

**Grace, Truth and Maturity**  
Hope Chapel Honolulu  
Ephesians 4:1-16

<sup>15</sup> Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, <sup>16</sup> 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 4:15-16, ESV)

**Introduction**

Dr. Henry Cloud has been writing and saying for nearly thirty years the following formula as what goes into the making of a mature follower, servant and friend of Christ: *grace + truth / time = growth*. A minister, teacher and life coach named Beth Barone proposes that we need: *an intimate connection with God, a friend to share God's grace with us and a clear understanding of God's path to freedom*. The apostle Paul here writes that we need to receive God's grace individually and to share it corporately, that we need to speak the truth in love with one another, and that we need every member of the Body of Christ to build one another up in love to reach God's measure of maturity.

**1. It's not enough to know or talk about Christ, we must abide in Him. (Ephesians 4:1-6)**

- a) What does it mean to "walk in a manner worthy of the calling"?
- b) What does unity look like from God's perspective and from our own?

**2. God's grace is given to individuals so that all can contribute. (Ephesians 4:7-14)**

- a) Scripture says that grace was given to each one of us, but why was grace given?
- b) "For building up the body of Christ, until we all attain to...the fullness of Christ."

**3. Speaking, hearing and acting out the truth in love is key for all. (Ephesians 4:15-16)**

- a) "Speaking the truth in love, we are to grow up in every way...into Christ."
- b) "When each part is working properly, (the Body of Christ) builds itself up in love."

**Conclusion**

It is becoming increasingly clear to me over the years that I cannot grow into maturity in Christ, that I cannot be found faithful and fruitful without others showing and telling me how to abide in Christ and live out my faith, nor can I be found faithful and fruitful without obeying Christ by showing and telling others how to believe in, follow, serve and befriend God the Father, Son and Holy Spirit. We can experience the Spirit of God as an individual, but cannot know Him except in community; we may receive God's grace as an individual, but only fully benefit from the grace of God in community.

**For our prayerful study, discovery and application:**

- 1) What does it mean for you to "walk worthy of the calling" received in Jesus Christ (v.1)?
- 2) To which of these is God calling *you*: apostle, prophet, evangelist, shepherd or teacher?
- 3) Who speaks the truth in love to you? To whom do you speak the truth in love to?

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