

## Basic Christianity: A Healthy Church

May 24, 2026

Ephesians 4:1-16

*“What good is it, my brothers, if someone says he has faith but does not have works? Can that faith save him? <sup>15</sup>If a brother or sister is poorly clothed and lacking in daily food, <sup>16</sup>and one of you says to them, “Go in peace, be warmed and filled,” without giving them the things needed for the body, what good is that? <sup>17</sup>So also faith by itself, if it does not have works, is dead.” – James 2:14-17*

### 1. Healthy People Serve Others (vs. 12-13)

*“to equip the saints for the work of ministry, for building up the body of Christ, <sup>13</sup>until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ,”*

*“But I do not account my life of any value nor as precious to myself, if only I may finish my course and the ministry that I received from the Lord Jesus, to testify to the gospel of the grace of God.” – Acts 20:24*

*“In all things I have shown you that by working hard in this way we must help the weak and remember the words of the Lord Jesus, how he himself said, ‘It is more blessed to give than to receive.’”  
– Acts 20:35*

### 2. Healthy People Grow UP (vs. 14-15)

*“so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. <sup>15</sup>Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ,”*

*“Look carefully then how you walk, not as unwise but as wise, <sup>16</sup>making the best use of the time, because the days are evil. <sup>17</sup>Therefore do not be foolish, but understand what the will of the Lord is.” – Ephesians 5:15-17*

### 3. Healthy People Love Like Jesus (vs. 16)

*“from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.”*

*“As each has received a gift, use it to serve one another, as good stewards of God's varied grace:” – 1 Peter 4:10*