



Table Discussion Guide

Week 1 - Ephesians 1:1-14

Discussion Opener

Celebrate! Go around the group and share one positive thing that has happened in your life over the past couple of weeks.

Ephesians Background

Paul's letter to the Ephesians is different compared to many of the other New Testament letters he wrote. Like Romans, Ephesians was not written so much to address problems in a particular church; more so, it was written to explain some of the great themes and doctrines of Christianity.

Discussion Time

We are going to walk through verses 1-14. We will stop at each section and discuss a doctrine or principle from that section.

Read

Read Ephesians 1:1-14 out loud as a group

Verses 1-2

Take a look at verse 1-2 and answer the following questions:

1. What does Paul's greeting tell us about the relationship he has with the audience he is writing to?
2. What does this greeting tell us about how we should interact with each other?

Verses 3-6

Take a look at verse 3-6 and answer the following questions:

3. In verse 3, we see Paul praising God because he has blessed us. In what ways are we blessed by God?

Verses 4-6 have a history of being interpreted several ways. There is a little bit of a mystery here with 'God's choosing' of people. Here is an attempt to make sense of this:

Jesus extended love and grace towards humanity through His life, death, and resurrection. This demonstration of love is very compelling - and it is God taking the first step towards us that draws us in. When we encounter this love, we have a choice to accept this gift of salvation and follow Jesus OR reject it. Because we are all created in the image of God, His predestined intention and plan for all of us is to be adopted, redeemed, and to live out His way in this life. My encouragement is to not get caught up on this mystery in your group time, but focus on this question:

4. What does it mean for our lives that we have been adopted by God? What is your response to His love and kindness demonstrated toward you?

Verses 7-10

Take a look at verse 7-10 and answer the following questions:

5. Give an example of a time someone paid for something for you unexpectedly.

Redemption always implies a price being paid for the freedom that is purchased. In Verse 7, the word redemption in the original ancient Greek language is the word *loutroo*, which means, “to liberate on the receipt of a ransom.” This receipt, the ransom paid for our sin, was the sacrifice of Jesus.

6. What does this sacrifice, this freedom that is offered, mean to you personally?

Verses 11-14

Take a look at verse 11-14 and answer the following questions:

In verses 13 & 14, we see that when we surrender our lives to Jesus, become followers of Him, and accept the gift of salvation, we are sealed with a promise: The Holy Spirit. The Holy Spirit is what gives us the power to overcome sin in our life. Before following Jesus, we are truly powerless to overcome the grip of sin. This is just a ‘deposit’ though because one day, when we leave this earth, those that are in Christ will experience God fully and completely.

7. Have you ever tried to overcome struggles with sin on your own? How did that or how is that working out?
8. In what ways could/does the power of the Holy Spirit help you in life?
9. Look over the ‘Benefit Package’ from the sermon notes on Sunday. How do these encourage and challenge you in your life?

Prayer

Pray as a group to close.