

Ephesians

The Church and Her Lord

EPHESIANS 1:3-14

SETTING THE SCENE

The book of Ephesians is a visionary letter, zooming out to a sweeping view of the world and God's purposes in it. The Apostle Paul addresses no particular issue in this letter, but instead sets a framework for God's people to order the worship and work of their lives around for all time: the grace of Jesus.

SCRIPTURE

3 Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, 4 even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love 5 he predestined us for adoption to himself as sons through Jesus Christ, according to the purpose of his will, 6 to the praise of his glorious grace, with which he has blessed us in the Beloved. 7 In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace, 8 which he lavished upon us, in all wisdom and insight 9 making known to us the mystery of his will, according to his purpose, which he set forth in Christ 10 as a plan for the fullness of time, to unite all things in Christ, things in heaven and things on earth in him.

11 In him we have obtained an inheritance, having been predestined according to the purpose of him who works all things according to the counsel of his will, 12 so that we who were the first to hope in Christ might be to the praise of his glory. 13 In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit, 14 who is the guarantee of our inheritance until we acquire possession of it, to the praise of his glory.

CORE TRUTH

Week of October 18, 2026

You don't go to church, you are the church. And Jesus, the Lord of the church, has redeemed a people to display his grace for the world to see.

HEAD to help us examine what the word shows and let in what's true.

- This passage is one single sentence in the original Greek, why do you think this is?
- Summarize the main point of this passage in your own words.

HEART to help us wrestle with what we believe and be with each other in it.

- To bless is to express praise (v.3). What in this passage causes you to praise God?
- How does God's plan of the world's redemption challenge or encourage you?
- Where in your life or world do you still need redemption?

HANDS to help us bring the truth into our lives and go out into the world with the Holy Spirit.

- How might you participate in God's plan of redemption in your everyday life this week?
- Read Psalm 67 and spend some time praising God in prayer.

DISCIPLESHIP GROUP GUIDELINES

- **Safe Group:** We strive for an environment where everyone can be open and honest about his or her struggles and victories.
- **Confidentiality:** What is said in the group stays in the group.
- **Listen:** We value one another by really listening to what is being shared. Try to avoid thinking about how you are going to respond while someone is sharing.
- **Pause:** Allowing a pause in the conversation after someone shares gives them a true chance to finish. A Pause also gives the group an opportunity to consider before responding.
- **Silence:** Allowing silence in the group provides an opportunity for people to think deeply, gather their thoughts in order to share, and genuinely consider what others have shared.
- **One Conversation at a Time:** Be considerate of others as they are sharing. No side conversations.
- **No Fixing:** We are not here to fix each other; Jesus does that part. Give encouragement and ask questions, but try not to solve or fix one another.
- **No Rescuing:** When people are sharing something deeply personal, please resist the tendency to try to make them feel better about themselves or their situation by providing immediate condolences. This will often cause people to stop sharing.
- **Be Curious:** By asking the next question, we communicate genuine interest. We keep the conversation moving forward while building relationships and intimacy.
- **Be Self-Aware:** Be mindful of how you are personally affecting the small group environment through your words, actions, and non-verbal communication. Be sensitive about the amount of time you share, whether too much (dominating) or not enough (hiding).
- **Use "I" Statements:** It is very easy to talk about other people's issues, but, for our purposes, we want to put ourselves on the table. Use "I" statements rather than "them", "the church", "people", "you", "us", "we", etc.
- **Resolve Conflict Biblically:** As a group we commit to extend grace to one another. Conflict is not bad, it's an opportunity for growth. We are all being transformed to be more like Jesus. Conflict and change are a part of that journey. (Matthew 18)
- **Manage Technology:** Let's respect one another by silencing alerts on our devices.

If you need childcare reimbursement please scan the QR code and follow the prompts. You must submit within 30 days of attending group.

