

CITIZENS & SAINTS

A JOURNEY THROUGH EPHESIANS | PART 1

GROUP GUIDE

This guide is designed to help you study the Scriptures and deepen your relationship with God. Use this guide by yourself or with others.

To find a group, visit brookwoodchurch.org/groups.

Message Title: Why We Worship

August 9, 2026

OPEN

If new people have joined your group, take time to introduce yourselves to each other.

1. Describe a time when something ended up way better than you thought it would.
2. Where do people tend to look for reassurance that they are wanted, valued or secure?

ABOUT EPHESIANS

Ephesians is Paul's letter celebrating God's grace in Christ and showing how the Gospel creates a new kind of people. Chapters 1-3 lift our eyes to the grace of God and what He's done. Believers have been chosen, redeemed and the Spirit has sealed them as His own. Salvation is not earned by good works; it is God's gift, received by faith, so we may now walk worthy of our calling. Paul also explains that Christ has broken down the old wall between Jew and Gentile, making one united family, one temple, and one body under one Lord. Chapters 4-6, then, turn doctrine into daily life. Because Christians belong to Christ, they are called to humility, unity, truthfulness, purity, forgiveness, wise speech, thankful worship, faithful marriages, obedient households, honest work, and spiritual alertness. Ephesians closes by reminding believers that the Christian life is a real spiritual battle, but God provides armor through truth, righteousness, the Gospel, faith, salvation, His Word, and prayer. In simple terms, Ephesians teaches us to know who we are in Christ, live worthy of that calling, and stand firm together in God's strength as His church today.

PRAY

Invite someone to open your time in prayer.

GROUP TIPS

- If your group has eight or more people, it might be helpful to break into circles of four or five for greater participation and deeper discussion. When you come back together, invite each group to share a few takeaways from their conversation.
- Don't worry if you don't get to all the questions. Spend time reading and really thinking about what the Bible is saying and what God is revealing to you personally.

STUDY AND DISCUSSION

Ephesians 1:1-14 (NIV)

¹Paul, an apostle of Christ Jesus by the will of God,

To God's holy people in Ephesus, the faithful in Christ Jesus:

²Grace and peace to you from God our Father and the Lord Jesus Christ.

³Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. ⁴For he chose us in him before the creation of the world to be holy and blameless in his sight. In love ⁵he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will—⁶to the praise of his glorious grace, which he has freely given us in the One he loves. ⁷In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace ⁸that he lavished on us. With all wisdom and

understanding, ⁹he made known to us the mystery of his will according to his good pleasure, which he purposed in Christ, ¹⁰to be put into effect when the times reach their fulfillment—to bring unity to all things in heaven and on earth under Christ.

¹¹In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will, ¹²in order that we, who were the first to put our hope in Christ, might be for the praise of his glory. ¹³And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit, ¹⁴who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession—to the praise of his glory.

1. What do you learn from the first two verses of this passage? How does this help you anticipate what's coming next?
2. What words, phrases or ideas are repeated throughout verses 3-14?

3. Make a list of things God has done as described in this passage. Which of these are most inspiring or encouraging to you?
4. What do you notice about the roles of the Father, Son and Holy Spirit?
5. Where do you see references to the past, present and future in these verses?
6. What words in this passage communicate belonging, purpose or security?
7. Some people find it difficult to believe they are deeply wanted or welcomed. What experiences, fears or assumptions can make that difficult?
8. What's the difference between living as someone trying to earn acceptance and living as someone who has already received grace?
9. What seems to be the emotional tone of Paul's words?
10. What would living with a stronger sense of hope look like in an ordinary part of your week?
11. What helps you move a truth about God from something you merely know into something you actually trust?
12. How can a Christian community help people experience the belonging and grace described without pretending that life is easy?
13. What part of this passage would you like to thank God for?
14. What hope, fear, or need would you like to bring honestly before God in prayer?

ONE THING

Ask God what He wants to say to you, then spend a few minutes quietly listening for Him to speak. This could be a word or phrase from the passage that stands out to you, or a simple thought He brings to mind.

PRAY

Share what you sensed God saying to you and pray for each other.

SCRIPTURE MEMORY

Memorizing Scripture helps us carry the words of God with us all the time, wherever we go. His Word gives light and direction and ultimately has the power to change us and deepen our relationship with Him. Here's a good verse to memorize based on this week's teaching:

Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.

Ephesians 1:3 (NIV)