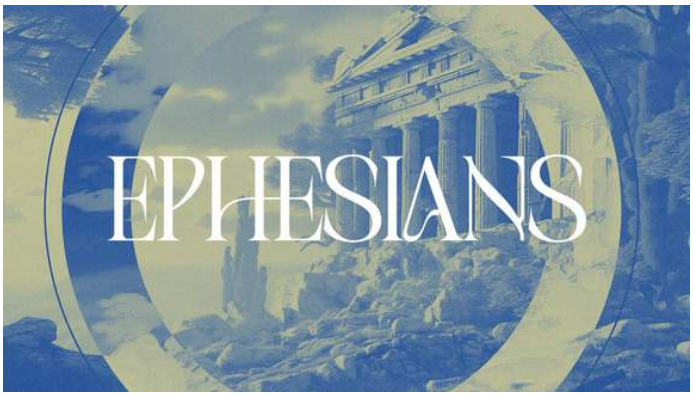
Connect Group Discussion Guide

PARTICIPANT
EPHESIANS - PT 8
11/1/2026

PASSAGE SUMMARY

This passage talks about the darkness of our old selves--covetous, impure, and foolish. It contrasts these old ways of gratifying our flesh with the new ways of walking in the light.

In the light, we expose darkness, awaken, are sober-minded, and we grow in wisdom. Our speech is full of psalms, hymns, and spiritual songs. Thanksgiving is quick and ready, as is submitting to each other in Christ.



READ THE PASSAGE

Ephesians 5:3-5:21

Select 2-3 versions to get an idea for how some of these words are translated. Have someone read from the ESV, someone else from Amplified or NASB, and so on.

What words are translated pretty much the same? Which words are a little more different between versions?

DID YOU KNOW?

- The Rock Bridge App has Daily Habits to help you grow in your relationship with God through daily devotions, journaling, gratitude, and prayer.
- Use these daily practices to make room for God's Word, listen for the Holy Spirit's leading, and invite Him to shape your thoughts, words, and actions.
- Open the Rock Bridge App and tap **Daily Habits** to get started!

ENGAGE WITH THE PASSAGE

1. **How would you summarize these verses to explain them to someone who hasn't read them in a long time? What are the things of darkness? What are the things of light?**
2. **How well are we walking? If the picture in these verses show us deep darkness and bright light, how are our lives matching up with those pictures?**
3. **How is thanksgiving described in these verses? What do you have to be thankful for this year?**
4. **There are lots of scriptures that talk about light and darkness. What are some of them? What are some of the things that go with the images of light and darkness in the Bible?**
5. **How are we to be filled with the Holy Spirit? Are we?**

NEXT STEPS

As you consider your next step, reflect on:

1) What things of the dark are still hanging on in your life? Have you put them all away?
2) What things of the light still need to come? Are you walking fully in the light right now?

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 looked at the sermon's five "house rules for the Holy Spirit" and asked the Lord if there was something we needed to repent of, apologize about, or put off of the old self. Was there something that stood out to you from that exercise?

This week: Let's do a very old practice called "The Examen Prayer." At the end of each day this week, around bedtime, get a pen and a notebook. Settle down before the Lord and ask Him to review the day's events together. Invite Him to show you what brought Him happiness and what could have gone better. Spend some time with Him in prayer as you go to sleep.

Remember! If anxious thoughts or ruminating on mistakes threatens to overtake your time with Him, you can leave those at His feet for Him to handle. Make a plan to apologize for anything you need to leave in yesterday, and let Him teach you to walk the path of light.

Here is an article to read more about the practice of "The Examen Prayer."

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