

## **Digging Deeper: Ephesians 4:4–6**

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### **Day 1**

Pray and ask God to search your heart and help you learn from His Word. Now is a good time to get a journal and record your thoughts and ideas. Read Ephesians 4:4–6. In these verses, which word is repeated most frequently? What is the ‘one’ body? Checkout Romans 12:4 and 1 Corinthians 8:6.

### **Day 2**

Find a quiet place to settle your mind and spirit. Pray. Read Ephesians 4:4–6. What is the “one” Spirit? Also, read 1 Corinthians 12:4.

### **Day 3**

When you pray, thank God for all He has done for you. Ask God for the forgiveness of sin in your life, listening for the Holy Spirit to learn from Him. Then bring your requests to God. Read Ephesians 4:4–6. What does it mean to be ‘in’ something? What do you think it means to have God’s Spirit in your inner being? What do you think is the difference between Christians who are fully alive in God’s power versus those coasting along in their faith? What does Jesus have to say about that? Check out Revelation 3:15–17.

### **Day 4**

Pray, ask Jesus how he wants you to learn from His Word today, spending time in meditation to hear from the Holy Spirit. Who does He want you to reach out to today? Read Ephesians 4:4–6. What does ‘one God, one faith’ mean to you? Check out these verses as you think about that:

Malachi 2:10, Romans 11:36 and 1 Corinthians 12:6.

### **Day 5**

As you pray, reflect, and discuss with Jesus and the Holy Spirit about the past days and how you can apply what you learned this week for His glory. One last time, read Ephesians 4:4–6. What is one thing you are asking for God to do in your life? What can you do with the Spirit ‘in’ your life to help make that happen? Consider asking your pastors and elders to pray with you and talk about it.

### **Day 6**

Ask God to use your unique gifts to contribute to the strength and health of the body of believers.