



Week of November 15, 2020

Covered

Ephesians 4:11-16

Day One | Read Ephesians 4:11-12

¹¹ *The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers,*

¹² *to equip the saints for the work of ministry, for building up the body of Christ...*

- While that list is far from exhaustive, each of us is called to play our part in the symphony of God's work in the world. What is the part that you've been uniquely equipped to play? Who are you equipping now for the work of ministry to come? A friend, a family member? A son or daughter, a grandchild? What are they learning about God through you?

Day Two | Read Ephesians 4:13

...¹³ until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ.

- Spend some time wrestling with these two questions: Who Am I? What am I doing here? How does knowing that you've been equipped as a follower of Christ help you respond to those questions? What does it mean for you to grow into the "full stature of Christ."

Day Three | Read Ephesians 4:14

¹⁴ *We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming.*

- Take a couple of moments to center yourself. Close your eyes and take several deep breaths. As you breathe in, say out loud, "I am..." and as you breathe out, say, "a child of God." As you do this, what images come to your mind? Practicing this little exercise will keep you centered; this guards against being "tossed to and fro..."

Day Four | Read Ephesians 4:15

¹⁵ *But speaking the truth in love, we must grow up in every way into him who is the head, into Christ...*

- Yesterday we spent some moments centering ourselves by breathing in and out saying "I am a child of God." Today we're going to switch it up a bit. Today as you breathe in, say the whole phrase, "I am a child of God..." Then on the outbreath, add this second part: "And so is everyone I'll meet today." This is love spoken deeply into and through you! To acknowledge that you are a child of God reminds you of God's love for you. To acknowledge that everyone you encounter today is also a God-breathed child of God - whether they know it or not! No judgment!

Day Five | Read Ephesians 4:16

...¹⁶ from whom [Christ] the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

- Think of our lives together as an orchestra playing a symphony. The image here is of many parts coming together to create one whole "body" of work/art/love in the world. Again, what best gift will you offer today as you play your part in the symphony of God's work in the world?