

LIFE GROUP GUIDE

Ephesians: Walk This Way

Week 1

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

- We have included a doc (at end of this guide) with 100 of God's promises. This can be used to guide some prayer time.
- 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. Go around the room and give each person a minute to introduce themselves as if doing it for the first time to this group. Get them to start with this phrase and then continue for a minute (they must fill the minute):
I am (insert name) and this is who I am.... Maybe put a stopwatch on a phone in front of each person to keep it short. [Life Group leaders, this is a fun way to introduce the topic of becoming who you are – looking at descriptions we use for ourselves.]
2. Do you think your description has changed over time? Would it have been very different or not so different ten years ago?

The dictionary describes identity as: who you are, the way you think about yourself, the way you are viewed by the world and the characteristics that define you. This series of Ephesians looks at how we become more like Christ and take on our new identity in him. Part of our goal is to let God and his word define us above all else.

Someone read the following scriptures: Ephesians 4:20-32

3. What stands out for you about this section of scripture?
4. How is it describing the source of identity for a Christ-follower?
Our identity has an old self and a new self. In Christ, our identity and allegiance is shifted from darkness to light. How we see ourselves should be in the light of who Jesus is. This should impact on how we behave and engage with each other and the world.
5. What behaviours does Paul outline as changing under our new allegiance and identity?
Righteous, holiness, truthful, not prone to bursts of anger, no stealing, working diligently, words that build up other according to their needs, words that benefit others, no bitterness, rage, slander, kindness and compassionate, quick to forgive.
6. What is the primary reason Paul gives for why we can be quick to forgive?
Does remembering this reason help?
Jesus was quick to forgive me, die for me and adopt me.

7. What areas do you think you resonate with of these behaviours? Any areas you think you need to work on more?

PRAY

Spend some time praying for the answers that came up in seven. Pray for our community and your life group for this series looking at sanctification. Pray that we will lean in to what God wants to do within us and reveal about himself to us.

God has many promises he's made about our identity in him, and all that it means. Here is a doc with 100 of those promises. You can consider giving it to your group to look over and use it to pray some of them over each other or to take home and work through as they work through this sub-series together.

1. God has expressed His kindness to me (Eph 2:7)
2. God's power works through me (Eph 3:7)
3. I am a citizen of heaven (Php 3:20)
4. I am a dwelling for the Holy Spirit (Eph 2:22)
5. I am a holy temple (Eph 2:21; 1Co 6:19)
6. I am a light in the world (Mt 5:14)
7. I am a light to others, and can exhibit goodness, righteousness and truth (Eph 5:8)
8. I am a member of Christ's Body (1Co 12:27)
9. I am a member of God's household (Eph 2:19)
10. I am a minister of reconciliation (2Co 5:17-20)
11. I am a new creation (2Co 5:17)
12. I am a personal witness of Jesus Christ (Ac 1:8)
13. I am a saint (Eph 1:18)
14. I am adopted as his child (Eph 1:5)
15. I am alive with Christ (Eph 2:5)
16. I am assured all things work together for good (Ro 8:28)
17. I am blameless (1Co 1:8)
18. I am blessed in the heavenly realms with every spiritual blessing (Eph 1:3)
19. I am born again (1Pe 1:23)
20. I am born of God and the evil one cannot touch me (1Jn 5:18)
21. I am chosen and dearly loved (Col3:12)
22. I am chosen before the creation of the world (Eph 1:4, 11)
23. I am Christ's friend (Jn 15:15)
24. I am completed by God (Eph 3:19)
25. I am confident that God will perfect the work He has begun in me (Php 1:6)
26. I am crucified with Christ (Gal 2:20)
27. I am dead to sin (Ro 1:12)
28. I am delivered (Col1:13)
29. I am faithful (Eph 1:1)
30. I am forgiven (Eph 1:8; Col1:14)
31. I am given God's glorious grace lavishly and without restriction (Eph 1:5,8)
32. I am God's child (Jn 1:12)
33. I am God's coworker (2Co 6:1)

34. I am God's workmanship (Eph 2:10)
35. I am growing (Col 2:7)
36. I am healed from sin (I Pe 2:24)
37. I am hidden with Christ in God (Col 3:3)
38. I am His disciple (Jn 13:15)
39. I am holy and blameless (Eph 1:4)
40. I am in Him (Eph 1:7; 1Co 1:30)
41. I am included (Eph 1:13)
42. I am more than a conqueror (Ro 8:37)
43. I am no longer condemned (Ro 8:1, 2)
44. I am not alone (Heb 13:5)
45. I am not helpless (Php 4:13)
46. I am not in want (Php 4:19)
47. I am overcoming (IJn 4:4)
48. I am part of God's kingdom (Rev 1:6)
49. I am persevering (Php 3:14)
50. I am prayed for by Jesus Christ (Jn 17:20-23)
51. I am promised a full life (Jn 10:10)
52. I am promised eternal life (Jn 6:47)
53. I am protected (Jn 10:28)
54. I am qualified to share in His inheritance (Col 1:12)
55. I am raised up with Christ (Eph 2:6; Col 2:12)
56. I am redeemed from the curse of the Law (Gal 3:13)
57. I am safe (IJn 5:18)
58. I am salt and light of the earth (Mt 5:13-14)
59. I am sealed with the promised Holy Spirit (Eph 1:13)
60. I am seated with Christ in the heavenly realms (Eph 2:6)
61. I am secure (Eph 2:20)
62. I am set free (Ro 8:2; Jn 8:32)
63. I am the righteousness of God (2Co 5:21)
64. I am united with other believers (Jn 17:20-23)
65. I am victorious (1Co 15:57)
66. I am victorious (IJn 5:4)
67. I belong to God (1Co 6:20)
68. I can approach God with freedom and confidence (Eph 3:12)
69. I can be certain of God's truths and the life to which He has called me to (Eph 4:17)
70. I can be humble, gentle, patient and lovingly tolerant of others (Eph 4:2)
71. I can be kind and compassionate to others (Eph 4:32)
72. I can be strong (Eph 6:10)
73. I can bring glory to God (Eph 3:21)
74. I can forgive others (Eph 4:32)
75. I can give thanks for everything (Eph 5:20)
76. I can grasp how wide, long, high and deep Christ's love is (Eph 3:18)
77. I can have a new attitude and a new lifestyle (Eph 4:21-32)
78. I can honor God through marriage (Eph 5:22-33)
79. I can mature spiritually (Eph 4:15)
80. I can parent my children with composure (Eph 6:4)
81. I can stand firm in the day of evil (Eph 6:13)
82. I can understand what God's will is (Eph 5:17)
83. I don't have to always have my own agenda (Eph 5:21)
84. I have access to the Father (Eph 2:18)
85. I have been brought near to God through Christ's blood (Eph 2:13)
86. I have been called (Eph 4:1; 2Ti 1:9)
87. I have been chosen and God desires me to bear fruit (Jn 15:1,5)

88. I have been established, anointed and sealed by God (2Co 1:21-22)
89. I have been justified (Ro 5:1)
90. I have been shown the incomparable riches of God's grace (Eph 2:7)
91. I have God's power (Eph 6:10)
92. I have hope (Eph 1:12)
93. I have not been given a spirit of fear, but of power, love and self-discipline (2Ti 1:7)
94. I have peace (Eph 2:14)
95. I have purpose (Eph 1:9 & 3:11)
96. I have redemption (Eph 1:8)
97. I know there is a purpose for my sufferings (Eph 3:13)
98. I possess the mind of Christ (1Co 2:16)
99. I share in the promise of Christ Jesus (Eph 3:6)
100. My heart and mind is protected with God's peace (Php 4:7)

IN PREPARATION FOR NEXT WEEK

Next week we will be looking at Ephesians 5:1-14.