

LIFE GROUP GUIDE

EPHESIANS: In Christ

SERIES BIG IDEA:

Ephesus was an important coastal city, well-known for its rich history, economic hubs, religious temples, as well as the arts, not unlike Cape Town. Paul's letter to the Ephesian church illuminates how the gospel grows our faith and discipleship, and gives practical insights into living a life pleasing to God, and shows how the gospel engages with culture. Join us as we start our Ephesians journey with the series "In Christ".

Week 2

GOALS

- Deepen our understanding and love of Scripture
- Grow in relationship with each other
- Grow in our confidence in God and the gospel

TIPS

- This series is theological, it is preferable to have listened to the Sunday messages, especially the person leading the Life Group discussion.
- Life Group Leaders, we suggest doing a little more reading of Ephesians commentary over this series to equip yourself for leading well. It is our hope that over these series, our leaders are going deeper in Scripture to be able to lead out of a richer depth of pursuit and understanding of God and his word. Some good commentaries to consider reading over this time:
- <http://www.slices.org.uk/Slicesforall/sfeEphesians.html>
- <https://www.biblestudytools.com/commentaries/matthew-henry-complete/ephesians/>

HEADLINES FROM SUNDAY

Key themes to be covered in that week: we are:

- Blessed in Christ
- Chosen in Christ
- Adopted in Christ
- Transformed by grace in Christ

PRAYER

Open in prayer.

DISCUSSION

Life Group Leader's, we are going to spend 18 Sunday's over this year looking at Ephesians in-depth. Last week, we suggested the Bible Project's summary of the book of Ephesians to whet your group's appetite for our journey. The Ephesians journey will be broken up into 5 sub-series and interspersed with our others series in the year. This first 5 week series is called "In Christ". Tonight is week 2 – looking at our identity in Christ. If you missed the video last week, feel free to start the evening with it - <https://www.youtube.com/watch?v=Y71r-T98E2Q>

1. Ice Breaker options: either go around the room and introduce yourself as if you were doing it for the first time. (Life Group Leaders, the point is to let people naturally choose the types of things they would say – e.g. name, where was born, what they do for work, what their family looks like). Alternatively, if your group has been going for a while, get them to introduce the person to their left (this can be a more fun way).
2. What descriptors did the group naturally go to when describing each other/themselves? Do you think identity goes deeper than this? How so? What things make up your identity?
3. Think about your spouse, your parents, your kids ... when you think of them – what words do you use to describe them? Who they are to you? Is it different to how you think about who you are?
4. Are there any parts of your identity that you wish didn't exist or that you could change?
5. Read the following scriptures. As you do, have these two questions in mind:
 - What do these passages tell us about God.
 - What do these passages say about how God describes us?

Eph 1:1-14, 2 Corinthians 5:17, 1 Peter 1:15, 1 Peter 2:9, Romans 1:7

6. How do you think our identity should be impacted by what God says? How can we grasp that more in how we live our lives?

One reason we get so discouraged and frustrated in life is that we forget who we are. We forget that we are new creatures in Christ. We misplace the reality that by his blood, by his cross, and by his resurrection, we are new. "If anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come" (2 Corinthians 5:17).

7. Are there any prayer requests in the area of identity and finding our identity in Christ that you have specifically?

PRAY

Spend some time praying for answers in question 7. Thank God for all he has won for us in Christ and pray that we would be reminded daily of our new identity in him.