

**Ephesians 4:14-16 (NIV)**

<sup>14</sup> 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. <sup>15</sup> 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. <sup>16</sup> 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.

**Ephesians 4:14-16 (HCSB)**

<sup>14</sup> Then we will no longer be little children, tossed by the waves and blown around by every wind of teaching, by human cunning with cleverness in the techniques of deceit. <sup>15</sup> But speaking the truth in love, let us grow in every way into Him who is the head—Christ. <sup>16</sup> From Him the whole body, fitted and knit together by every supporting ligament, promotes the growth of the body for building up itself in love by the proper working of each individual part.

From Him  
the whole body.  
joined & held  
together  
by every  
supporting ligament,  
**GROWS**  
builds itself  
Up in LOVE,  
as each part  
does its work.  
ephesians 4:16

**Holman Christian Standard Bible - Study Bible<sup>1</sup>**  
*Ephesians 4:14-16*

**4:14** When the gifted people equip the church, the community of faith will evidence stability in precept and practice.

**4:15** **Speaking the truth in love** can literally be translated "truthing in love." When a church is faithful to speak truth in love, it will have transparent relationships where people edify and benefit one another.

**4:16** Ultimately the church will grow up into Christ in all aspects, with each part fitting together and supporting the other. Each member of the body must function properly if the body is to grow. We get our English word harmony from the Greek term translated **fitted and knit together**.

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1. Jeremy Royal Howard, ed., *HCSB Study Bible*, (Nashville, TN: Holman Bible Publishers, 2010), *WORDsearch* CROSS e-book, Under: "Ephesians 4".

## English Standard Version - Study Bible<sup>2</sup>

### Ephesians 4:14-16

**4:14 children.** Immaturity in the truths of Christian doctrine makes the church like gullible children tossed helplessly by the **waves** and **wind** of **cunning** and **deceitful schemes** of false teachers ([1 Pet. 2:1](#); [1 John 4:1-3](#); [Jude 4](#); [Rev. 2:2](#)).

**4:15** The truth must not be used as a club to bludgeon people into acceptance and obedience but must always be presented **in love**. The truth leads the Christian to maturity, which is defined here as growing up **into Christ**. As **head**, Christ leads, directs, and guides the body (see [5:23](#); [1 Cor. 11:3](#)).

**4:16 joint.** Paul continues the body metaphor to describe the church's maturity. Every member (i.e., every believer, viewed as a limb, or unit, in Christ's body) plays a crucial role in this growth. **in love**. There is no Christian maturity or true Christian ministry without love ([1 Corinthians 13](#)), and every act of love in the name of Christ is valued and remembered by him, as **each part is working properly** (illustrated in [Eph. 4:25-32](#); cf. [Matt. 25:31-43](#); [26:6-13](#)).

### Christ and the Church

The relationship between Christ and the church is described by Paul as a profound mystery ([5:32](#))—a hidden plan of God now revealed and fulfilled in Christ Jesus.

Christ is the head of the church	<a href="#">1:22-23</a> ; <a href="#">4:15</a> ; <a href="#">5:23</a>
Christ is the cornerstone of the church	<a href="#">2:20</a>
Christ is the Savior and sanctifier of the church	<a href="#">5:23</a> , <a href="#">26-27</a>
Christ gives the church ministry workers	<a href="#">4:11-16</a>
Christ loved and sacrificed himself for the church	<a href="#">5:25</a>
Christ nourishes and cherishes the church	<a href="#">5:29</a>
the church and her members dwell and grow in Christ	<a href="#">2:21-22</a> ; <a href="#">4:15</a>
the church is a means through which God manifests his manifold wisdom	<a href="#">3:10</a>
the church submits to Christ	<a href="#">5:24</a>
the church is Christ's body, and individual believers are members of his body	<a href="#">1:22-23</a> ; <a href="#">3:6</a> ; <a href="#">4:4</a> , <a href="#">16</a> ; <a href="#">5:23</a> , <a href="#">30</a>

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2. Lane T. Dennis, ed., *ESV Study Bible, The: English Standard Version*, (Wheaton, Illinois: Crossway Bibles, 2008), WORDsearch CROSS e-book, Under: "Ephesians 4".

## NLT Life Application Study Bible<sup>3</sup>

### *Ephesians 4:14-16*

**4:14-16** Christ is the truth ([John 14:6](#)), and the Holy Spirit, who guides the church, is the Spirit of truth ([John 16:13](#)). Satan, by contrast, is the father of lies ([John 8:44](#)). As followers of Christ, we must be committed to the truth. This means both that our words should be honest and that our actions should reflect Christ's integrity. Speaking the truth in love is not always easy, convenient, or pleasant, but it is necessary if the church is going to do Christ's work in the world.

**4:15** In describing the mature Christian, Paul says that one of the marks is the ability to "speak the truth in love." This sounds so simple, but it seems so hard for us to do. Some of us are fairly good at speaking the truth, but we forget to be loving. Some of us are good at being loving, but we don't have it in us to level with others if the truth is painful. The instruction here is to do both: Speak the truth, but do it in a loving manner. Think of the trouble we would spare ourselves if we followed this practice, especially in the church! When you have a problem with another believer, don't go to someone else with it. Go directly to that person, and speak the truth in love.

**4:15, 16** Some Christians fear that any mistake will destroy their witness for the Lord. They see their own weaknesses, and they know that many non-Christians seem to have stronger character than they do. How can we grow more and more like Christ? The answer is that Christ forms us into a body—into a group of individuals who are united in their purpose and in their love for one another and for the Lord. If an individual stumbles, the rest of the group is there to pick that person up and help him or her walk with God again. If a person sins, he or she can find restoration through the church ([Galatians 6:1](#)) even as the rest of the body continues to witness to God's truth. As part of Christ's body, do you reflect part of Christ's character and carry out your special role in his work?

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3. *Life Application Study Bible*, (Wheaton, IL: Tyndale, 1988), WORDsearch CROSS e-book, 2006.