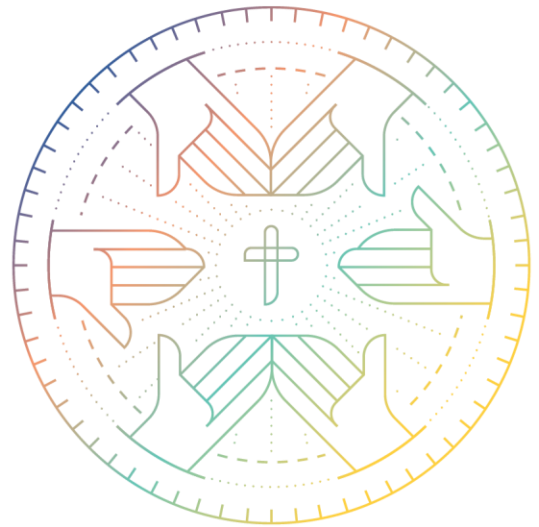


Group Life.

WE ARE BETTER TOGETHER



ICEBREAKER (10 MINUTES)

If you were stranded on a deserted island and could only bring three items, what would they be and why?

INTRODUCTION (5-10 MINUTES)

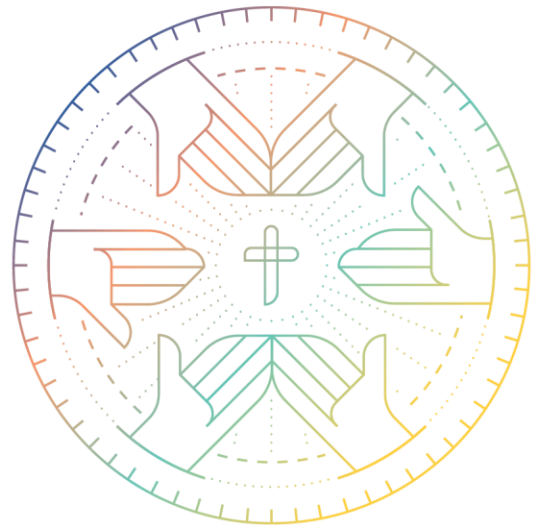
Ephesians was addressed to the churches in the surrounding area of the city of Ephesus. Ephesus served as the capital of the Roman province of Asia. The city was an important center for trade and commerce and was a melting pot for many cultures and religions. Paul penned this letter while imprisoned after his third missionary journey (A.D. 60-62). He reminds them of their blessing in Jesus Christ and to live in a manner worthy of those blessings.

INTO THE WORD (25 MINUTES)

1. Read Ephesians 1:1. What sticks out to you about Paul's description of the audience of Ephesians? Why do you think he used that description based on the context of the city of Ephesus?
2. Read Ephesians 1:3-14. We see five separate blessings for believers: *chosen* (v4), *adopted* (v5), *redeemed* (v7), *promised* (v11), and *sealed* (v.13). Which one resonates with you the most? Why?
3. Read Colossians 1:9-14. What comparisons do you see to Ephesians 1:3-14? How does that shape the way you view the beginning of Ephesians?

Group Life.

WE ARE BETTER TOGETHER



APPLICATION (25 MINUTES)

1. In chapter one of Ephesians, we see the phrase “in Christ” eleven times in the course of the first fourteen verses. Read John 15:4-10. How does the idea of being in Christ change for you after reading John 15? What does it look like to be in Christ practically for you this week?
2. Have the passages we read today changed your view of how salvation works? What is something you learned about God’s work and our work in salvation?
3. What does the idea of being “sealed with the promised Holy Spirit”, change how you view sin in your life? Does it bring you hope?

PRAYER (10 MINUTES)

Thank you, Heavenly Father, for blessing us in Christ with every spiritual blessing. Thank you for choosing us even before the foundation of the world. May we find rest in the knowledge that we are yours and have an inheritance of eternal life that is guaranteed with you. This week may we be grateful as we reflect on the goodness of you. Thank you that we find our identity not in our jobs, families or any earthly area but only in Christ. In your wonderful name we pray. Amen.