

Becoming

WHO WE ARE

Read this week's passage aloud before discussing together.

OBSERVATION

1. What are your personal observations about the passage?
 - What sticks out to you (words, phrases, concepts, themes)?
 - Why do these things stick out to you?
 - Does it remind you of other Bible passages?
2. Examine the context of the passage:
 - What's happening in the book before and after the passage?
 - What's going on in history at the time of the passage?
 - What type of literature or genre is the passage?
3. What was one of your main takeaways from Sunday's sermon?

INTERPRETATION

4. What questions does this passage raise for you?
5. Look at the greetings at the beginning of Paul's other New Testament letters (Galatians, 1 & 2 Thessalonians, 1 & 2 Corinthians, Romans, Philippians, Colossians, Philemon, 1 & 2 Timothy, and Titus). How does his greeting in Ephesians differ from the others? How might this be significant as we study the book of Ephesians?

APPLICATION

6. How should you apply this passage to your life? Consider how it applies to your thoughts, attitudes, habits, decisions, relationship with God, and relationship with others.
7. How have you received grace and peace through Jesus this week (v. 2)?

FURTHER RESOURCES

Article: "[Why Paul Never Wrote 'Peace and Grace'](#)" by Casey Shutt

Book: [The Message of Ephesians](#) by John Stott

Video: "[Overview of Ephesians](#)" from BibleProject

Eph

Becoming

WHO WE ARE

Read this week's passage aloud before discussing together.

OBSERVATION

1. What are your personal observations about the passage?
 - What sticks out to you (words, phrases, concepts, themes)?
 - Why do these things stick out to you?
 - Does it remind you of other Bible passages?
2. Examine the context of the passage:
 - What's happening in the book before and after the passage?
 - What's going on in history at the time of the passage?
 - What type of literature or genre is the passage?
3. What was one of your main takeaways from Sunday's sermon?

INTERPRETATION

4. What questions does this passage raise for you?
5. Make a list of 3-5 spiritual blessings Christians received through the life, death, and resurrection of Jesus. Share your list with the group and explore other spiritual blessings Jesus has given his people.

APPLICATION

6. How should you apply this passage to your life? Consider how it applies to your thoughts, attitudes, habits, decisions, relationship with God, and relationship with others.
7. How does knowing you were chosen "in him before the foundation of the world" (v. 4) encourage you during a hard week or season of life?

FURTHER RESOURCES

Article: "[What Does It Mean That God Chose Us before the Foundation of the World?](#)" by Benjamin Merkle

Book: [The Message of Ephesians](#) by John Stott

Video: "[How Do I Explain Election?](#)" from Desiring God

Eph

Becoming

WHO WE ARE

Read this week's passage aloud before discussing together.

OBSERVATION

1. What are your personal observations about the passage?
 - What sticks out to you (words, phrases, concepts, themes)?
 - Why do these things stick out to you?
 - Does it remind you of other Bible passages?
2. Examine the context of the passage:
 - What's happening in the book before and after the passage?
 - What's going on in history at the time of the passage?
 - What type of literature or genre is the passage?
3. What was one of your main takeaways from Sunday's sermon?

INTERPRETATION

4. What questions does this passage raise for you?
5. What inheritance (v. 11) have we been promised in the gospel? Where else in the New Testament is this inheritance described in a fuller sense?

APPLICATION

6. How should you apply this passage to your life? Consider how it applies to your thoughts, attitudes, habits, decisions, relationship with God, and relationship with others.
7. In what ways does knowing we've been sealed by the Holy Spirit until we get to glory encourage us as we struggle through life?

FURTHER RESOURCES

Article: "[What Does It Mean to Be Sealed with the Holy Spirit?](#)" by Erik Raymond

Book: *The Message of Ephesians* by John Stott

Audio: "[Sealed by the Spirit to the Day of Redemption](#)" by John Piper

Eph

Becoming

WHO WE ARE

Read this week's passage aloud before discussing together.

OBSERVATION

1. What are your personal observations about the passage?
 - What sticks out to you (words, phrases, concepts, themes)?
 - Why do these things stick out to you?
 - Does it remind you of other Bible passages?
2. Examine the context of the passage:
 - What's happening in the book before and after the passage?
 - What's going on in history at the time of the passage?
 - What type of literature or genre is the passage?
3. What was one of your main takeaways from Sunday's sermon?

INTERPRETATION

4. What questions does this passage raise for you?
5. Paul expresses thanks for the Ephesian believers. What specific things does he express gratitude for?

APPLICATION

6. How should you apply this passage to your life? Consider how it applies to your thoughts, attitudes, habits, decisions, relationship with God, and relationship with others.
7. What specific ways are you thankful for the people God has placed in your life? Who are you specifically thankful for in your Small Group? Why?

FURTHER RESOURCES

Article: "[Gratitude Is a Discipline That Becomes a Delight](#)" by Scotty Smith

Book: [The Grumbler's Guide to Giving Thanks](#) by Dustin Crowe

Video: "[How Does Gratitude Serve the Will of God?](#)" from Desiring God

Eph

Becoming

WHO WE ARE

Read this week's passage aloud before discussing together.

OBSERVATION

1. What are your personal observations about the passage?
 - What sticks out to you (words, phrases, concepts, themes)?
 - Why do these things stick out to you?
 - Does it remind you of other Bible passages?
2. Examine the context of the passage:
 - What's happening in the book before and after the passage?
 - What's going on in history at the time of the passage?
 - What type of literature or genre is the passage?

3. What was one of your main takeaways from Sunday's sermon?

INTERPRETATION

4. What questions does this passage raise for you?
5. What does it mean that sinners are dead in their trespasses and sins?

APPLICATION

6. How should you apply this passage to your life? Consider how it applies to your thoughts, attitudes, habits, decisions, relationship with God, and relationship with others.
7. Share your testimony in 30 seconds or less (someone keep time!). After everyone has shared, discuss the similarities between testimonies.

FURTHER RESOURCES

Article: "[Dead in Sin?](#)" by Dr. Ligon Duncan

Book: [The Message of Ephesians](#) by John Stott

Video: "[Dead in Sin, Alive in Grace](#)" from Desiring God

Eph

Becoming

WHO WE ARE

Read this week's passage aloud before discussing together.

OBSERVATION

1. What are your personal observations about the passage?
 - What sticks out to you (words, phrases, concepts, themes)?
 - Why do these things stick out to you?
 - Does it remind you of other Bible passages?
2. Examine the context of the passage:
 - What's happening in the book before and after the passage?
 - What's going on in history at the time of the passage?
 - What type of literature or genre is the passage?
3. What was one of your main takeaways from Sunday's sermon?

INTERPRETATION

4. What questions does this passage raise for you?
5. If salvation is "not your own doing" (v. 8), what practical implications does this have for how we view ourselves, others, and God?

APPLICATION

6. How should you apply this passage to your life? Consider how it applies to your thoughts, attitudes, habits, decisions, relationship with God, and relationship with others.
7. Every person is made unique and set apart by God himself (v. 10). How does this truth help you live patiently and lovingly with others in your life?

FURTHER RESOURCES

Article: "[Grace All the Way](#)" by Justin Holcomb

Book: [The Message of Ephesians](#) by John Stott

Video: "[A Conversation with Tim Keller, John Piper about Ephesians](#)" from The Good Book Company

Eph

Becoming

WHO WE ARE

Read this week's passage aloud before discussing together.

OBSERVATION

1. What are your personal observations about the passage?
 - What sticks out to you (words, phrases, concepts, themes)?
 - Why do these things stick out to you?
 - Does it remind you of other Bible passages?
2. Examine the context of the passage:
 - What's happening in the book before and after the passage?
 - What's going on in history at the time of the passage?
 - What type of literature or genre is the passage?
3. What was one of your main takeaways from Sunday's sermon?

INTERPRETATION

4. What questions does this passage raise for you?
5. If salvation is "not your own doing" (v. 8), what practical implications does this have for how we view ourselves, others, and God?

APPLICATION

6. How should you apply this passage to your life? Consider how it applies to your thoughts, attitudes, habits, decisions, relationship with God, and relationship with others.
7. Like the Ephesians, it is important to remember what we have been saved from and to. What are some truths from this text that apply to you directly? How does this encourage you?

FURTHER RESOURCES

Article: "[Ephesians 2:11-22](#)" by Sam Storms

Book: [Ephesians \(Tyndale New Testament Commentary Series\)](#) by Francis Foulkes

Video: "[Salvation Is for All](#)" from Desiring God

Eph

Becoming

WHO WE ARE

Read this week's passage aloud before discussing together.

OBSERVATION

1. What are your personal observations about the passage?
 - What sticks out to you (words, phrases, concepts, themes)?
 - Why do these things stick out to you?
 - Does it remind you of other Bible passages?
2. Examine the context of the passage:
 - What's happening in the book before and after the passage?
 - What's going on in history at the time of the passage?
 - What type of literature or genre is the passage?
3. What was one of your main takeaways from Sunday's sermon?

INTERPRETATION

4. What questions does this passage raise for you?
5. In what ways does Christ bring peace according to this passage? In what other ways does Scripture talk about peace?

APPLICATION

6. How should you apply this passage to your life? Consider how it applies to your thoughts, attitudes, habits, decisions, relationship with God, and relationship with others.
7. In what ways have you experienced Christ as your peace this past week? How does the peace of Christ differ from the peace offered by the world?

FURTHER RESOURCES

Article: "[Ephesians 2:11-22](#)" by Sam Storms

Book: [Ephesians \(Tyndale New Testament Commentary Series\)](#) by Francis Foulkes

Video: "[What Kind of Hostility Did Christ Remove?](#)" from Desiring God

Eph

Becoming

WHO WE ARE

Read this week's passage aloud before discussing together.

OBSERVATION

1. What are your personal observations about the passage?
 - What sticks out to you (words, phrases, concepts, themes)?
 - Why do these things stick out to you?
 - Does it remind you of other Bible passages?
2. Examine the context of the passage:
 - What's happening in the book before and after the passage?
 - What's going on in history at the time of the passage?
 - What type of literature or genre is the passage?
3. What was one of your main takeaways from Sunday's sermon?

INTERPRETATION

4. What questions does this passage raise for you?
5. What is the significance of citizenship and of being "built on the foundation of the apostles and prophets, Christ Jesus himself being the cornerstone" (v. 20) to the original readers of the text?
How does this apply to the church today?

APPLICATION

6. How should you apply this passage to your life? Consider how it applies to your thoughts, attitudes, habits, decisions, relationship with God, and relationship with others.
7. How does your citizenship in Christ affect the way you see the world as well as other believers around you?

FURTHER RESOURCES

Sermon: "[United to One Another](#)" by Tim Keller

Book: [Sermons on Ephesians](#) by John Calvin

Video: "[Gentiles Are Full Citizens of Israel](#)" from Desiring God

Eph

Becoming

WHO WE ARE

Read this week's passage aloud before discussing together.

OBSERVATION

1. What are your personal observations about the passage?
 - What sticks out to you (words, phrases, concepts, themes)?
 - Why do these things stick out to you?
 - Does it remind you of other Bible passages?
2. Examine the context of the passage:
 - What's happening in the book before and after the passage?
 - What's going on in history at the time of the passage?
 - What type of literature or genre is the passage?
3. What was one of your main takeaways from Sunday's sermon?

INTERPRETATION

4. What questions does this passage raise for you?
5. What is the "mystery of Christ" spoken of in this text? Why is this described as a mystery? Does mystery mean beyond understanding?

APPLICATION

6. How should you apply this passage to your life? Consider how it applies to your thoughts, attitudes, habits, decisions, relationship with God, and relationship with others.
7. In what ways does the inclusion of Gentiles give you gratitude today? How does it embolden you to share the gospel?

FURTHER RESOURCES

Sermon: "[The Mystery of Christ](#)" by Kent Hughes

Book: [ESV Expository Commentary \(Ephesians – Philemon\)](#)

Video: "[Why Prison Did Not Discourage Paul](#)" by Desiring God

Eph

Becoming

WHO WE ARE

Read this week's passage aloud before discussing together.

OBSERVATION

1. What are your personal observations about the passage?
 - What sticks out to you (words, phrases, concepts, themes)?
 - Why do these things stick out to you?
 - Does it remind you of other Bible passages?
2. Examine the context of the passage:
 - What's happening in the book before and after the passage?
 - What's going on in history at the time of the passage?
 - What type of literature or genre is the passage?
3. What was one of your main takeaways from Sunday's sermon?

INTERPRETATION

4. What questions does this passage raise for you?
5. Why is Paul emboldened to continue sharing the gospel despite his suffering? What did this offer the early church?

APPLICATION

6. How should you apply this passage to your life? Consider how it applies to your thoughts, attitudes, habits, decisions, relationship with God, and relationship with others.
7. List several specifics from the gospel and God's working in your life that encourage you despite suffering. Share those specifics with the group. How does hearing how God has worked in the lives of others encourage you?

FURTHER RESOURCES

Book: [*ESV Expository Commentary \(Ephesians – Philemon\)*](#)

Video: "[Gospel Ministry Before Angels and Demons](#)" from Desiring God

Eph

Becoming

WHO WE ARE

Read this week's passage aloud before discussing together.

OBSERVATION

1. What are your personal observations about the passage?
 - What sticks out to you (words, phrases, concepts, themes)?
 - Why do these things stick out to you?
 - Does it remind you of other Bible passages?
2. Examine the context of the passage:
 - What's happening in the book before and after the passage?
 - What's going on in history at the time of the passage?
 - What type of literature or genre is the passage?
3. What was one of your main takeaways from Sunday's sermon?

INTERPRETATION

4. What questions does this passage raise for you?
5. What does Paul mean when he states they might be strengthened in their inner being (v. 16)?

APPLICATION

6. How should you apply this passage to your life? Consider how it applies to your thoughts, attitudes, habits, decisions, relationship with God, and relationship with others.
7. Paul mentions several ways that the early church in Ephesus might be strengthened. Which of these things encourages you the most

FURTHER RESOURCES

Article: "[How Do I Change?](#)" by Jeff Ballard

Book: [ESV Expository Commentary \(Ephesians – Philemon\)](#)

Video: "[Why Does Paul Pray After Teaching?](#)" from Desiring God

Eph

Becoming

WHO WE ARE

Read this week's passage aloud before discussing together.

OBSERVATION

1. What are your personal observations about the passage?
 - What sticks out to you (words, phrases, concepts, themes)?
 - Why do these things stick out to you?
 - Does it remind you of other Bible passages?
2. Examine the context of the passage:
 - What's happening in the book before and after the passage?
 - What's going on in history at the time of the passage?
 - What type of literature or genre is the passage?
3. What was one of your main takeaways from Sunday's sermon?

INTERPRETATION

4. What questions does this passage raise for you?
5. Ephesians 4:1 begins with a "therefore" which links this passage to Paul's words before. With this in mind, why is Paul urging them to "walk in a manner worthy of the calling to which you have been called." How does this affect your understanding of the passage?

APPLICATION

6. How should you apply this passage to your life? Consider how it applies to your thoughts, attitudes, habits, decisions, relationship with God, and relationship with others.
7. Paul specifically mentions several qualities of walking in the manner in which you were called. Which quality resonates with you the most and why?

FURTHER RESOURCES

Sermon: "[Evangelicals and the Church: An Authentic Unity](#)" by Don Carson

Book: [ESV Expository Commentary \(Ephesians – Philemon\)](#)

Video: "[Book of Ephesians Summary](#)" by the Bible Project

Eph

Becoming

WHO WE ARE

Read this week's passage aloud before discussing together.

OBSERVATION

1. What are your personal observations about the passage?
 - What sticks out to you (words, phrases, concepts, themes)?
 - Why do these things stick out to you?
 - Does it remind you of other Bible passages?
2. Examine the context of the passage:
 - What's happening in the book before and after the passage?
 - What's going on in history at the time of the passage?
 - What type of literature or genre is the passage?
3. What was one of your main takeaways from Sunday's sermon?

INTERPRETATION

4. What questions does this passage raise for you?
5. In Ephesians 4:8, Paul quotes and comments on part of Psalm 68:18. Read the entirety of Psalm 68. What insight does this psalm give to Paul's commentary in this week's text?

APPLICATION

6. How should you apply this passage to your life? Consider how it applies to your thoughts, attitudes, habits, decisions, relationship with God, and relationship with others.
7. In what ways has the church equipped you for the work of the ministry and built you up as part of the body of Christ? Take time to pray and thank God for those things.

FURTHER RESOURCES

Book: [ESV Expository Commentary \(Ephesians – Philemon\)](#)

Article: "[A Congregation is Not an Audience](#)" by J.T. English

Eph

Becoming

WHO WE ARE

Read this week's passage aloud before discussing together.

OBSERVATION

1. What are your personal observations about the passage?
 - What sticks out to you (words, phrases, concepts, themes)?
 - Why do these things stick out to you?
 - Does it remind you of other Bible passages?
2. Examine the context of the passage:
 - What's happening in the book before and after the passage?
 - What's going on in history at the time of the passage?
 - What type of literature or genre is the passage?
3. What was one of your main takeaways from Sunday's sermon?

INTERPRETATION

4. What questions does this passage raise for you?
5. What does Paul mean in this passage when he talks about the old self and the new self? How does Paul expect us to do those things?

APPLICATION

6. How should you apply this passage to your life? Consider how it applies to your thoughts, attitudes, habits, decisions, relationship with God, and relationship with others.
7. What things have you put off or put on over your time as a Christian? In other words, in what ways has God visibly changed you? Take time to thank God for those things. In what ways do you still need to change? Take time to ask God to help you with those things.

FURTHER RESOURCES

Sermon: "[Minds Made New](#)" by Dick Lucas

Book: [ESV Expository Commentary \(Ephesians – Philemon\)](#)

Video: "[Christianity Is a Life to Be Lived](#)" by John Piper

Eph

Becoming

WHO WE ARE

Read this week's passage aloud before discussing together.

OBSERVATION

1. What are your personal observations about the passage?
 - What sticks out to you (words, phrases, concepts, themes)?
 - Why do these things stick out to you?
 - Does it remind you of other Bible passages?
2. Examine the context of the passage:
 - What's happening in the book before and after the passage?
 - What's going on in history at the time of the passage?
 - What type of literature or genre is the passage?
3. What was one of your main takeaways from Sunday's sermon?

INTERPRETATION

4. What questions does this passage raise for you?
5. Paul lists some very specific things in this passage to put off. What significance is there behind the things he has chosen to include?

APPLICATION

6. How should you apply this passage to your life? Consider how it applies to your thoughts, attitudes, habits, decisions, relationship with God, and relationship with others.
7. In what ways have you "put away falsehood" this past week? In what ways do you need to put away falsehood in the coming week?

FURTHER RESOURCES

Book: [ESV Expository Commentary \(Ephesians – Philemon\)](#)

Video: ["Take Off the Old Uniform, Put On the New"](#) by John Piper

Eph

Becoming

WHO WE ARE

Read this week's passage aloud before discussing together.

OBSERVATION

1. What are your personal observations about the passage?
 - What sticks out to you (words, phrases, concepts, themes)?
 - Why do these things stick out to you?
 - Does it remind you of other Bible passages?
2. Examine the context of the passage:
 - What's happening in the book before and after the passage?
 - What's going on in history at the time of the passage?
 - What type of literature or genre is the passage?
3. What was one of your main takeaways from Sunday's sermon?

INTERPRETATION

4. What questions does this passage raise for you?
5. Ephesians 5:1 begins with "therefore," which links this passage to Paul's words before it. Given that, why is Paul urging them to be "imitators of God, as beloved children"? How does this affect your understanding of the passage?

APPLICATION

6. How should you apply this passage to your life? Consider how it applies to your thoughts, attitudes, habits, decisions, relationship with God, and relationship with others.
7. Paul specifically mentions several lifestyle qualities that children of God should avoid. Remembering you are a beloved child of God, how does this encourage you to live differently? If comfortable, discuss the qualities you struggle with so that you can encourage each other to grow and rest in Jesus.

FURTHER RESOURCES

Sermon: "[Ephesians 5](#)" by Jon Dennis (Simeon Trust)

Book: [NIV Application Commentary: Ephesians](#)

Eph

Becoming

WHO WE ARE

Read this week's passage aloud before discussing together.

OBSERVATION

1. What are your personal observations about the passage?
 - What sticks out to you (words, phrases, concepts, themes)?
 - Why do these things stick out to you?
 - Does it remind you of other Bible passages?
2. Examine the context of the passage:
 - What's happening in the book before and after the passage?
 - What's going on in history at the time of the passage?
 - What type of literature or genre is the passage?
3. What was one of your main takeaways from Sunday's sermon?

INTERPRETATION

4. What questions does this passage raise for you?
5. The quotation in Ephesians 5:14 is not directly from Scripture, but it does contain words and themes from Isaiah (9:2, 26:19, 52:1, 60:1). It is often accredited as an early hymn. Why do you think Paul includes these words? What context might that have brought to the early readers, and what does it add to this passage?

APPLICATION

6. How should you apply this passage to your life? Consider how it applies to your thoughts, attitudes, habits, decisions, relationship with God, and relationship with others.
7. How does the imagery of light and darkness help you as you examine your own life? What is something you've previously brought into the light? How has that brought fruit in your life?

FURTHER RESOURCES

Book: [*NIV Application Commentary: Ephesians*](#)

Video: "[A New Argument for How to Live](#)" from Desiring God

Eph

Becoming

WHO WE ARE

Read this week's passage aloud before discussing together.

OBSERVATION

1. What are your personal observations about the passage?
 - What sticks out to you (words, phrases, concepts, themes)?
 - Why do these things stick out to you?
 - Does it remind you of other Bible passages?
2. Examine the context of the passage:
 - What's happening in the book before and after the passage?
 - What's going on in history at the time of the passage?
 - What type of literature or genre is the passage?
3. What was one of your main takeaways from Sunday's sermon?

INTERPRETATION

4. What questions does this passage raise for you?
5. This passage lists several dos and don'ts related to walking carefully and wisely. What is the significance of the things listed, and what relevance does it bring to the passage?

APPLICATION

6. How should you apply this passage to your life? Consider how it applies to your thoughts, attitudes, habits, decisions, relationship with God, and relationship with others.
7. Discuss the dos and don'ts listed as they relate to you personally. How are you walking carefully, and in what areas do you need growth? Pray for one another concerning these things.

FURTHER RESOURCES

Book: [*NIV Application Commentary: Ephesians*](#)

Video: "[Be Shrewd and Buy Up Time](#)" from Desiring God

Eph

Becoming

WHO WE ARE

Read this week's passage aloud before discussing together.

OBSERVATION

1. What are your personal observations about the passage?
 - What sticks out to you (words, phrases, concepts, themes)?
 - Why do these things stick out to you?
 - Does it remind you of other Bible passages?
2. Examine the context of the passage:
 - What's happening in the book before and after the passage?
 - What's going on in history at the time of the passage?
 - What type of literature or genre is the passage?
3. What was one of your main takeaways from Sunday's sermon?

INTERPRETATION

4. What questions does this passage raise for you?
5. This passage has been heavily misused, either overstated or understated. How have you heard this passage misused, and why do you think that interpretation was taken? What is the context of the early readers that Paul desires to use to help us understand our relationship with Jesus and our relationship to our spouse?

APPLICATION

6. How should you apply this passage to your life? Consider how it applies to your thoughts, attitudes, habits, decisions, relationship with God, and relationship with others.
7. What does submission to Christ look like practically for the church today? If you're married, how is this reflected in your marriage? How does this apply to the lives of those who are single? If you're married, how can you encourage a single friend who might struggle when they read this text because they don't have a spouse, have lost a spouse, or had a difficult marriage that ended in divorce? If you're single, how can you encourage and serve your married friends?

FURTHER RESOURCES

Book: [*NIV Application Commentary: Ephesians*](#)

Video: "[The Most Glorious Relationship Among Humans](#)" from John Piper

Article: "[Women, stop submitting to men?](#)" by Russell Moore

Eph

Becoming

WHO WE ARE

Read this week's passage aloud before discussing together.

OBSERVATION

1. What are your personal observations about the passage?
 - What sticks out to you (words, phrases, concepts, themes)?
 - Why do these things stick out to you?
 - Does it remind you of other Bible passages?
2. Examine the context of the passage:
 - What's happening in the book before and after the passage?
 - What's going on in history at the time of the passage?
 - What type of literature or genre is the passage?
3. What was one of your main takeaways from Sunday's sermon?

INTERPRETATION

4. What questions does this passage raise for you?
5. One commentator stated, "Based on other ancient texts, it is somewhat unexpected that Paul urges husbands to love their wives instead of urging them to rule over or domineer their wives." How might this have impacted those in the early church, and how does that aid your understanding today?

APPLICATION

6. How should you apply this passage to your life? Consider how it applies to your thoughts, attitudes, habits, decisions, relationship with God, and relationship with others.
7. How does the way Christ loved the church encourage you to love others? How does this apply to the lives of those who are single? If you're married, how can you encourage a single friend who might struggle when they read this text because they don't have a spouse, have lost a spouse, or had a difficult marriage that ended in divorce? If you're single, how can you encourage and serve your married friends?

FURTHER RESOURCES

Book: [*NIV Application Commentary: Ephesians*](#)

Article: "[How a Husband Isn't Like Christ](#)" by Nate Brooks

Eph

Becoming

WHO WE ARE

Read this week's passage aloud before discussing together.

OBSERVATION

1. What are your personal observations about the passage?
 - What sticks out to you (words, phrases, concepts, themes)?
 - Why do these things stick out to you?
 - Does it remind you of other Bible passages?
2. Examine the context of the passage:
 - What's happening in the book before and after the passage?
 - What's going on in history at the time of the passage?
 - What type of literature or genre is the passage?
3. What was one of your main takeaways from Sunday's sermon?

INTERPRETATION

4. What questions does this passage raise for you?
5. In verse 31, Paul quotes Genesis 2:24. What is the significance of this quotation in relation to the "mysterious" relationship between Christ and the church?

APPLICATION

6. How should you apply this passage to your life? Consider how it applies to your thoughts, attitudes, habits, decisions, relationship with God, and relationship with others.
7. In this passage, Paul brings together the submission of the wife and the love of the husband, intertwined with the idea of one flesh. What are some practical ways you see this God-designed relationship in your life or the lives of others? How does this apply to the lives of those who are single? If you're married, how can you encourage a single friend who might struggle when they read this text because they don't have a spouse, have lost a spouse, or had a difficult marriage that ended in divorce? If you're single, how can you encourage and serve your married friends?

FURTHER RESOURCES

Book: ESV Expository Commentary (Ephesians – Philemon)

Article: "Strengthen Your Marriage by Rehearsing the Covenant" by Heath Rickmond

Eph

Becoming

WHO WE ARE

Read this week's passage aloud before discussing together.

OBSERVATION

1. What are your personal observations about the passage?
 - What sticks out to you (words, phrases, concepts, themes)?
 - Why do these things stick out to you?
 - Does it remind you of other Bible passages?
2. Examine the context of the passage:
 - What's happening in the book before and after the passage?
 - What's going on in history at the time of the passage?
 - What type of literature or genre is the passage?
3. What was one of your main takeaways from Sunday's sermon?

INTERPRETATION

4. What questions does this passage raise for you?
5. Verse 2 is a quotation from Exodus 20:12. How does the context of Exodus 20 help you understand the meaning of this passage?

APPLICATION

6. How should you apply this passage to your life? Consider how it applies to your thoughts, attitudes, habits, decisions, relationship with God, and relationship with others.
7. Where have you seen good or bad examples of parent-child relationships? How have these relationships played out?

FURTHER RESOURCES

Book: [*ESV Expository Commentary \(Ephesians – Philemon\)*](#)

Video: "[Deep Doctrine Makes Houses Happy](#)" from Desiring God

Article: "[Mini-Theology of Fatherhood in Ephesians 6](#)" by Davis Wetherell

Eph

Becoming

WHO WE ARE

Read this week's passage aloud before discussing together.

OBSERVATION

1. What are your personal observations about the passage?
 - What sticks out to you (words, phrases, concepts, themes)?
 - Why do these things stick out to you?
 - Does it remind you of other Bible passages?
2. Examine the context of the passage:
 - What's happening in the book before and after the passage?
 - What's going on in history at the time of the passage?
 - What type of literature or genre is the passage?
3. What was one of your main takeaways from Sunday's sermon?

INTERPRETATION

4. What questions does this passage raise for you?
5. This passage is often understood as the third part of Paul's address on Christian living—beginning with marriage, continuing to children and parents, and ending with slaves and masters. How do the first two sections inform and give clarity to this section?

APPLICATION

6. How should you apply this passage to your life? Consider how it applies to your thoughts, attitudes, habits, decisions, relationship with God, and relationship with others.
7. This section, as well as other passages about slavery, can seem insensitive or difficult to some. As Christians, how can we discuss this topic with those who struggle with the history and reality of slavery? How can we apply this passage to our lives today?

FURTHER RESOURCES

Article: "[Slaves and Masters](#)" by Trillia Newbell

Video: "[Let All Earthly Obedience be Obedience to Christ](#)" from Desiring God

Eph

Becoming

WHO WE ARE

Read this week's passage aloud before discussing together.

OBSERVATION

1. What are your personal observations about the passage?
 - What sticks out to you (words, phrases, concepts, themes)?
 - Why do these things stick out to you?
 - Does it remind you of other Bible passages?
2. Examine the context of the passage:
 - What's happening in the book before and after the passage?
 - What's going on in history at the time of the passage?
 - What type of literature or genre is the passage?
3. What was one of your main takeaways from Sunday's sermon?

INTERPRETATION

4. What questions does this passage raise for you?
5. Paul changes pace by using an image of spiritual battle that requires spiritual armor. How does this relate to and expound upon the previous section about spiritual living?

APPLICATION

6. How should you apply this passage to your life? Consider how it applies to your thoughts, attitudes, habits, decisions, relationship with God, and relationship with others.
7. In what situations have you seen physical things—flesh and blood—as the enemy rather than the spiritual enemy, the Devil? What is the underlying spiritual element in those situations?

FURTHER RESOURCES

Book: *Sermons on Ephesians* by John Calvin

Sermon: "*Spiritual Warfare*" by Tim Keller

Eph

Becoming

WHO WE ARE

Read this week's passage aloud before discussing together.

OBSERVATION

1. What are your personal observations about the passage?
 - What sticks out to you (words, phrases, concepts, themes)?
 - Why do these things stick out to you?
 - Does it remind you of other Bible passages?
2. Examine the context of the passage:
 - What's happening in the book before and after the passage?
 - What's going on in history at the time of the passage?
 - What type of literature or genre is the passage?
3. What was one of your main takeaways from Sunday's sermon?

INTERPRETATION

4. What questions does this passage raise for you?
5. Paul lists very specific armor analogies in this passage. What is the significance behind the things he has chosen to include?

APPLICATION

6. How should you apply this passage to your life? Consider how it applies to your thoughts, attitudes, habits, decisions, relationship with God, and relationship with others.
7. Which piece of the armor of God do you "take up" the most? Why? Which piece of armor do you disregard the most? How can we encourage each other to "take up" the armor of God?

FURTHER RESOURCES

Book: *Sermons on Ephesians* by John Calvin

Sermon: "*Ephesians 6:10-24*" by David Helm

Eph

Becoming

WHO WE ARE

Read this week's passage aloud before discussing together.

OBSERVATION

1. What are your personal observations about the passage?
 - What sticks out to you (words, phrases, concepts, themes)?
 - Why do these things stick out to you?
 - Does it remind you of other Bible passages?
2. Examine the context of the passage:
 - What's happening in the book before and after the passage?
 - What's going on in history at the time of the passage?
 - What type of literature or genre is the passage?
3. What was one of your main takeaways from Sunday's sermon?

INTERPRETATION

4. What questions does this passage raise for you?
5. Paul lists very specific armor analogies in this passage. What significance is there behind the things he has chosen to include?

APPLICATION

6. How should you apply this passage to your life? Consider how it applies to your thoughts, attitudes, habits, decisions, relationship with God, and relationship with others.
7. Paul mentions praying for all the saints in this passage. Take time to discuss the needs of other believers you know and pray for them.

FURTHER RESOURCES

Book: [*Sermons on Ephesians*](#) by John Calvin

Sermon: "[How to Be Strong](#)" by Tim Keller

Eph

Becoming

WHO WE ARE

Read this week's passage aloud before discussing together.

OBSERVATION

1. What are your personal observations about the passage?
 - What sticks out to you (words, phrases, concepts, themes)?
 - Why do these things stick out to you?
 - Does it remind you of other Bible passages?
2. Examine the context of the passage:
 - What's happening in the book before and after the passage?
 - What's going on in history at the time of the passage?
 - What type of literature or genre is the passage?
3. What was one of your main takeaways from Sunday's sermon?

INTERPRETATION

4. What questions does this passage raise for you?
5. Looking back at the whole of Ephesians, what do you think is the overarching message of the book? What are some of the major threads that run throughout the book? How does this book as a whole connect to the gospel?

APPLICATION

6. How should you apply this passage to your life? Consider how it applies to your thoughts, attitudes, habits, decisions, relationship with God, and relationship with others.
7. Take a few minutes to reflect on the things you have learned throughout this sermon series. Write down words, draw a picture, take a walk, or do something else tactile as you reflect. Then take time to praise God for the things you've learned.

FURTHER RESOURCES

Book: *Sermons on Ephesians* by John Calvin

Video: "[A Closing Cry for Peace and Love](#)" from Desiring God

Eph