

# The right side of history

A worthy manner: body building

Ephesians 4:7–16

What's our mission as Christ's church? Body building

How do we do that? Speaking the truth in love

## Questions for discussion and reflection

- What impact does this passage impact our thinking about church? (Who we are? What is our goal? What part we each play?)
- Consider the contrasting images in v13–14. How does this impact our view of the importance of God's word for a church? What is it like to be a church without God's word at its centre?
- What will it look like for us to 'speaking the truth in love'? In what ways could you grow individually in this body building work?