

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: *Unity*

September 27, 2026

OPEN

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

1. When you hear the word *maturity*, what comes to mind?
2. When have you been part of a group that felt genuinely united? What helped create that kind of environment?

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 4:1-16 (NIV)

¹As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. ²Be completely humble and gentle; be patient, bearing with one another in love. ³Make every effort to keep the unity of the Spirit through the bond of peace. ⁴There is one body and one Spirit, just as you were called to one hope when you were called; ⁵one Lord, one faith, one baptism; ⁶one God and Father of all, who is over all and through all and in all.

⁷But to each one of us grace has been given as Christ apportioned it. ⁸This is why it says:

“When he ascended on high,
he took many captives
and gave gifts to his people.”

⁹(What does “he ascended” mean except that he also descended to the lower, earthly regions? ¹⁰He who descended is the very one who ascended higher than

all the heavens, in order to fill the whole universe.) ¹¹So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, ¹²to equip his people for works of service, so that the body of Christ may be built up ¹³until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.

¹⁴Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. ¹⁵Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. ¹⁶From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

1. What does it mean to live a life worthy of our calling?
2. Paul describes unity as something believers already have through the Spirit. What difference might there be between *creating* unity and *maintaining* unity?

3. When have you had to work through tension or disagreement in order to preserve a relationship or team? What happened?
4. Describe a time you witnessed or experienced a *bond of peace*.
5. Who in your life may be giving you an opportunity to practice humility, gentleness or patience right now?
6. When conflict happens, are you more likely to:
 - a. Move toward the person
 - b. Avoid it and hope it goes away
 - c. Defend yourself
 - d. Need time to process before engaging
 - e. Something else

What does your answer reveal about you?

If you're feeling brave, share an example.

7. In your own words, what do verses 7-10 mean?
8. Where do you see God using your gifts right now?
9. What tends to bring out the best in you when you're part of a team or community?
10. Where are you most tempted to compare your contribution to someone else's? What's a good solution for that?
11. When have you experienced a group becoming stronger because people brought different gifts to the table?
12. What images or pictures does Paul use to describe immaturity in verses 13-16? What do those images communicate?
13. What are ways we can prevent being *tossed back and forth*?
14. Make a list of things we are called to do in this passage.
15. Which of these do you think God is wanting to strengthen in you?

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

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, a simple thought He brings to mind, or a way He wants you to respond. Share what you sense God is 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:

*As a prisoner for the Lord, then, I urge you to live
a life worthy of the calling you have received.*

Ephesians 4:1 (NIV)