

LIFE GROUP GUIDE

Ephesians: Walk This Way

Week 3

SERIES BIG IDEA (EPHESIANS 4:17-5:21):

Ephesus was an important coastal city, well-known for its rich history, economic hubs, religious temples, as well as the arts, not unlike Cape Town. Paul's letter to the Ephesian church illuminates how the gospel grows our faith and discipleship, and gives practical insights into living a life pleasing to God, and shows how the gospel engages with culture.

This is a 3 week sub-series on the topic of sanctification ... what God has done and does, and what we must do in order to progress in Christlikeness.

Ephesians frames its teaching about sanctification 4:17-5:21 in the context of 1) salvation (1:1-2:10), 2) spiritual community (2:11-4:16), 3) our primary home and work relationships (5:21-6:9) and 4) spiritual warfare (6:10ff).

GOALS

- Deepen our understanding and love of Scripture
- Grow in relationship with each other

TIPS

- There may be too many questions to cover everything, watch your time and try ensure there is sufficient prayer time at the end.
- This series is theological, it is preferable to have listened to the Sunday messages, especially the person leading the Life Group discussion.
- Life Group Leaders, we suggest doing a little more reading of Ephesians commentary over this series to equip yourself for leading well. It is our hope that over these series, our leaders are going deeper in Scripture to be able to lead out of a richer depth of pursuit and understanding of God and his word. Some good commentaries to consider reading over this time:
- <http://www.slices.org.uk/Slicesforall/sfeEphesians.html>

- <https://www.biblestudytools.com/commentaries/matthew-henry-complete/ephesians/>

PRAYER

Open in prayer. Consider getting someone in your group to come prepared to do this section.

DISCUSSION

1. Who is the wisest person you have ever known? What made them seem wise?

Someone read the following scriptures: Ephesians 5:15-17, Proverbs 19:20, Proverbs 18:15, Proverbs 1:7, Proverbs 17:27-28, James 1:5

2. What does this suggest wise living looks like?
Taking a thoughtful and skillful approach to life, being alert to opportunities that God brings, being alert to the distractions and temptations and attacks of the evil one, determination to understand and do the will of God (vs 17), God gives wisdom if you seek it, understanding God brings wise decisions
3. If you did a quick litmus test of your own life, where do you think you are doing well in being wise? Do you tend to make wiser decisions in some areas over others? (think work, home, social groups, social media, driving, sports fields)
4. Are there any other areas of wisdom we have talked about that you are feeling challenged on? Where do you think God might be highlighting as wanting to have more control of?
5. What is the ultimate goal of wise living according to vs Eph 5:17?
Understanding God's will.

Any talk of pursuing a personal life-change that changes the lives of others is incomplete without reference to the Holy Spirit.

Someone read the following scriptures: Ephesians 5:18-21

6. What does vs19-21 suggest about how to live in the Spirit?
Speaking to each other with psalms, hymns and songs from the Spirit. Worship God in your heart. Give thanks always to God. A life of gratitude. Pursuit of God above everything.
7. What could our Life Group do more of to help each other do this?

PRAY

Spend some time praying for the answers that came up in seven. Pray for each other and any other prayer requests that came up.