

Connect Group Discussion Guide

PARTICIPANT
EPHESIANS - PT 1
9/13/2026

SERMON SUMMARY

Paul gives us a typical greeting, then he launches into a powerful message centered on all the blessings believers have when united to Christ.

He wants to raise awareness, appreciation, and application of these blessings within the churches. These blessings have past, present, and future components.

His overall tone is one of exuberance and astonishment as he talks about our present victory and future hope, all of which flow from and are found in Christ.

READ THE PASSAGE

Ephesians 1:1-14 in ESV

As you read the passage, have someone jot down what keywords they notice. Which ones get repeated multiple times? Are there a few you want to look up in a concordance or app to see what they mean and where else they are used in scripture?



DID YOU KNOW?

- Remember that your Group Leader and Connect group is here to support you every step of the way.
- Before you read scripture, pray a short prayer asking God's Spirit to help you understand what He wants you to receive from His Word. It is His breath that brings life and opens our minds and hearts to spiritual truth.
- Ask "Holy Spirit, help me/us understand Your word."

ENGAGE WITH THE PASSAGE

1. How have we been blessed, according to verse 3? What is "every spiritual blessing in the heavenly places?"
2. What does this passage tell us about our adoption?
3. Which of this long list of heavenly blessings have you noticed in your life?
4. What inheritance do you expect from your family? What inheritance do you hope to leave to the next generation? What inheritance is the Holy Spirit the guarantee, or down payment, of?
5. Matt listed 3 things about the universe of our souls: 1. They're designed by God, for God. 2. They have a destiny beyond and better than anything "in Ephesus." 3. They have a direction. Which of these 3 is hardest for you to fully realize in your day to day life?

NEXT STEPS

As you consider your next step, reflect on:

- 1) How can you cooperate with what the Spirit is doing?
- 2) How can you obey God in reverence to Him?

Feel free to separate into smaller groups of 2 or 3 for this question, so each person has others praying with them for the needs they're taking before the throne.

SCRIPTURE MEMORY

Ephesians 4:1 "I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called."

PRACTICE

Take some time this week to sit down with a Bible and some paper.

Ask God, "what does my soul need?" Re-read the passage and jot down notes. On one half of the paper, write "Ephesus," and on the other "Soul." On the Ephesus side, list what is going on in your situation--what your life looks like, what is happening around you. On the Soul side, write how your soul is doing, what it seems to lack, what next steps the Spirit is leading you to do.

How do the two sides interact with each other in your life? Spend some time in prayer with the Lord, inviting Him to show you what parts of your life nourish your soul and what needs to change for your sake and for His sake.