

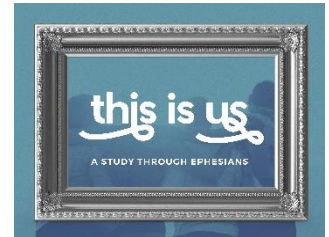
Main Street Church - Life Group Guide

Series: *THIS IS US – A Study Through Ephesians*

Message: *Part 7 – Walk Worthy. Ephesians 4:1-16*

Speaker: Shawn Vandop – Lead Pastor

March 29, 2020.



Connect (20min) – share refreshments.

***We encourage you to continue meeting & praying together as a group online during the COVID-19 season.**

1. This Is Us...

- a. What is one of the funniest or most bizarre experiences you've had through COVID-19 so far?
- b. What is 1 Physical Challenge & 1 Spiritual Challenge that you are facing this week?
- c. What is 1 Physical (Material/Relational) Blessing & 1 Spiritual Blessings that you've experience this week?

2. Thankful Together

- a. Read [1 Thessalonians 5:18](#).
- b. **Be Thankful Together.** Use short sentence prayers, allowing everyone room to participate.
 - > **Praise & Thanksgiving:** Praise God for Who He Is, What He has done and How He has provided.
 - > **Pray for Others:** Pray for those affected by the Virus (physically, relationally, financially...), plus medical workers and leadership (government, church...).
 - >> Healing, protection, wisdom, compassion, patience and spiritual breakthrough across the globe.

Sunday Message Discussion (35-40min)

1. WALK THIS WAY

***[Google Walking Styles](#) and you'll discover some interesting and humorous information.**

***Shawn described some different [Walking Styles](#) in his message.**

***Perhaps you've seen the Monty Python sketch [The Ministry of Silly Walks](#).**

- a. Use one or two words to describe your personal (physical) walking style.
- b. What is your favorite pair of footwear these days?
 - > If you could win any pair of footwear, which would you choose?
- c. How is *Learning to Walk* (physically) a process?
- d. Shawn shared the foot casts he wore as a child with clubfeet – now serving as bookends & a reminder on his desk.
 - i. Has “your Walk” ever hurt?
 - ii. Do you have any “bookends” in your life? -- a symbol of your life's journey/process? Share an example.

2. EPHESIANS -- Right Thinking & Right Walking

a. Quick Recap: Who is the Author of Ephesians and what is one unique thing about him? Who is he writing to & what is one unique thing about them? Where is he writing from?

b. Ephesians 1-3 focusses on Right Thinking (or Understanding).

- i. Can you recall any examples of *Right Thinking* from chapters 1-3 of Paul's Letter to the Ephesians?
 - >> *perspective - how God views us, how we view Jesus/God, how we view ourselves & this world...*

c. Ephesians 4-6 focusses on Right Walking (or Living).

- i. Share the Reading of [Ephesians 4:1-16](#). What is one thing that initially stands to you from this passage?

3. WALKING UNITED

*Consider [4:1-6](#)

- a. How can Paul's location/circumstance (confined in prison...) connect & encourage us in our current situation?
- b. What does Paul mean by "our calling"?
- c. What does Paul mean by being "united in the Spirit" -- What does this unity mean, & what does it not mean?
- d. Who or What should Christians be united by? (the core basics)

4. WALKING OUT OUR SPIRITUAL GIFTS

*Consider [4:7-16](#). Paul highlights some of the *spiritual gifts* along with how and why they should be used.

- a. Who is the *Giver of Spiritual Gifts* and *Standard of Spiritual Maturity*? Does this every get confused in any way?
- b. Have you had the opportunity to learn about *the spiritual gifts* and what your gifts are? Share with the group.
- c. How can we learn about our *spiritual gifts* and learn to use them effectively? (again, a lifelong process)
*Challenge: Ask your Leader or Pastor for *Spiritual Gifts Assessment* information.
- d. How can our gifts be used effectively during this unique and challenging season of life in this world?

5. BE THE BODY

*Consider [4:15-16](#).

- a. Share some examples of how we can *Be the Body of Christ* – outside the walls of a church building?
- b. How & Where can you specifically *Speak the Truth in Love* this week?

Application & Prayer (15min)

1. Recap our **2020 PRAYER GOALS** as we head into April: "*Lord Help Me...*"

**To develop a consistent daily devotional time with You.*

**Do one thing I've never done before in order to know and experience You more.*

**Seek out opportunities to Pray for and with the People around me.*

2. Walk It Out With God: Read [1 Timothy 4:8](#).

>> Challenge – *Go for a physical walk this week to talk to God about your spiritual walk.*

3. April Focus:

>> Choose a reading/devotional plan for April and set a time and place with Jesus each day.

>> Reach out to a friend, family member or neighbor (by phone...) to encourage and pray for them each day.

4. PRAY for One Another:

**"Jesus, based on the message and discussion, what is one way others can pray for me this week?"*

**Share and pray for one another.*

Resources

*The Bible Project – Overview of Ephesians: <https://www.youtube.com/watch?v=Y71r-T98E2Q>

Announcements

*Our NEXT **ONLINE LIFE GROUP MEETING**: DATE / TIME / LOCATION.

*Weekly Announcements Email

Consider the [Weekly Announcement Email](#) from Main Street Church & sign-up to receive it by email each Thursday.