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Our calling is to keep pointing one another to Christ because He alone is the source of our life, the One we keep beholding, the full measure of our maturity, and the Head of His Body.

## Hebrews 12:2



# NOURISHED

*Fed by Truth. Formed Together. Fueled for Mission.*

A SERMON SERIES ON DISCIPLESHIP THAT GROWS

*Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.*

- COLOSSIANS 3:16

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NOURISHED:  
Becoming What We Behold  
Ephesians 4:11-16

## SERMON NOTES

As Paul describes the growth and maturity of God’s people, everything moves in one clear direction: toward Christ.

“We must point one another to Christ—because, increasingly, we become what we behold.”

### **Christ Is the Source and Goal (vv. 11-13)**

Christ gives leaders → leaders equip God’s people → God’s people do the work of ministry → Christ’s body is built up.

True Christian leaders are not primarily gatherers, but senders; not those who draw people to themselves, but those who continually redirect people to Christ.

“The goal of Christian maturity is not simply to know more, do more, or become more impressive—it’s to increasingly resemble Christ.”

### **Beware What Competes for Our Attention (v. 14)**

Spiritual maturity means becoming increasingly rooted in God’s truth so that we are no longer “tossed back and forth” or “blown here and there by every wind of doctrine.”

Though there are plenty of winds blowing around us (political winds, cultural winds, ideological winds, etc.), the deeper concern is: What occupies our controlling center?

Without deeply rooted biblical convictions, we can simply be carried by whatever influence is the strongest at any given moment.

### **Point One Another Toward Christ (vv. 15-16)**

Where is all of this headed? — to Christ!

Everything comes from Him, yet each part does its work. Christ gives. Christ supplies. Christ remains the Head. And every member participates in the growth of His body..

We don’t merely behold Christ individually; we help one another behold Him together.

What am I looking at? What am I helping others see?

And together, as Christ’s people:

Are we pointing one another—above everything else—to the Lord Jesus Christ?

## **FIVE MINUTES IN GOD’S WORD**

### *A Seven-Day Bible Reading Plan*

Five minutes. One passage. With God.

- **Monday: Beholding and Becoming**

Read: 2 Corinthians 3:12-18

Reflect: How does beholding the glory of Christ transform us increasingly into His likeness?

- **Tuesday: Christ Above Everything**

Read: Colossians 1:15-20

Reflect: What does this passage reveal about why Christ deserves the controlling center of our lives?

- **Wednesday: Fixing Our Eyes on Jesus**

Read: Hebrews 12:1-3

Reflect: What competing distractions or burdens do I need to lay aside so that my attention remains on Jesus?

- **Thursday: Every Part Matters**

Read: 1 Corinthians 12:12-27

Reflect: How has Christ designed me to contribute to the growth and well-being of His Body?

- **Friday: Rooted in Christ**

Read: Colossians 2:6-10

Reflect: What helps me remain rooted in Christ rather than being carried away by competing ideas and influences?

- **Saturday: Growing Beyond Spiritual Infancy**

Read: 1 Corinthians 3:1-9

Reflect: What does Paul identify as evidence of spiritual immaturity and where might Christ be calling me to grow?

- **Sunday: The Discipline of Devotion**

Read: Ezra 7:1-10

Reflect: What does Ezra’s example teach me about the relationship between studying God’s Word, living it, and helping others know it?