



spiritual adult

DISCIPLE ME

TRACK 1: DISCOVERING YOUR GIFTS

MATURITY

ICEBREAKER: ASSUMPTION vs REALITY

Let's read a few statements and fill in the blanks. Don't overthink it – just go with the first answer that comes to your mind.

- If they didn't respond, it must mean _____.
- If someone cancels plans last minute, it probably means _____.
- If they're quiet, they must be _____.
- If they didn't invite me, it probably means _____.
- If they didn't say thank you, they must be _____.
- If feedback was short, it probably means _____.
- If someone disagrees with me, they're being _____.

Share a time when you made an assumption and later realized you didn't have the full picture.

STUDY: MATURITY

We often assume someone is spiritually mature because they're older, have been in church a long time, or hold a leadership role. Experience can look like depth, and time can feel like proof. But Scripture keeps challenging that assumption. Spiritual maturity isn't measured by age, titles, or how familiar someone is with church language - it's revealed in humility, love, discernment, and the willingness to put others first. Maturity shows up less in what someone *knows* and more in how they live, respond, and influence the people around them.

READ Ephesians 4:11-16

- According to this passage, what is the goal of spiritual maturity - and how is that different from simply gaining knowledge or experience?
- Paul connects maturity with stability. What kinds of instability does he say maturity protects us from?
- Verse 12 says the saints are equipped "for works of service." What does that reveal about who ministry is really for?
- If every part is meant to "do its work," what might it look like for maturity to show up practically in the life of the church?

ACTIVITY: MARKED BY MATURITY

In the next part of our conversation, we're going to slow down and let Scripture do some of the heavy lifting. In **Ephesians 4:17–32**, Paul draws a sharp contrast between two ways of living - one shaped by old patterns and assumptions, and another shaped by new life in Christ.

As you read, notice how Paul **describes** the way the Gentiles live, and then pay attention to what he **prescribes** for those who are learning to follow Jesus. Use the two columns below to recognize the differences between being shaped by the world and being formed into maturity in Christ.

| How the Gentiles Live | How Christians Should Live |
|-----------------------|----------------------------|
| | |

- What stands out most to you about the contrast Paul makes between these two ways of living?
- What do you notice about how Paul frames change in this passage?
- In what ways do you think these “put off / put on” shifts reflect spiritual maturity rather than spiritual perfection?
- How do these instructions move beyond personal behavior and into how our lives affect others?

As we think about moving toward spiritual maturity, it's important to notice that for Paul, maturity never stays focused on the self. It always moves outward - toward helping and building up others. That's where discovering our gifts becomes essential. Growth in Christ is not just about being formed personally; it's about recognizing how God has shaped us so that our lives can strengthen the people around us.

CHALLENGE: BUILD SOMEONE UP

This week, choose one specific person and intentionally speak encouragement to them - either in person or in writing. Keep it concrete rather than vague. Name what you see in them, the good you've noticed, or the way their life is making an impact. According to **Ephesians 4:29**, words shaped by Christ don't tear down or drift into silence; they build others up in ways that are timely, thoughtful, and deeply needed.