



## “Growing Up Into Christ”

May 31, 2026 | Text: Ephesians 4:7-16

**Big Idea:** The ascended Christ grows His church into Himself through Word-gifted leaders, every-member ministry, and truth held in love.

### 1. The Source of Growth: A Gifting Christ (v. 7-11).

[7] But grace was given to each one of us according to the measure of Christ's gift. [8] Therefore it says,

*“When he ascended on high he led a host of captives, and he gave gifts to men.”*

[9] (In saying, “He ascended,” what does it mean but that he had also descended into the lower regions, the earth? [10] He who descended is the one who also ascended far above all the heavens, that he might fill all things.) [11] And he gave the apostles, the prophets, the evangelists, the shepherds and teachers,

### 2. The Means of Growth: An Equipped Church (vs. 12)

[12] to equip the saints for the work of ministry, for building up the body of Christ,

### 3. The Goal of Growth: A Mature Body (vs. 13-14)

[13] until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, [14] so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes.

### 4. The Medium of Growth: Truth Held in Love (vs. 15-16)

[15] Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, [16] from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

#### Application:

1. Don't think of ministry as something only leaders do.
2. Don't measure church health like a consumer.
3. Don't confuse gifting with maturity.
4. Become harder to deceive.
5. Speak truth in love.
6. Find your place under the Head.

#### Next week's sermon text: Ephesians 4:17-24

If you were to share a key insight from today's sermon with a friend, what would you say in a sentence or two?

**Application Questions:** Where am I acting more like a spectator than a working member of Christ's body? How am I using the grace Christ has given me to strengthen others? What gift, burden, ability, or opportunity might I be neglecting because of fear, laziness, insecurity, comparison, or false humility? Who in the church is being built up because I am part of this body? Am I becoming stable in the truth, or am I easily tossed around by voices, trends, fears, and new ideas? Do I tend to separate truth from love, speaking harshly without tenderness or avoiding truth in the name of love?

Text to Give: Text an amount to (619) 333-1905

Mailing Address: P.O. Box 390698 San Diego, CA 92149  
(619) 881-0100 hello@providencechurchsd.org  
providencechurchsd.org @providencechurchsd



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