peace — and intentionally practice it every day this week in one specific relationship. At the end of the week, notice what it cost you and what it produced.
- **Reflect On It.** Read Ephesians 4:1-16 slowly. Write down your honest answers to these two questions: What has Christ given me to contribute? And where have I been sitting on it?

PRAY IT | *Closing Prayer* • ~3 minutes

Father, thank you that you didn't save us and leave us to figure it out alone. You put us in a body. You gave each of us something to bring. And you promised that when every part does its work, the whole thing grows into something that looks more and more like Jesus. We confess that we often hold back — waiting until we feel ready, waiting to be asked, waiting for someone else to go first. Tonight we heard that the body needs what you put in us. So we ask for the courage to actually show up — in our groups, in our families, in our neighborhoods, in the places only we can reach. Equip us for the works you prepared. And may what you're building through us be far more than anything we could have built alone. In Jesus' name, Amen.