

Lectio Divina on Ephesians 4: 1 - 16

for Churches Together in Earlsdon and Chapelfields week of Prayer for Christian Unity

- Welcome and introduction
- *One person reads Ephesians 4: 1 - 16 aloud.*
- We each read the passage through silently in our hearts, two or three times.
- *A second person reads the same passage aloud.*
- We each read the passage again in our hearts, looking for a phrase or verse that stands out for us, or that God may be highlighting for us.
- Stick with that phrase or verse. Silently repeat it to yourself.
- Allow it to flow from your mind into your heart.
- Pay attention to the thoughts and feelings evoked by these words.
- Ask God to speak to you through them.
- Listen for a sense of a reply from God's Spirit.
- Consider how you, or how we as a group of churches, might respond to the words.
- What desires do they evoke in you?
- How might churches need to develop in response to them?
- Does any concrete course of action come into your mind?
- Express your heart's desire as stimulated by these words.
- Rest in silent gratitude for the word you have received.

Ephesians 4: 1 - 16

As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. 2 Be completely humble and gentle; be patient, bearing with one another in love. 3 Make every effort to keep the unity of the Spirit through the bond of peace. 4 There is one body and one Spirit, just as you were called to one hope when you were called; 5 one Lord, one faith, one baptism; 6 one God and Father of all, who is over all and through all and in all.

7 But to each one of us grace has been given as Christ apportioned it. 8 This is why it says: 'When he ascended on high, he took many captives and gave gifts to his people.'

9 (What does 'he ascended' mean except that he also descended to the lower, earthly regions? 10 He who descended is the very one who ascended higher than all the heavens, in order to fill the whole universe.) 11 So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, 12 to equip his people for works of service, so that the body of Christ may be built up 13 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.

14 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. 15 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. 16 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.