Connect Group Discussion Guide

LEADER
EPHESIANS - PT 6
10/18/2026

PASSAGE 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.

BACKGROUND

Ephesians is full of practical information and guidance, especially in the second half of the letter.

It starts out more general, with prayer and idea-level teaching about salvation and Christian faith. Then it moves into specifics, so you can walk the path to maturity in faith with confidence.

This is a great letter to study for people new to Christianity as well as those well along the path to mature faith.

WARM UP

Open your group time with casual fellowship/questions. Taking a few minutes to connect before jumping into discussion helps create an environment where people feel known, valued, and ready to engage. See Series Introduction for tips and ideas.

TIPS FOR YOUR CONVERSATION

- You don't have to fill every silence. Ask the question, give people time to think, and resist the urge to answer it for them. Use a simple follow-up like, *"What makes you say that?"* or *"Where do you see that in the passage?"*
- Your don't have to have all the answers, just help your group discover God's truth together!
- Feel free to break down any question into parts, especially when there are terms someone in your group might not understand. This gets everyone on the same page about what is being asked.

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.

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?**

If we count "one another"... there's that plus one body, one Spirit, one hope that belongs to your call, one Lord, one faith, one baptism, one God and Father of all. No matter where we're from, no matter what background we have, no matter our personality, there is only one of Him, and our oneness comes from Him.

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?**

New groups: How can we use our different gifts, experiences, and roles to equip each other for ministry? Do you have a sense of how God has designed you to serve, or are you still discovering that? A link for some resources for anyone in the group who might not know their gifts can be found here.

Established groups: How are you currently using your gifts to serve and build up the church? is there a way God may be inviting you to take the next step in serving others? How can our group encourage one another in this?

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?**

Ideas may vary here. Ephesians talks about equipping the saints for the work of ministry and building up (edifying) the body of Christ. 1 Corinthians 14 is downplaying speaking in tongues (at least without an interpreter) compared to prophesying, because of the usefulness of words we can understand and receive, which will build up the church.

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?**

Try to let as many group members as possible answer this question. Encourage everyone to reflect on their own spiritual growth rather than compare themselves with others. Where do you see room to grow in becoming more like Christ, and what is one next step you can take toward that growth? The goal is not to measure ourselves against one another, but to keep our eyes on Christ as we grow together.

5. **How can you add humility, gentleness, patience, love, or unity (just pick one) into this week?**

There's always room to grow in these things, and some of them come easier while others are more difficult for each person. But there should be a way or a place to practice them in your daily life. If there is additional time remaining, have each person find a verse to focus on for the week that gives them guidance or inspiration about that trait.

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.

SPIRITUAL PRACTICE FOR THE WEEK

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.