

**Questions for Reflection and Discussion**  
**Ephesians 4:1-6**  
***Building Unity***

***Getting Started***

Give an example of teamwork that you've personally experienced – e.g., at work, a sports team, band. What made the team work?

***Digging In***

1. **Read 4:1.** Why does Paul call himself *a prisoner for the Lord*? (See 3:1-13)
2. Review the first 3 chapters of Ephesians. What kinds of things would be included in *the calling you have received*?
3. **Read 4:2-3.** In these verses, Paul elaborates on what he means by living a life worthy of the calling we've received. In your own words, what does it mean to *be completely humble and gentle*?
4. How will this help us to live out our calling?
5. What does it look like to *be patient, bearing with one another in love*? Give two practical examples.
6. Paraphrase Paul's exhortation in v. 3.
7. In addition to what Paul says in v. 2, what are some other ways we can contribute to the unity of the body through the bond of peace?
8. What are some things we sometimes do that hurt the unity of the body?
9. **Read vs. 4-6.** According to these verses, why should we *make every effort to keep the unity of the Spirit*?



***Getting Personal***

- To what extent do the qualities in v. 2 characterize your life?
- In your experience, what are the things that most often lead to disunity in a local church?
- What are the attitudes and behaviors that build solid Christ-honoring unity?
- How are you **actively** contributing to the unity of the Spirit at Shoestring?
- Is there any way in which you're contributing to disunity, e.g. through gossip, slander or criticism? Through grumbling or complaining? Through bitterness or lack of forgiveness?