

SERMON REFLECTIONS

No Longer Children, Tossed by the Waves and Every Wind

Ephesians 4:1-6, 11-16 | 26 October 2025 | Rev Dr Aaron Tay

Reflection Questions

1. Read Ephesians 4 aloud (perhaps 3 verses per DG member).
Did the Lord impress any truths, blessings, promises, commandments or warnings (not mentioned during the sermon) from this chapter of God's Word to you? Please share.
2. What kind of church/Christian should we be? There are at least three ways where Ephesians 4 challenges us to grow TO BE in faith: Transformed, United, Matured.

Transformation – we are not to seek transformation through our own strength, but to depend on the Holy Spirit and what God has already done in us to put off our Old Self and to put on our New Self in Christ.

<u>Put off Old Self (Eph 4:22)</u>	<u>Put on New Self in Christ (Eph 4:24)</u>	
Live for self	Live worthy of your calling	v1
Pride, harshness, impatience	Be humble, gentle, patient, loving	v2
Cause division and conflict	Keep unity in the Spirit through peace	v3-6

Our Vision

To be disciples of Jesus Christ

Our Mission

To make disciples who love God, love one another and love the lost



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Live like unbelievers darkened in thinking	Live with renewed mind, guided by truth	v17-19, 23
Lie or deceive others	Speak truthfully to one another	v25
Let anger control you	Be angry without sin, forgive quickly	v26-27
Steal or take advantage of others	Work honestly and share with those in need	v28
Speak hurtful or corrupt words	Speak words that build up and encourage	v29
Grieve the Holy Spirit through sin	Live to please the Holy Spirit	v30
Be bitter, rageful, and hateful	Be kind, compassionate, and forgiving	v31-32

- i. What do you think are three areas of the Old Self that affect many Christians? Why do you think that is so?
- ii. Choose any of the above area(s) and share about possible consequences of a Christian who choose to still live in the Old Self, and the effects on himself/herself and family, church, community.
- iii. Share a story/testimony of a Christian (may be yourself) who puts off his/her Old Self and through the Holy Spirit, put on the New Self in Christ. How did it he/she do it? How did it affect this person's life/family/church/community?
- iv. Personal reflection: Are there any areas where you have not put on the New Self? Seek the Holy Spirit for strength and grace.

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3. **Unity:** Unity of the Spirit and Unity of the Faith (v3, 13a)
 - i. What is the basis of Christian unity? (Hint: consider Ephesians 4:4-6. You may also use other relevant Scripture verses for your answer).
 - ii. What are the differences that Christians have which have led to strong disagreements or even disunity (consider the church in Singapore first, but you may consider the church in the west which could affect us)? Do you think these differences are based on fundamental truths which should have alignment, or are these Christians “fighting” over important but non-essential truths?
 - iii. What can we, as individual Christians/church do to promote Christian unity?

4. **Maturity:** Attaining to the whole measure of the fullness of Christ (v13b)
 - i. According to Ephesians 4:11-16, how does a Christian/church become mature in Christ?
 - ii. What do you think are the work of the 5 spiritual offices – apostles, prophets, evangelists, pastors and teachers?
 - iii. As a DG, share at least 1 lesson that you have learnt from **each** of the spiritual offices, that have helped you grow spiritually.

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