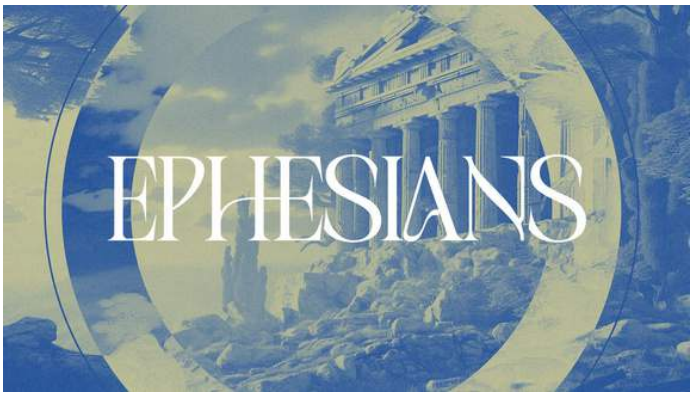
Connect Group Discussion Guide

PARTICIPANT
EPHESIANS - PT 6
10/18/2026

SERMON SUMMARY



Paul moves on to commands and encouragements that are aimed at walking worthy into Christian maturity.

This new ambition and new direction are fueled by God's grace. It doesn't just pardon us, it also empowers.

Grace puts new potential in the believer that wasn't there before.

That worthy walk toward maturity will then include markers of progress--and this is available to every follower of Christ.

READ THE PASSAGE

Ephesians 4:1-16

Take it one verse at a time, having someone read it and someone else summarize what was just said. They can quote back the keywords to remember or go farther and restate the verse entirely.

Either way, the goal is to comprehend the passage's basic message before diving deeper into it.

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. Verses 1-6 say the word "one" an awful lot. What are each of them referring to? How do these verses show the unity we should have with other believers?
2. Reread verses 11-12 together. Look up or discuss what each of the roles in verse 11 means. In verse 12, how are these roles meant to equip believers for the ministry and build up the body of Christ? How can our group put this into practice?
3. Look at 1 Corinthians 14:1-5. This passage uses the same word for "edify" or "build up" in Greek as verse 12 of the Ephesians passage. How does this passage help us understand building up the body of Christ with our roles and gifts?
4. What does it mean for each of us to mature "to the measure of the stature of the fullness of Christ" like verse 13 describes? What would that look like in your life?
5. How can you add humility, gentleness, patience, love, or unity (just pick one) into this week?

NEXT STEPS

As you consider your next step, reflect on:
1) Which trait (humility, etc.) did you pick to add into the week? What is your plan for tommorrow to add it?
2) What softens hard hearts? How can I be softened toward Christ?

Give your group a few moments to reflect on their answers to the questions above. Then have your group answer the question aloud. 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."

If your group has a good handle on the first verse already, try memorizing the next two!

Ephesians 4:2-3 "with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace."

PRACTICE

Last week, we worked on a "one another" verse from the New Testament. Which one did each person pick? How did that go?

This week, let's practice a different "one another" verse than last week's. Link can be found here.