



Life Group Sermon Study Notes
“We are the Church: A People of Unity”

September 14, 2025

Warm Up (10-15 minutes)

Choose a question below to answer or ask another. No right or wrong answers.

Tell us about a group of people you belong to or associate with. What does it mean to you? (Organization, team, culture, work group, ministry, ethnicity, etc.)

Tell us about a team you've been a part of. What was that experience? (Does not need to be sports)

Word (10-15 minutes)

Sermons can be heard online at www.kingdomchurchmemphis.org

Our We Are The Church series will help us see who we are in light of who Jesus is and what he has done for us. This series refocuses us on the goodness and faithfulness of God, holy living in every area of life, and the mission God has called us to as sons and daughters. The Kingdom of God is advancing in our workplaces, schools, and communities and God has chosen all of us to partner with his Spirit in truth and power.

This week our focus is on unity. Our text deeply challenges our thinking and practice surrounding what it means to be unified. Many difficulties and offenses threaten our ability to maintain unity, but we are reminded through Ephesians that walking in the unity won for us by Jesus necessitates bearing with one another in love, just as Christ bore our sins on the cross.

Ephesians 4:1–6.

I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit—just as you were called to the one hope that belongs to your call—one Lord, one faith, one baptism, one God and Father of all, who is over all and through all and in all.

What does this text teach us about God? About us?

Paul writes the letter of Ephesians to the churches around Ephesus he had visited before (Acts 19). After spending the first three chapters unpacking the riches of God's glorious grace in Christ, he turns his focus toward the implications of God's grace for the church, individuals, and families. Ephesians 4:1 is the beginning of Paul's shift from what we should believe to how we should live. Jesus's life, death and resurrection have purchased our redemption and secured our adoption into God's holy family and our text is a beautiful explanation of how we walk in light of that truth toward mature manhood and womanhood in Jesus.

Discussion (10-15 minutes)

Why is it important for the Church to be peacemakers and not troublemakers?

How do Philippians 2:5-8 and Galatians 5:22-23 help us understand what Paul meant by humility, gentleness, and patience?

How does our text relate to the mystery of God's will Paul mentions in Ephesians 1:7-10?

Application

How has God shown humility, gentleness, and patience with you? How should we do the same for others?

Paul says "there is one body." How does this illustration of the church being a body help us understand unity?

As we pursue [REDEMPTIVE COMMUNITY](#), what are some examples of obstacles to maintaining unity and how can we overcome them?

Prayer (10-15 minutes)

Pray for any of the following, as well as other requests you may have.

Pray that Kingdom Church would be in unity according to God's will.

Pray against division that destroys unity among us and for us to make every effort to maintain unity by the Spirit.