



EPHESIANS

LIVING AS FOLLOWERS OF JESUS

SESSION 1: BELONGING

We all need a place where we can belong. Paul had something to say about this to the first-century followers of Jesus in Ephesus. And his message can serve as a reminder to us about what it really means to be a part of God's family.

VERSE

"For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will."

Ephesians 1:4-5

"For it is by grace you have been saved, through faith- and this is not from yourselves, it is the gift of God-not by works, so that no one can boast."

Ephesians 2:8-9

TAKE AWAY

To learn or be reminded of who we are as members of God's family and how to live as followers of Jesus.

PRE-VIDEO TABLE DISCUSSION | 6:30 PM

Take a few minutes to discuss the following question as a group.

1. Ephesians is a letter written to people who were not only new to Christianity but new to the idea of one God. When was the last time you felt insecure because you were the new person? Was it a new job, new school, new town? Did you ever begin to feel like you belonged? If so, tell the story of what (or who) helped you get to that point.
2. How much of the book Ephesians have you read? Will this be your first time through it? How do you feel about beginning this three-week study?

PRAY | 6:50 PM

Heavenly Father, thank you for inspiring Paul to write these words to the Ephesians. Help us discover how these words might apply to us as well. Amen.

WATCH VIDEO | TAKE NOTES

GROW | Post Video Discussion

[1]. **Q.** What were your thoughts about the book of Ephesians before watching the video?

- Did they change after watching the video? If so, how?

[2]. **Q.** Who do you relate to more: The Jews (who grew up religious) or Gentiles (who did not)?

- Why? Have you ever had difficulty relating to those who identify more with the other group? Explain.

[3]. **REFLECT:** Read Ephesians 1:4-5 aloud.

“For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will.” **Ephesians 1:4-5**

Q. In your own words, what do you think Paul’s main message was in these verses?

[4]. **REFLECT:** Paul wants Jesus’ followers in Ephesus to know they belong. He tells them multiple times that God chose them to be a part of his family.

Q. Have you ever felt like you didn’t belong in God’s family?

- What cause you to feel that way?
- If you no longer feel that way, what changed for you?

[5]. **REFLECT:** Think of someone you know who may be feeling like they don’t belong.

Q. What’s something you can do to encourage them?

- How can you make them feel like they belong?

PRAY | 7:55 PM

We suggest ending your group with prayer. One idea is to have each group member offer a prayer of thanksgiving to God for choosing them to be a part of his family.

DISMISS | 8:00 PM

Join us next week for **Ephesians - Session 2: Unity**

BEFORE NEXT TIME

Read through the first three chapters of Ephesians before your next session.

In addition, try to memorize these passages:

“For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will.”

Ephesians 1:4-5

“For it is by grace you have been saved, through faith- and this is not from yourselves, it is the gift of God-not by works, so that no one can boast.”

Ephesians 2:8-9