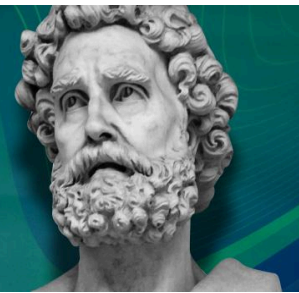




EPHESIANS

SIT, WALK, STAND



EPHESIANS | GROUP DISCUSSION QUESTIONS (Week #1)

GET STARTED

This weekend we were asked four interesting questions about our identity. Instead of finding our identity in Christ, many of us have fallen into the trap of believing one of the lies below that Satan wants us to believe:

- I am what I have (being too money focused or trying to “keep up with the Joneses”)
- I am what people say about me (being too worried about our reputation)
- I am what I do (being too wrapped up in our occupations, our title, our stats, our GPA, etc.)
- I am what I've done (glorifying past accomplishments or thinking past failures define you)

Have you ever fallen into the trap of any of these lies either currently or in the past? How do these traps get us off track?

TAKE IT IN

What encouraged and/or challenged you from the message this week?

TALK IT OVER

The book of the Bible we are studying, Ephesians, can be broken into two distinct sections. The first part outlined mainly in the first three chapters talks about what God has done for us. The second part talks about what our response should be as a result of what God has done for us. In the classic book, “Sit, Walk, Stand” the author Watchman Nee says that Christianity is a peculiar business because it “begins not with a big DO, but a big DONE.” **What do you think Nee means by this? What are the big things that God has DONE for us?**

Read Ephesians 1:11-14 NIV

- There are many words in these three verses that tell us how special we are in the eyes of God. Here are some of those words; we are:
 - Chosen
 - Predestined
 - Received an inheritance
 - Included
 - Marked with a seal
 - Redeemed

Discuss with your group what each of these words or phrases mean to you?

Read Ephesians 2:1-5

- In this portion of Scripture, God says that all of us at one time were “dead in our transgressions...gratifying the cravings of our flesh and following its desires and thoughts” and that “we were by nature deserving of wrath.” **Do you feel that you were (or are) deserving of wrath?**
- However, vs. 4-5 lets us know that, despite this God saved us. **Do you feel undeserving of God’s grace? If so, how does that play out in your life? Do you feel more fearful of God’s wrath or thankful for God’s mercy?**

Read Ephesians 3:16-19

- These verses are really a prayer from the author of Ephesians, Paul, to the church at Ephesus. It ends with the words, that they might “know this love that surpasses knowledge - that you may be filled to the measure of all the fullness of God.” **Since this would also apply to us as Christ followers, what does this phrase mean to you?**

LIVE IT OUT

As we learned this week, so much of our faith revolves around not just what God is doing, but what God has already done for us. Phil 4:8 encourages us to look at all the good things that God has done for us by telling us to think about:

- whatever is true,
- whatever is noble,
- whatever is right,
- whatever is pure,
- whatever is lovely,
- whatever is admirable,
- whatever is excellent,
- whatever is praiseworthy.

Spend some time in prayer this week thinking about what falls into any of these categories in your life!

Memorize:

“And this is God’s plan; both Gentiles and Jews who believe the Good News share equally in the riches inherited by God’s children. Both are part of the same body, and both enjoy the promise of blessings because they belong to Christ Jesus.” **Ephesians 3:6 NLT**