Movement 6

Growing Together: The Body Builds Itself Up in Love

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We grow best when we grow together.

A Movement of Shared Life, Grace, and Mutual Formation

You've learned to hear God's voice. You're learning to follow Jesus. Now we explore something essential to lifelong formation:

We grow best when we grow together.

Spiritual maturity is not an individual achievement. It is a shared journey - a community shaped by grace, truth, and love.

The Core Truth

Spiritual maturity is not measured by how much you know, but by how well you love.

This reflects the heart of John 13, 1 Corinthians 13, and 1 John 4.

Scripture Reflection

Ephesians 4:11–16 - The Body Growing in Love

God gives leaders to equip the church.

Every believer has a part to play.

We grow into Christ together.

Truth and love work hand-in-hand.

The body builds itself up as each part does its work.

Hebrews 10:24-25 - Stirring One Another Toward Love

We encourage one another.

We stay connected.

We help each other persevere.

Community strengthens faith.

Reflection Thought: Maturity is measured in love - love for God, love for others, love for truth.

Why We Need Community to Grow

Spiritual growth is not steady, predictable, or linear. It has ups and downs, ebbs and flows, dry seasons, breakthrough seasons, and long stretches where growth feels hidden or slow.

Because of this, disciples need community.

We need one another when:

growth feels slow or invisible

we lose focus

we drift or get discouraged

we feel spiritually dry

we're tempted to give up

we can't see clearly

we forget what's true

And in community, God gives us:

encouragement when we're weary (Hebrews 3:13)

prayer when we're overwhelmed (James 5:16)

accountability when we drift (Galatians 6:1)

refocusing when we lose sight of Jesus (Hebrews 12:1-2)

love when we feel unworthy (1 John 4:7-12)

wisdom when we're confused (Proverbs 11:14)

guidance when we're unsure (Proverbs 15:22)

spiritual insight when we can't see clearly (1 Corinthians 12:7)

We grow because others help us grow. We stand because others help us stand. We see because others help us see.

The Body of Christ Is a Community of Grace

Another reason disciples need community is simple and deeply human:

Life is hard. The world wounds us. The enemy lies to us. And we often beat ourselves up.

Because of this, Jesus designed His church to be a community of grace - a place where we are restored, not shamed… lifted up, not torn down… healed, not dismissed.

Scripture calls the church:

a place of restoration (Galatians 6:1)

a people who bear one another's burdens (Galatians 6:2)

a household of faith (Galatians 6:10)

a body that builds itself up in love (Ephesians 4:16)

Grace is the soil where disciples grow. And God gives that grace through His people.

The Other Half: Community Needs You

Community is not just where you receive grace, it is where you give it.

Scripture says:

“Use whatever gift you have received to serve others, as faithful stewards of God’s grace.” (1 Peter 4:10)

“To each one the manifestation of the Spirit is given for the common good.” (1 Corinthians 12:7)

“Encourage one another and build each other up.” (1 Thessalonians 5:11)

This means:

You carry grace someone else needs.

You carry encouragement someone else is starving for.

You carry wisdom someone else is praying for.

You carry a gift the Spirit intends to use to strengthen the body.

You carry a perspective someone else can’t see without you.

Community is where you receive grace and where you administer it.

This is how disciples mature into spiritual mothers and fathers, shepherds, encouragers, leaders, and servants in the kingdom.

The Practices That Help Us Grow Together

1. Speaking Truth in Love

Honest, gentle, grace-filled conversations.

Encouragement and correction rooted in love.

Words that build up (Ephesians 4:29).

2. Practicing Unity

Protecting relationships.

Choosing humility and patience.

Refusing gossip or comparison.

Fighting for connection (Ephesians 4:2–3).

3. Mutual Equipping

Helping each other grow.

Sharing wisdom, experience, and gifts.

Celebrating each other’s progress.

Seeing the best in one another (Romans 12:4-8).

These rhythms make spiritual maturity a shared experience.

Simple Practice: Encouragement in Community

If you're in a group:

Pair up or form small groups.

Each person shares one area where they want to grow.

Others speak one sentence of encouragement or blessing.

No fixing. No advice. Just grace.

If you're doing this individually:

Pause. Ask the Holy Spirit:

"Who needs encouragement right now?"

Whoever He brings to mind, send them a simple text of blessing:

"I'm grateful for you. I see God at work in your life."

This is Hebrews 10:24 lived out.

Reflection Questions

Choose one or two to sit with:

Who has helped you grow spiritually in past seasons?

What makes it hard for you to let others into your growth journey?

Where do you sense God inviting you to grow right now?

How can this group help you take your next step?

What does "speaking truth in love" look like in your relationships?

Let the Spirit highlight what matters most.

Closing Prayer

Jesus, thank You for placing me in a family. Thank You for the people who strengthen, encourage, and shape me. Teach me to grow with others - to give and receive love, truth, and grace. Help me become someone who builds up Your body in love. Amen.

Gentle Invitation to Movement 7

Next time, we'll explore the gifts God has placed in you - gifts meant to strengthen others and help the body grow.