

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: Alive in Christ

August 23, 2026

OPEN

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

1. Describe a time you chose the wrong direction, whether it was while driving, in a relationship or in some other situation.
2. What's something ordinary that has been making life better lately?

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 2:1-10 (NIV)

¹As for you, you were dead in your transgressions and sins, ²in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. ³All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and thoughts. Like the rest, we were by nature deserving of wrath. ⁴But because of his great love for us, God, who is rich in mercy, ⁵made us alive with Christ even when we were dead in transgressions—it is by grace you have

been saved. ⁶And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, ⁷in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. ⁸For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— ⁹not by works, so that no one can boast. ¹⁰For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

1. What does it mean to be dead in our transgressions and sins?
2. What do these passages teach you about sin and death?
 - a. Genesis 2:16-17
 - b. Romans 5:12-14
 - c. Romans 6:20-23
3. According to this passage, what causes us to sin?
4. How does this passage challenge the idea that *people are basically good*?
5. In contrast to the desperate fallen condition of humanity, what does this passage say God has done for us?

6. What do these passages teach you about salvation?
 - a. Romans 5:18-19
 - b. Colossians 2:13-14
 - c. Titus 3:4-7
7. How can you tell a person has been made alive in Christ?
8. Describe a time you remember feeling alive in Christ.
9. What are the implications of being *raised up with Christ*, of being *seated with him in the heavenly realms*?
10. According to this passage, which comes first – grace or works? Why is the order important? See also 1 John 4:19.
11. What would change if you truly believed God’s kindness toward you was grounded in His character rather than your performance?
12. Which of these statements resonates most with you right now? Explain why.
 - a. I hope I’ve done enough.
 - b. I know I need help.
 - c. I’m learning to receive grace.
13. Where does this passage feel comforting, challenging or exposing?
14. What helps a Christian community become a place where people can acknowledge weakness without being defined by it?
15. Who in your life could you pray for using the concepts of this passage?

If your group has time, consider the *For Further Study* section below.

ONE THING

What’s one thing you’ll take with you from this week’s study and discussion? 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:

... though we were dead because of our sins, he gave us life ...

Ephesians 2:5b (NLT)

FOR FURTHER STUDY

Read Ezekiel 37:1-14.

The valley of dry bones is one of the strongest biblical pictures of spiritual helplessness. The bones do not revive themselves. God commands the word to be preached, sends his Spirit and the dead live.

1. Why do you think God asks Ezekiel, *can these bones live?*
2. What role does God's Word play in bringing the dry bones to life?
3. What does the repeated emphasis on breath/Spirit teach us about where true life comes from?
4. Where do you see the difference between something that merely looks alive and something that truly has life?
5. What does Israel's statement, *our bones are dried up and our hope is gone* reveal about their spiritual and emotional condition?
6. What does this passage teach us about God's ability to restore what seems completely beyond recovery?
7. According to verses 13-14, what does God ultimately want His people to know about Him?