



*So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, to equip his people for works of service, so that the body of Christ may be built up until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ. Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work. **Ephesians 4:11-16 (NIV)***

*Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst? **1 Corinthians 3:16 (NIV)***

*Therefore confess your sins to each other and pray for each other so that you may be healed. **James 5:16 (NIV)***

*Wounds from a friend can be trusted, but an enemy multiplies kisses. **Proverbs 27:6 (NIV)***

*But the one who prophesies speaks to people for their strengthening, encouraging and comfort. **1 Corinthians 14:3 (NIV)***

*The Spirit searches all things, even the deep things of God. For who knows a person's thoughts except their own spirit within them? In the same way no one knows the thoughts of God except the Spirit of God. What we have received is not the spirit of the world, but the Spirit who is from God, so that we may understand what God has freely given us. **1 Corinthians 2:10B-12 (NIV)***



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Reflection Questions:

Read Ephesians 4:11-16

- 1) How have you seen God speak through another person into your life? How has God used you to speak into the life of another person?
- 2) Who are people in your life that you love and trust to be able to speak the truth in love? Who are those you can share your hidden self with? What about their life makes you trust them?
- 3) What does it take to develop those kind of "truth in love" relationships? Do you have a regular rhythm of meeting with people who you talk about what God is speaking to them about?
- 4) Why is it important to bring our hidden self (hopes, dreams, struggles, fears, sin, etc.) into the open with other people? What is the cost of failing to engage with people around our hidden self?
- 5) Have you had a time where someone was able to speak to an issue in your life and they did it really well? Or really poorly? What made it positive or negative?
- 6) Why is it important and helpful to give people permission to speak into your life (i.e. inviting feedback)?
- 7) Why can it be difficult to share our hidden self? Why can it be difficult to speak words of truth to others? What are your fears around this?