

THE WE FACTOR: An Integrated Journey

Ephesians 4:1-3 • August 28, 2022

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INTRODUCTION

He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love. — Ephesians 4:16

B. Spiritual Growth is Intentional, Incremental, Habitual, and Relational

C. Most groups begin with good intentions, but not all groups succeed.

- Sin disrupts interpersonal harmony
- Not secure or comfortable with another person
- What began well begins to drift and get sluggish

D. We have been called by God to grow in our faith together with others.

...be humble and gentle, patient, bearing with one another in love, keeping the unity of the Spirit... — Ephesians 4:2-3

I. EXPLORATION: STARTING OUT WELL

A. People: Do I feel included in the group, and want to include the others in my life?

B. Participation: Will my ideas be included? What are the expectations for me?

C. Purpose: How will the group use its time? Will the group meet my personal needs?

II. TENSION: EXPERIENCING CONFLICT OR DISAPPOINTMENT

A. People: Do all group members take their relationship to one another seriously?

Love one another with genuine affection and take delight in honoring each other. — Romans 12:10

- Listening for feelings, intentions, and attitudes
- Asking clarifying questions
- Deciphering exaggerations and underlying anger

B. Participation: Is there a sense of ownership developing?

C. Purpose: Are the purposes of the group meeting needs?

- *Content:* What we do with the time in the group
- *Commitments:* What we expect each person to do
- *Climate:* The tone of group, degree of openness

III. ACTION: A NEW SENSE OF FREEDOM AND FULFILLMENT

Let us think of ways to motivate one another to acts of love and good works. — Hebrews 10:24

- Free to be ourselves
- Free to invest more deeply in goals and service
- Free to talk openly
- Free to use our gifts - leading and taking initiative

IV. TRANSITION: TAKING A BREATH

For everything there is a season. — Ecclesiastes 3:1

Ending, restarting, multiplying

CONCLUSION