**4 7** But grace was given to each one of us
 according to the measure of Christ's gift.

**8**Therefore it says,
 “When he ascended on high he led a host of captives,
     and he gave gifts to men.” [Psalm 68:18]
**9**(In saying, “He ascended,” what does it mean but that he had also descended into the lower regions, the earth? **10**He who descended is the one who also ascended far above all the heavens, that he might fill all things.)

**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,
**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.