



WEEK SIX | EQUIPPED TO BUILD UP

Look Back

10 Minutes

Last week Pastor Curtis preached on Jeremiah 29:1-9. God's people were carried into captivity to Babylon. Jeremiah calls them to build, plant, and to retain their spiritual identity. Instead of being changed by the culture, they were to change it.

- How easy or difficult have you found this to be in Houston?
- In what ways may you have assimilated to the culture? What are ways to avoid assimilation?
- How can we be confident that God is working even in "exile"?

Read Aloud

Ephesians 4:1-16

Head

Observe the text and the author's main points (15-20 Minutes)

1. What does Paul mean by living a life "worthy of the calling" you have received?
2. How are the different roles and gifts in the church described in this passage?
3. What is the significance of the "unity of the Spirit" in these verses?

Heart

Envision how the text—when applied—might transform your inner life in terms of your thoughts, attitudes, and behaviors (15-20 Minutes)

1. How do you feel about the idea that everyone has a unique role in the body of Christ?
2. Reflect on situations of unity and disunity, how you feel (or felt) in each situation, and what you might prayerfully do to reflect God's love.
3. What are areas of life where you feel like you are still an infant? Who might you seek to hear the truth in love and grow in maturity?

Hands

Apply the text by moving from inward reflection to outward action looking for ways to live the text out in our lives to serve others (10 Minutes)

- What steps will you take (or are you taking) to promote peace and unity in your community or group?
- What ways are you using your gifts to serve and build up the church?
- Discuss ways to apply humility, gentleness, and patience in your daily interactions.

Reaching Upwards: Growing in Your Relationship with God

- In what ways can you express the love of God more fully in your relationships?
- Confess privately or to your group situations where you are or have been the agent of disunity, and ask the Holy Spirit to help you change.
- On Sunday, October 6, we celebrated World Communion Sunday where Christian churches around the world celebrate communion as a sign of our oneness in Christ. Take time now and pray for unity in the worldwide church.

Reaching Outward: Investing in Your Neighbors

- **October - Neighborhood Connect Based on Your Zip Code** - Invest in your FPC neighborhood community by joining October fellowship gatherings. If you have not received your invitation, go to fpchouston.org/neighbors for details pertaining to your zip code.
- **November 3 - Stephen Ministry Information Lunch** - Do you know someone at any age or stage in life who is in pain because of a life transition, loneliness, major life event? They may benefit from this one on one confidential, compassionate ministry. In addition, you may have the gifts and interest to be trained as a Stephen Minister. Come, learn, and invite others to an information lunch on November 3 from 12:30 - 1:45 pm. RSVP at caring@fpchouston.org.

Reaching Beyond

- **October 31 - December 12 - Fall Alpha** - For those interested in learning more about Jesus or have questions about him, Fall Alpha is a great place to start. FPC Alpha will meet for six weeks (October 31 - December 12) from 8-9 AM in the Solarium with breakfast provided. For questions or to register, contact us at alpha@fpchouston.org.
- **November 15 - 18, 2024- Micah Graduation Trip - Honduras** - A team from FPC will attend the Micah Project graduation from high school, eighth grade, and vocational school. The team will see first-hand the ministry at the Micah Project campus and join staff on street outreach. For more information, contact Mary-Floye Federer at mffederer@fpchouston.org.
- Support a FPC ministry partner who could use your spiritual gifts. To find opportunities, contact Madi Weir, Missions Coordinator, at mweir@fpchouston.org or visit fpchouston.org/serve/ways-to-serve/upcoming-opportunities.