

## DAY 8

### Growing into Christ

#### Verse for the day

The gifts he gave were for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ (cf. Eph 4:13).

#### Additional Scripture passages

Proverbs 9:10-12

Psalm 119:97-104

John 17:3-7

#### Reflection

In Ephesians 4:13 the apostle Paul summarizes the vision of the Body of Christ in three key areas: unity in faith, maturity in knowledge, and fullness in Christ. Maturity comes through an ever-deepening knowledge of Jesus Christ. This is life-changing knowledge that leads us to renew our minds and put it into practice in actions rather than just intellectual comprehension. We resemble him more and more as we get to know him better. To gain this knowledge, one must both study his teachings and live them in obedience daily. The “full stature of Christ” is the goal of Christian maturity. It means becoming more like Jesus in every way: loving as he loves, serving as he serves, and reflecting his character. We are called to evaluate our spiritual journey, seeking unity with each other, growing in our knowledge of the Son of God, and striving for his fullness in us.

#### A question to consider

How are we growing in our knowledge of Christ and allowing that knowledge to shape our actions, thoughts and relationships?

#### Prayer

O Christ, True Light of the world,  
make my soul worthy to see the light of your glory  
with joy on the day of my calling,  
and to rest with the hope of good things  
in the house of the righteous,  
until the day of your great coming.  
Have mercy upon your creation,  
and on me, a great sinner.  
Glory to the Father and to the Son and to the Holy Spirit.  
Now and always and unto the ages of ages.  
Amen.