

# Week 35: "Each One"

## Day One: "Christ-Centered"

**Read:** Ephesians 4:16

**Reflect:** How, exactly, do you daily recognize Christ as head of your life?

**Dig:** What image or analogy is Paul, as the author of Ephesians, using in this verse?

Look up Ephesians 1:22. How far does Christ's headship extend in this verse?

According to the single verse of Ephesians 4:16, where does the energy come from to keep the body (church) united and intimate?

What are some common ways that our hands function in relationship to the rest of our body?

**Apply:** How can you take a practical step today to recognize Christ as head of your life and head of the body of Christ?

## Week Thirty -Five: "Each One"

### Day Two: "Hold Together"

**Read:** Ephesians 4:16

**Reflect:** What is the "glue" that keeps our church together?

**Dig:** "Ligaments" are tough, connecting tissues which hold muscle and bone structures in place. What might be the "ligaments" which tie us together? (See Ephesians 4:12)

How many times does the word "grow" occur in verses 15 & 16?

What is the goal of this growth?

What kind of "church growth," other than growth in numbers, is God apparently interested in?

**Apply:** What "ligaments" (relationships, commitments) are holding you tight to the body of Christ?

What practical thing (phone call, note, email, greeting at church) could you do to strengthen them?

## Week Thirty -Five: "Each One"

## Day Three: "In Love"

**Read: Ephesians 4:16**

**Reflect:** How is love expressed in your church life?

What is the reason why you came to Madison and stayed?

**Dig:** What should be the reason why people are attracted to the body of Christ? See John 13:34-35 for a biblical answer.

How does this chapter define "love"? (Ephesians 4:29)

If you are having a difficult time loving others, what might be the reason? See Colossians 2:19 for a biblical answer to this question.

**Apply:** Who do you need to bear with (be long-suffering with) in order to build this love community called the church?

Right now, write out a prayer in this space provided, asking God to bless them.

## Week Thirty -Five: "Each One"

### Day Four: "Doing Your Part"

**Read: Ephesians 4:16**

**Reflect:** What areas of service are you included in, as your volunteer service for the body of Christ?

**Dig:** In the phrase, "each part does its work," is the emphasis on the whole or the individual?

What does Paul say earlier about "each one" in verse 7?

According to verse 7, who is responsible for the gifts we have at our disposal?

Does God have a plan and intention for the work/ministry we might do? See Ephesians 2:10 for an answer.

**Apply:** There are over 1,300 volunteer opportunities (from ushering to teaching to office tasks) that need to be filled in order for us to do the service God has called us to. Are you doing your part?

Are you able to commit yourself to more?

## Week Thirty -Five: "Each One"

### Day Five: "Lectio Divina"

**Read: Ephesians 4:16** From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

**Lectio divina** (*a Latin expression, which means sacred reading*) is done in three stages:

**Reading:** you read the passage slowly and reverentially, allowing the words to sink into your consciousness; after you have memorized the text, write down one word which strikes you and draws your attention and note why you chose that word.

**Meditation:** you allow the passage to stir up memories within you, so that you recognize in it your own experience or that of people who have touched your life: write down memories of events or conversations or other Scripture passages.

**Prayer:** you allow the meditation to lead you to prayer-- thanksgiving, humility and petition. Write out a prayer based on the passage.