Body Builders
Ephesians 4:13
Sermon Outline
Sunday, February 7, 2016

A. The Goal (vs. 13a):
   1. To arrive at a particular spiritual state.
   2. Unity is achieved as a result of spiritual growth (Eph. 3:16-19; 4:3-4).
   3. Unity takes place fundamentally because of:
      a) One Spirit empowering us (Eph. 1:3; 4:3-4, 13) and determines our spiritual growth (Eph. 3:19) through the illumination (Eph. 1:16-18; 5:15-18) of His Word and obedience to His Word (Eph. 4:1).
      b) The church is one body that was put together by Christ (Eph. 1:23; 2:15-17). Designing the church based on Christ being the foundation (1 Corinthians 3:11), as laid out by the apostles (Eph. 2:20), creates unity. The Word of God must denominate this process (2 Timothy 3:17).
      c) One Spirit provides us spiritual gifts that work together to empower the church which leads to unity (Eph. 4:7, 16).
      d) One purpose (Philippians 2:1-2).
      e) When a couple allows this process to dominate their lives they end up with a unified marriage (Eph. 5:15-18, 21, 32). Everything each person does in the marriage should reverence Christ.
   4. When knowledge becomes ‘the eyes of your heart (Eph. 1:18).
   5. Each person’s convictions must become a lifestyle experience (Hebrews 11:6).
   6. Living with a deep conviction, we can fully surrender our lives to living out the principles of God (2 Peter 1:3-11).
   7. Each believer lives with confidence that God is able (Eph. 3:20).
   8. When the knowledge of Christ becomes obedience our knowledge of Christ grows. (Col. 1:10-11).

B. The Method (vs. 13b):
   1. Unity of the faith drives believers to a full firm knowledge of who Christ is (Col. 1:9-12).
   2. When faith becomes a life style believers’ develop a clear perspective of Christ (2 Peter 1:3-4).
   3. The application of this knowledge leads to a clear understanding of who Christ. It shapes a husband to become more like Christ and the wife to be the church (Eph. 5:15-18, 32).

C. Body Builders Become Like Christ (vs. 13c; Galatians 2:20; Philippians 1:21; 3:8):
   1. An adult believer (Col. 1:28-29).
   2. Lines up to the divine nature of Christ (Galatians 2:20; Col. 3:1-4).
   3. This is a believer in the prime of their spiritual mature life (Galatians 2:20).
   4. Fully equipped, the Trinity fully experienced (Eph. 3:16-19) and the armor in complete use.
   5. The old man is gone (Eph. 4:22-24) and the new man has become fully equipped to live out the fullness of Christ from the inside out (Philippians 2:12-13).
   6. Healthy believers develop a healthy church. A healthy church develops healthy believers and healthy homes.