

Sunday Supplement – Ephesians 4:1–16

Strengthening the Structure

Demolition

The lie we must tear down is: 'The church doesn't need me.' Paul reminds us that every believer has been called by grace and belongs to the body of Christ. Passive attendance was never God's design for His church.

Foundation

God will build us up by using the good materials He supplies. You are called and uniquely gifted. The church's unity rests on one Lord, one faith, one baptism, and one God who has given grace to every believer.

Rebuild

Use your gifts in service to strengthen the structure. Christ equips every member of His body to contribute. As each part does its work, the church grows stronger, healthier, and more mature in Christ.

Renovation

A unified, maturing church draws people to belonging. When believers serve one another with humility, speak truth in love, and live as one body, they become a visible witness to God's presence in a lonely world.

Reflection Questions

- Have I believed the lie that my presence or gifts do not matter in the church?
- What gifts, passions, or experiences has Christ given me to strengthen His body?
- Am I participating in the life of the church or simply attending?
- What is one practical way I can help build up the body of Christ this week?

Suggested Next Steps

- Reject the lie and bring your feelings of insignificance to God in prayer.
- Receive your calling and thank Christ for the grace He has given you.
- Offer one concrete 'yes' this week by serving, mentoring, greeting, praying, or helping.
- Ask a trusted Christian friend: 'What gifts do you see God using in me?'
- Memorize Ephesians 4:16 and pray that God would use you to strengthen the structure.