



Rock Point Church
Nolan Tjaden | 10.12.25

Big Idea: To build spiritual strength, you've got to abandon relational comfort.

- The point of the church
- The purpose of maturity
- The power to grow

Ephesians 4:11-12 (ESV)

¹¹ And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, ¹² to equip the saints for the work of ministry, for building up the body of Christ

THE POINT OF THE CHURCH

The mission of the church is to make more and better disciples.

THE PAIN OF GROWTH

Ephesians 4:13-16 (ESV)

¹³ until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, ¹⁴ so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. ¹⁵ Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, ¹⁶ from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

Warnings you settled for a soft, stagnant, Christian faith:

- Following Jesus doesn't cost you anything.
- All your God-stories are from years ago.
- Sermons about money or serving offend you.
- No one rolls their eyes at your faith.
- People don't know you're a Christian.
- You're always the hero or victim in your stories.

THE POWER TO GROW

Ephesians 4:15-16 (ESV)

¹⁵ Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, ¹⁶ from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

Speak truth in love.

Proverbs 27:6

⁶ Faithful is the throat punch of a friend;
profuse are the kisses of an enemy.

Proverbs 27:6 (ESV)

⁶ Faithful are the wounds of a friend;
profuse are the kisses of an enemy.

Make Christ the standard.

Find connection joints.

- Unity with other believers
- Growing knowledge of Jesus
- Unflinching convictional backbone

GROUPS QUESTIONS

1. What stood out to you most in this week's message, and why?
2. Read Ephesians 4:11–12. What do these verses reveal about God's design for the church and how every believer plays a role in helping others grow?
3. When you think about your own spiritual growth, what areas have been shaped most by being part of a church community rather than trying to grow on your own?
4. Which of the “warnings of a soft, stagnant faith” stood out to you the most, and why? Where do you see yourself being challenged to grow?
5. Growth in faith often involves discomfort. Talk about a time when God used a painful or stretching experience to help you mature spiritually.
6. Ephesians 4:15 calls us to “speak the truth in love.” Why is it so difficult to do both at the same time? What does it look like to live this out in real relationships?
7. “Making Christ the standard” means we measure ourselves by Him, not by others. How can comparison—either pride or insecurity—hinder spiritual growth?
8. Who are some of the people God has used to strengthen your faith, and how might He be calling you to strengthen others?
9. This week's big idea says, “To build spiritual strength, you've got to abandon relational comfort.” What might that look like for you in your small group, your church, or your relationships this week?