



Grace + Truth

Ephesians 4:14–16 paints a powerful picture of Christian maturity—one that cannot be reached in isolation. Paul reminds the Ephesian church that growth happens in community, where believers speak the truth in love and build one another up. This teaching sits within the story of a diverse, often divided church in Ephesus, formed through revival, conflict, and deep transformation outlined in Acts 19–20. The early Christians learned that discipleship required both honest truth-telling and sacrificial love. In the same way, our growth in Christ depends on intentional relationships shaped by grace, truth, and time.

- Who are individuals in your life that best exemplify grace and truth?
- Read Ephesians 4:14–16. What’s the vision of relationships Paul paints for followers of Jesus? What does that look like?
- How does the background of the Ephesian church—its mix of Jewish believers and former idol worshippers—help us understand why maturity and unity were challenging (Acts 19)?
- Reflect on Paul’s emotional farewell in Acts 20:36–38. What does it teach us about truth-telling being rooted in genuine relationship?
- Where is God inviting you to grow in either grace, truth, or consistency over time? Consider which part of the “grace + truth over time” formula is easiest or hardest for you.
- Who is God calling you to speak the truth in love to today?
- Who can you invite to speak the truth in love in your life?

Praying together

Ask Jesus to give you clarity to speak truth and love others together as a group.

