Growing Up
Ephesians 4:14-16
Sermon Outline

A. Forsake Falsehood (vs. 14):

1. Body builders want to continuously eat healthy – ‘unity of the faith’ (desire to live the truth); ‘knowledge of the Son of God’ (they want to know the truth).
2. **We no longer** impressionable or immature.

   a. This is because we are committed to be ‘the measure and the stature which belongs to the fullness of Christ’ – We are ‘Body Builders’.
   b. Not weak in the faith because we are mature in our thinking (vs. 13; 1 Corinthians 14:40).

3. What are the signs of a child in the faith:

   a. Want only milk (1 Corinthians 3:1; Hebrews 5:13).
   b. A believer that just don’t care to ‘Body Build’.

       • Not into Christ workmanship (Ephesians 2:10) because there is no desire for spiritual things because they intend to live by whatever the flesh desires (1 Corinthians 3:1), they are not willing to serve or willing to change the way they live. They are in the flesh so all they want is to be blessed.

   c. Someone can easily change their minds. They follow every fad rather than what fits into their budget.

       • Constantly unsettled and agitated by every new doctrine that comes out like a boat driven by every wind or become unsettled by every wave. Maturity leads to convictions.
       • Means to carry someone that is sick on a mat (this is why it is in the passive mood; John 8:44). Teachers influenced by Satan (1 Timothy 4:1-5) can take these infants wherever they choose to go Biblically.

   d. Living by the roll of the dice – A believer that lives by luck and chance.

   e. (Ephesians 6:11; 2 Corinthians 2:11) - Led away by people who are slick and hid the truth (young girls that get caught up in sex trafficking, little kids that are lured away by a predator – Satan in the Garden of Eden).

B. Speak the Truth in Love (vs. 15a):

1. **Speaking the truth**:

   a. Paul is speaking about the gospel (Ephesians 1:13).
b. Speaking about all that the Word represents about the nature and personality of Christ (Ephesians 4:21).

c. We need to walk in true meaning of God’s Word so that we live guided by spiritual wisdom illuminated by the Holy Spirit through the ‘eyes of our heart’ (Ephesians 5:9; 1:17-18; Colossians 1:9-11).

d. This process keeps the full armor effective and the sword in place ready for action (Ephesians 6:14).

e. The truth delivers us (sets us free) from everything that tends to hold us back (John 8:32-33).

2. Some people think this means telling a person what they want to hear so they do not hurt their feelings. This is not so:

a. This love is not focused on what the person desires it is focused on what the person needs – benevolent love.

b. Love is the explicit obedience to God’s divine will (Matthew 22:37-40; John 3:16).

c. Loving someone is controlled by the application of God’s Word (Ephesians 3:17) this is why love becomes a lifestyle (Ephesians 5:2) before it becomes marriage (Ephesians 5:25, 28, 33). This is why God can command the man to love his wife (Ephesians 5:25) but He only instructs the wife to love her husband (Titus 2:4; the church – Christ instructs the church to love Him).

d. Loving someone is an empowering process led by the Spirit (Ephesians 3:19). A person in the flesh cannot love. Love it is the fruit of the Spirit (Galatians 5:16-24).

e. When love is alive spiritual maturity is stimulated (Ephesians 3:19). This is why a spiritually maturing believer can love their enemy (Romans 12:14-21).

C. Live a Spirit Filled Life (vs. 15b - 16):

1. To decide to grow up is a once and for all decision.

   a. We are (vs.14) – An action to stop – no longer children.

   b. We are (vs. 16) – An action to begin – Grow up.

2. The goal is “the measure of the stature which belongs to the fullness of Christ. Growing up is a once and for all decision to become who Christ designed us to be (Ephesians 2:10; 3:16-19).

3. Christ is continuously superior to all and has all authority so we can totally focus on growing up. He is not just head of the man but also the woman in marriage. When this occurs they are fitted together.

4. Spiritual growth continuously brings the parts that make up the church or marriage together.
a. The church is made up of believers who all have spiritual gifts so it is always being fitted together (Ephesians 4:7).

b. The church is made up a spiritual maturing man and woman (Christ and the church – Ephesians 5:32) so that they fitted together fitly in marriage.

5. Means to be knitted together so that it is joined together. When the parts are continuously fitted together through the minister of the Holy Spirit (passive verb – no one does this on their own) nothing can take it apart – no divorce. It is the flesh that leads to dissension (Galatians 5:20-21).

a. Every person that is led by the Spirit is shaped to be suitable for the church and marriage.

b. Each believer must be committed to apply their spiritual gift under the guidance of the Holy Spirit.

6. When spiritual growth leads to numerical growth it is because each member is controlled by the Spirit and is committed to use their spiritual gift under the guidance of the Holy Spirit (1 Corinthians 3:7-8).

7. Spiritual growth in each believer’s life profits everyone and becomes natural (building up ITSELF). This becomes the nature of what everyone is doing in the church. It becomes the culture of the church.

8. The outgrowth of Spirit empowered love for God is that it leads to love flowing to all (Matthew 22:27-40; Ephesians 3:16-19).