

# ***Ephesians***

***living the new life***

**LifeGroup Resource**



# **LifeGroups**

We believe

life change

happens best

in circles, not

in rows

# Non Negotiables for LifeGroups

1. The Bible is your primary source
2. It is a discussion, not a sermon
3. Life Change happens in LifeGroups

42 EVERY DAY IN THE TEMPLE,  
AND IN VARIOUS HOMES, THEY  
CONTINUED TEACHING AND  
PROCLAIMING THE GOOD  
NEWS THAT JESUS IS THE  
MESSIAH

**ACTS 5:42**

# Ephesians 1:1-14

## God's Rich Blessings

Paul refers to believers as "saints" and "faithful" in Christ Jesus (1:1). What does it mean to be a saint in your everyday life?

In verse 3, Paul says that God has "blessed us in the heavenly realms with every spiritual blessing in Christ." What are some of the spiritual blessings you've experienced in your life?

Verse 4 says that God "chose us in him before the creation of the world." How does the truth that God has chosen you impact the way you view your life and purpose?

Paul speaks of God's love in verse 5, where He predestined us for adoption as His children. How does understanding yourself as a child of God change your perspective on His love and your relationship with Him?

Verse 7 emphasizes redemption through Christ's blood and the forgiveness of sins. How does the reality of forgiveness in Christ affect your personal relationship with God and others?

In verse 9, Paul speaks of God making known to us the mystery of His will. How can you better seek to understand God's will for your life, and what role does prayer and Scripture play in that?

Verse 11 reminds us that we are "chosen" to be part of God's plan. How does this idea of being part of God's eternal plan give you confidence and assurance in your daily life?

In verse 13, Paul says that believers are sealed with the Holy Spirit. What does it mean for you personally to have the Holy Spirit as a seal, and how does that affect your daily decisions and faithfulness?

Paul describes the Holy Spirit as a "guarantee" of our inheritance (1:14). How can the Holy Spirit's presence in your life give you hope and perseverance in times of struggle or uncertainty?

How can you grow in your understanding of the spiritual blessings Paul talks about in Ephesians 1:1-14? What is one practical step you can take this week to experience those blessings more fully in your daily life?

**\*please do not read these word for word\***

# Ephesians 1:15-19

## Prayer for Faith

In verse 15, Paul expresses thanksgiving for the faith and love of the Ephesian believers. How do you show gratitude for the faith and love of fellow believers in your life?

Paul prays for believers to have a spirit of wisdom and revelation (1:17). How can you cultivate a deeper understanding of God's truth through the Holy Spirit in your own life?

In verse 18, Paul prays that believers would have the "eyes of your heart enlightened." What does it mean to have your heart enlightened, and how can that change the way you perceive the world around you?

Paul asks God to help believers know the hope to which they have been called (1:18). What does it mean to live with the hope of your calling, and how does this hope shape your day-to-day life?

In verse 19, Paul speaks of the "incomparably great power" available to believers. How can you tap into this power in your own life, especially when facing challenges or uncertainty?

Paul prays for believers to understand the fullness of God's calling, riches, and power. How can you pursue a deeper understanding of these aspects of God's plan for your life?

In your own journey, how have you experienced spiritual growth or insight that you attribute to God enlightening your heart or mind?

Paul emphasizes the power that raised Christ from the dead and placed Him at God's right hand (1:20). How does the resurrection power of Christ empower you to live boldly in faith?

In verse 18, Paul prays that believers would understand the "riches of his glorious inheritance." What does it mean to you personally to be part of God's inheritance, and how can this truth change how you view your identity?

How can you apply the prayer in verses 17-19 to your own life—especially in terms of seeking wisdom, understanding God's power, and living in the hope of your calling?

**\*please do not read these word for word\***

# Ephesians 1:20-23

## Power in Christ

Paul says that God raised Christ from the dead and seated Him at His right hand (1:20). How does the reality of Christ's resurrection and authority impact the way you live your daily life?

In verse 21, Paul says that Jesus is far above all rule, authority, power, and dominion. How can remembering Christ's ultimate authority help you navigate fear, uncertainty, or struggles in your life?

Paul emphasizes that Christ's power is above "every name that is named" (1:21). What are some things in your life—such as worries, ambitions, or distractions—that sometimes take a higher priority than Christ? How can you realign your focus?

Verse 22 states that God placed all things under Christ's feet. What does it mean for you personally to submit every area of your life under Christ's rule?

Paul describes Christ as the head of the church (1:22). How does knowing that Jesus is the head of His people influence the way you approach your role in God's kingdom?

In verse 23, Paul describes the church as Christ's body, "the fullness of Him who fills everything in every way." What does it mean for you to personally reflect Christ's fullness in your daily life?

Since Jesus is ruling over all things, how can you trust Him more fully with the challenges, uncertainties, and decisions in your life?

Paul emphasizes that Christ's reign is both present and eternal. How does this truth impact the way you think about your future—both in this life and in eternity?

What are some practical ways you can live with the confidence that Jesus has supreme authority over everything in your life?

Paul presents a powerful vision of Christ's authority over all creation. How can this truth encourage you to live boldly in faith, knowing that Jesus is in control?

**\*please do not read these word for word\***

# Ephesians 2:1-10

## Death to Life

Paul describes how we were once spiritually dead because of our sins (2:1). How does recognizing your past spiritual condition deepen your gratitude for God's grace?

In verses 2-3, Paul describes how people follow "the ways of this world." What are some worldly influences that can still pull you away from fully living for Christ, and how can you resist them?

Verse 4 says, "But God, being rich in mercy, because of His great love for us..." How has God's mercy and love changed your life personally?

Paul says that God made us alive with Christ even when we were dead in our sins (2:5). How does this truth shape your understanding of salvation and your relationship with God?

Verses 6-7 describe how believers are raised up and seated with Christ. What does it mean for you to live as someone who is spiritually raised with Christ? How should this affect your daily perspective?

Verse 8 states, "For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God." How does knowing that salvation is purely a gift from God impact the way you live and relate to others?

Since salvation is not by works (2:9), why do you think people still struggle with feeling like they have to "earn" God's love or approval? Have you ever felt this way?

Verse 10 says we are God's handiwork (or masterpiece), created for good works. How does knowing that you were intentionally designed by God for a purpose change the way you view yourself?

Paul says that God prepared good works for us to do (2:10). How can you actively seek and live out the good works God has designed for you?

Looking at your own life, what is one way you can live more fully in the reality of being made alive in Christ instead of falling back into old ways of thinking or living?

**\*please do not read these word for word\***

# Ephesians 2:11-22

## Unity in Christ

Paul reminds the Gentile believers that they were once separated from Christ (2:11-12). How does remembering who you were before Christ help you appreciate your salvation more deeply?

Verse 13 says that we have been "brought near" to God through the blood of Christ. What does it mean for you personally to be brought near to God, and how does that affect your daily relationship with Him?

Paul calls Jesus our peace (2:14). How has Christ's peace changed your life, and in what areas do you still struggle to fully embrace His peace?

Paul says that Christ broke down the dividing wall of hostility between Jews and

Gentiles (2:14-16). Are there any "walls" in your life—such as divisions, prejudices, or conflicts—that Christ is calling you to break down?

Verse 16 speaks about reconciliation through the cross. How has Christ's reconciliation changed your relationship with others, especially those who are different from you?

In verse 18, Paul says that through Jesus, we all have access to the Father by one Spirit. How does this truth affect the way you approach God in prayer and worship?

Paul describes believers as part of God's household (2:19). How does this family identity shape the way you relate to other Christians, both locally and globally?

Verse 20 says that Christ is the cornerstone of our faith. What does it mean to build your life with Christ as the foundation, and how can you make sure you're not building on something else?

Paul describes believers as a holy temple where God dwells (2:21-22). How does this truth impact the way you think about your body, your actions, and the way you live out your faith?

Since we are being built together into a dwelling place for God (2:22), how can you contribute to unity and spiritual growth among the people around you?

**\*please do not read these word for word\***



# Ephesians 3:1-13

## Paul's Ministry to the Gentiles

Paul refers to himself as a "prisoner of Christ Jesus" for the sake of the Gentiles (3:1). How can you view the challenges and difficulties in your life as opportunities to serve God and others?

Paul speaks of the "mystery" of Christ being revealed (3:3-6). How has understanding the gospel changed the way you see yourself and others?

Verse 6 emphasizes that Gentiles are now included in God's family. How does this truth challenge any personal biases or divisions you may have toward people who are different from you?

Paul describes himself as a servant of the gospel by God's grace (3:7). In what ways do you feel called to serve God, and how can you rely on His grace to do so?

Paul calls himself "less than the least of all the Lord's people" (3:8). How does humility play a role in your spiritual life, and how can you develop a humble attitude while still being bold in your faith?

Paul says that through the church, God's wisdom is made known (3:10). How can your life reflect God's wisdom and love to those around you?

Verse 11 speaks of God's eternal purpose in Christ. How does knowing that you are part of God's bigger plan give you confidence in your daily life?

Paul says that we can approach God with freedom and confidence (3:12). Do you ever struggle with approaching God in prayer? If so, what holds you back, and how can you overcome it?

Paul encourages believers not to be discouraged by his sufferings (3:13). How can you find strength and encouragement in difficult seasons, knowing that God is at work even in suffering?

Paul's mission was to share the gospel with those who had been excluded before. How can you personally share God's love with people who feel like outsiders in your community or workplace?

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# Ephesians 3:14-21

## Prayer for Spiritual Power

Paul begins his prayer by bowing before the Father (3:14). How does your posture—physically and spiritually—affect the way you approach God in prayer?

Paul prays that believers would be strengthened with power through the Holy Spirit (3:16). In what areas of your life do you need to rely more on God's strength rather than your own?

Paul says that Christ dwells in our hearts through faith (3:17). What does it look like for Christ to truly “dwell” in your heart, not just visit?

Paul prays that we would be rooted and established in love (3:17). How can you develop deeper roots in God's love, and what are some things that might be keeping you from growing?

Paul wants believers to grasp the width, length, height, and depth of Christ's love (3:18). When have you experienced God's love in a way that surprised you?

Verse 19 speaks of knowing Christ's love that surpasses knowledge. How can you move from just knowing about God's love intellectually to truly experiencing it in your life?

Paul prays that we would be filled with all the fullness of God (3:19). What would it look like for your life to be fully filled with God's presence? What needs to change for that to happen?

Paul reminds us that God can do immeasurably more than we ask or imagine (3:20). Have you ever limited what God can do in your life? How can you increase your faith in His power?

Paul ends by giving glory to God (3:21). How can you make glorifying God a daily priority, not just in church but in your everyday actions and decisions?

What is one specific way you can apply this passage to your life this week, whether in prayer, faith, love, or trusting in God's power?

**\*please do not read these word for word\***

# Ephesians 4:1-16

## Unity in the Body of Christ

Paul urges believers to live a life worthy of their calling (4:1). What does it mean for you personally to live in a way that reflects your calling in Christ?

Paul emphasizes humility, gentleness, patience, and bearing with one another in love (4:2). Which of these qualities do you find most challenging, and how can you grow in that area?

Paul calls for unity in the body of Christ (4:3-6). How can you personally contribute to unity among believers, even when differences arise?

Paul describes the church as one body with many different gifts (4:7-8). What unique gifts has God given you, and how are you using them to build up the body of Christ?

In verses 11-12, Paul lists different roles in the church (apostles, prophets, evangelists, pastors, and teachers). Why do you think it's important for different people to serve in different ways within the church?

Paul says that these roles are meant to equip believers for works of service (4:12). How can you take an active role in serving and strengthening the church, rather than just being a spectator?

Verse 13 speaks about spiritual maturity and growing into the fullness of Christ. What steps can you take to grow in your faith and become more spiritually mature?

Paul warns against being spiritually unstable, like infants tossed by waves (4:14). What are some distractions or false teachings that can lead believers astray, and how can you guard yourself against them?

Paul calls believers to "speak the truth in love" (4:15). How can you balance honesty with kindness in your relationships, especially in difficult conversations?

Paul describes the church as a body where every part does its work (4:16). How can you actively contribute to the health and growth of the church community rather than being passive?

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# Ephesians 4:17-32

## The New Life

Paul warns against living like the Gentiles, who are darkened in their understanding (4:17-18). In what ways does the world's way of thinking influence you, and how can you guard against it?

Paul describes how a hardened heart leads to sin and separation from God (4:18-19). What are some warning signs of spiritual hardness in your life, and how can you keep your heart sensitive to God?

Paul tells believers to put off their "old self" and be renewed in their minds (4:22-23). What are some "old self" habits or mindsets that you need to let go of?

Verse 24 says we are to put on the "new self" created to be like God in righteousness and holiness. What does it look like for you to live as a new creation in your everyday life?

Paul commands us to speak truthfully to one another (4:25). Why do people sometimes struggle with honesty, and how can you grow in speaking truth with love and integrity?

Paul warns against letting anger lead to sin (4:26-27). How do you typically handle anger, and what steps can you take to deal with it in a godly way?

Verse 29 says that our words should build others up. How can you be more intentional about using your words to encourage and strengthen those around you?

Paul says not to grieve the Holy Spirit (4:30). What are some ways people can grieve the Spirit, and how can you live in a way that pleases Him?

Paul calls believers to get rid of bitterness, rage, and malice (4:31). Are there any past hurts or resentments you need to surrender to God? How can forgiveness bring freedom?

Verse 32 commands us to be kind, compassionate, and forgiving, just as Christ forgave us. Who in your life do you need to show more kindness and forgiveness to, and how can you take a step toward that this week?

**\*please do not read these word for word\***

# Ephesians 5:1-14

## Light versus Darkness

Paul calls us to be imitators of God (5:1). What are some practical ways you can reflect God's character in your daily life?

Verse 2 says to "walk in love" just as Christ loved us. How does Christ's example of sacrificial love challenge the way you love others?

Paul warns against sexual immorality, impurity, and greed (5:3). Why do you think these specific sins are so dangerous, and how can you guard your heart against them?

Paul says there should be no obscene talk, foolish talk, or coarse joking (5:4). How do your words reflect your faith, and are there any areas where you need to be more mindful of what you say?

In verse 5, Paul warns that those who are consumed by immorality and greed will not inherit the kingdom of Christ. How does this challenge the way you view sin and holiness?

Paul cautions against being deceived by empty words (5:6). What are some modern "empty words" that can lead believers astray, and how can you stay rooted in truth?

Verse 8 says that we were once darkness but now we are light in the Lord. How has Christ changed the way you see yourself and live your life?

Paul encourages believers to live as children of light (5:9-10). What does it mean for you to "find out what pleases the Lord," and how can you apply that in your daily decisions?

Paul calls us to expose the deeds of darkness rather than participate in them (5:11). How can you lovingly challenge sin in your own life and in the lives of others?

In verses 13-14, Paul calls believers to wake up from spiritual sleep. Are there any areas in your faith where you've become complacent? How can you reawaken your passion for Christ?

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# Ephesians 5:15-20

## Consistency in the Christian Life

Paul urges believers to live wisely (5:15). What does it mean to live wisely in today's world, and how can you apply godly wisdom to your daily decisions?

Verse 16 says to make the most of every opportunity because the days are evil. What are some ways you can be more intentional with your time and priorities?

Paul warns against foolishness and calls us to understand the Lord's will (5:17). How can you grow in discerning God's will for your life?

Paul contrasts being filled with wine and being filled with the Spirit (5:18). What does it look like in your life to be filled with the Holy Spirit on a daily basis?

What are some things—other than alcohol—that people use to cope, escape, or find fulfillment? How can you turn to God instead of those things?

Paul encourages believers to speak to one another with psalms, hymns, and spiritual songs (5:19). How can worship and godly conversation shape your relationships and mindset?

Verse 19 highlights the importance of singing and making music to the Lord. How does worship—both private and corporate—affect your faith and attitude?

Paul commands us to give thanks always and for everything (5:20). What are some ways you can cultivate a heart of gratitude even in difficult situations?

In what areas of your life do you struggle with complaining or negativity? How can shifting your focus to gratitude change your perspective?

Paul calls us to give thanks “in the name of our Lord Jesus Christ” (5:20). How does keeping Christ at the center of your life help you remain joyful and thankful?

**\*please do not read these word for word\***

# Ephesians 5:22-33

## Wives and Husbands

Paul calls wives to submit to their husbands as to the Lord (5:22). How does biblical submission differ from the world's understanding of it, and what does it look like in a healthy marriage?

Husbands are called to love their wives as Christ loved the church (5:25). What are some ways Christ demonstrated His love for the church, and how can that model influence marriages today?

Paul describes marriage as a reflection of Christ and the church (5:23-25). How does this change the way you view the purpose of marriage?

In what ways can both husbands and wives serve one another in marriage, even beyond what's explicitly mentioned in this passage?

Paul says that Christ gave Himself up for the church to make her holy (5:26-27). How does self-sacrifice play a role in a healthy relationship, whether in marriage or other areas of life?

Paul tells husbands to love their wives as their own bodies (5:28). What are some practical ways people can care for their spouse's well-being—emotionally, spiritually, and physically?

Paul calls marriage a profound mystery that points to Christ and the church (5:32). How can understanding this truth impact the way you approach marriage or relationships in general?

Verse 33 commands husbands to love their wives and wives to respect their husbands. Why do you think love and respect are both essential in a marriage? How can these principles apply to other relationships?

Even if you are not married, how can the principles in this passage shape the way you prepare for marriage or support others in their marriages?

How can single people or those not currently in a relationship still apply the lessons of sacrificial love, respect, and unity from this passage in their everyday lives?

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# Ephesians 6:1-4

## Children and Parents

Paul commands children to obey their parents “in the Lord” (6:1). How does honoring authority—even beyond our parents—reflect our obedience to God?

Verse 2 reminds us of the commandment to honor our father and mother. What does honoring parents look like at different stages of life (as a child, teenager, or adult)?

Paul ties honoring parents to a promise of blessing (6:3). How have you seen the benefits of honoring authority in your life, and what are some consequences of dishonoring it?

What are some challenges in maintaining respect and honor for parents, especially if the relationship is difficult? How can you navigate those challenges biblically?

Paul tells fathers not to provoke their children to anger (6:4). What are some common ways parents might unintentionally provoke frustration in their children?

Instead of provoking anger, Paul calls parents to bring up children in the training and instruction of the Lord. How can parents create an environment where children grow spiritually and emotionally?

If you are a parent (or plan to be one), how can you balance discipline with grace in raising children to know and follow Christ?

Even if you are not a parent, how can you encourage and support parents in your church or community in raising godly children?

For those who had difficult relationships with their parents, how can God’s love and guidance bring healing and help you respond in a Christlike way?

What is one practical step you can take this week to either honor your parents, strengthen your relationship with your children, or support families around you?

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# Ephesians 6:5-9

## Slaves and Masters

Paul instructs servants to obey their masters with sincerity and respect (6:5). How can this principle apply to modern-day work relationships between employees and employers?

Verse 6 warns against working only to please others when they are watching. How can you maintain integrity and a strong work ethic even when no one is monitoring you?

Paul tells believers to work “as servants of Christ, doing the will of God from the heart” (6:6). How does viewing your work as service to God change your attitude toward your job, responsibilities, or daily tasks?

Verse 7 encourages working with enthusiasm, as if serving the Lord. How can you find joy and purpose in your work, even if it feels mundane or difficult?

Paul reminds us that the Lord will reward everyone for the good they do (6:8). How does knowing that God sees and rewards your faithfulness motivate you in your daily life?

Verse 9 instructs masters (employers, leaders) to treat their workers fairly and without threats. What are some ways Christian leaders or managers can create a workplace culture that reflects Christ?

Paul reminds both servants and masters that God does not show favoritism (6:9). How should this truth affect the way you treat people, regardless of their position or status?

Have you ever experienced or witnessed unfair treatment in the workplace? How can you respond in a Christlike way when facing injustice or mistreatment?

If you are in a leadership position (at work, church, or home), how can you reflect Christ’s character in the way you lead and influence others?

What is one practical change you can make this week to approach your work, leadership, or relationships with a more Christ-centered attitude?

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# Ephesians 6:10-20

## Spiritual Warfare

Paul commands believers to “be strong in the Lord and in His mighty power” (6:10). What does relying on God’s strength look like in your daily life?

Verse 11 tells us to put on the full armor of God to stand against the devil’s schemes. What are some spiritual battles you face, and how can God’s armor help you overcome them?

Paul reminds us that our struggle is not against flesh and blood but against spiritual forces (6:12). How does recognizing the true enemy change the way you respond to conflict and challenges?

The belt of truth is the first piece of armor mentioned (6:14). How can holding onto God’s truth protect you from deception in today’s world?

The breastplate of righteousness guards our hearts (6:14). What are some practical ways to pursue righteousness in your thoughts, actions, and relationships?

Paul describes the gospel of peace as footwear that helps us stand firm (6:15). How can sharing or remembering the gospel bring stability and peace to your life?

The shield of faith is meant to extinguish the enemy’s attacks (6:16). What are some lies, doubts, or struggles that faith in God’s promises can help you overcome?

Paul calls salvation a helmet that protects the mind (6:17). How does reminding yourself of your salvation change your perspective in difficult situations?

The sword of the Spirit is God’s Word (6:17). How can you use Scripture to fight against temptation, discouragement, or spiritual attacks?

Paul urges believers to pray at all times (6:18-20). How can prayer be a more active part of your spiritual battles, and what step can you take to deepen your prayer life?

**\*please do not read these word for word\***

**I hope this resource  
reaches you well.  
Thank you for leading  
FBC's LifeGroup! May  
God Bless You**

**Aubrey Bond**

**Minister of Students & Discipleship**